

THE UNIVERSITY CLUB

AT



SUMMER HANDBOOK 2019



THE UNIVERSITY CLUB AT ARLINGTON

SWIM AND DIVE TEAM

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Our mission:

To build and maintain a respected and competitive swimming and diving program that will provide an opportunity to help individuals reach their highest potential as a swimmer or diver and as a person. The mission of the Arlington Alligator Program is to create a safe, fun, challenging, and nurturing environment which supports children and allows them to achieve excellence in sport and life. This program emphasizes the importance of the following skills:

- Goal setting
- Leadership
- Responsibility
- Self-Esteem
- Self-Discipline
- Communication
- Teamwork
- Goal Achievement

Our Vision:

Arlington Swimming and Diving has a rich history of competitive excellence. The following “core values” are the fundamental principles that shape the character of our team. By instilling and developing these values within our athletes and coaching staff, we hope to make strides towards restoring competitive excellence in our program.

- Responsibility
- Expansion
- Self-discipline
- Personal Excellence
- Education
- Commitment
- Teamwork

Practice:

Practice is vital to the success of our teams overall mission. The amount of practices attended, directly correlates with each individual's performance in a race. We will aim to begin practice May, 27th. This is one week prior to our first swim meet, however, the start date will depend on readiness of the pool and is subject to change. All practices will be held at Arlington throughout the summer. Swim and Dive practice times are listed on the next page.



Practice Schedule:

11&UP	8-9:30am
9-10	9-10am
7-8	9:30-10:30am
6&Under	10-10:45am
10&Under Dive	11-11:45am
11&Up Dive	11:45-12:30pm

Meet Schedule:

June 5th	Winchester	Home
June 12 th	Georgetown	Away
June 19 th	Signature Club	Home
June 26 th	Lexington Country Club	Home
July 3 rd	Spindletop	Away
July 10 th	Hartland	Away
July 15-18	Conference	Away

Meets:

We have several dual meets scheduled on Wednesday evenings. Our first dual meet is June 5th. The Conference Championship meet is scheduled July 14-17th. Sunday, July 14th is Diving Prelims/Finals, Monday, July 15th is 10 and under prelims (all swimmers 10 and under swim), Tuesday, July 16th is 11 and up Prelims (all swimmers 11 and up swim), and Wednesday, July 17th is Finals for all swimmers who qualified top 16.

Communication:

We typically communicate to parents via email for practice and meet delays/cancellations. Other forms of communication include the Facebook page, Arlington Alligators Swim and Dive at the University Club and. In addition, information including meet schedule and handbook can be found here: <http://universityclub-arlington.com/-2019-swim-team-information>

The Alligators will have a board displaying current events, Awesome Alligators (swimmer/diver of the week), coaching information, and other exciting news. Please take time to view the board weekly and congratulate the Awesome Alligators.

Awesome Alligators:

Each week a swimmer/diver will be chosen to be the Awesome Alligator. Awesome Alligators represent the legendary Arlington Coach, Tim Cahill's philosophy that "Attitude is Everything". These athletes demonstrate character both in and out of the pool and display core values such that include goal setting, personal responsibility, self-discipline, teamwork, leadership, self-esteem, communication, and goal achievement.

Volunteers:

Swim meets require a great deal of adult volunteers to run smoothly. We ask that all parents do their part working at the meets as timers, scorekeepers, clerk of course, etc., as needed. Each family is required to volunteer at **FOUR** meets this summer. If this requirement cannot be met please contact the head coach. It is expected otherwise that each family will work **FOUR** meets. The coaching staff is very appreciative of all the hard working parents and supporters.



Athlete Expectations

As a swimmer/diver and member of The University Club at Arlington Swim and Dive Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. I will leave The University Club facilities in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool lockers/restrooms, bleachers areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to opponents.
8. I will support my teammates at practice and competition. Working together as a unit will benefit each team member and is an important part of the Alligator spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer or diver be tolerated.
10. I will follow the Code of Conduct at away events and at any event where The University Club at Arlington is represented.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Destructive behavior.
2. Inappropriate or unruly behavior, including fighting or striking another athlete.
3. Inappropriate language (swearing or derogatory comments) or lying.
4. Stealing and vandalism.
5. Bullying, Threatening, or isolating another athlete.

