

THE UNIVERSITY CLUB AT ARLINGTON



SWIMMING AND DIVING HANDBOOK

2018

The University Club at Arlington Country Club Swim and Dive Team

Head Coach Alicia Henderson Cell: 859-492-1575

Assistant Coach Kevin Knezevich Cell: 859-200-0363

Assistant Coach: Maddy Nasrallah Cell: 419-344-7168

Assistant Coach: Abby Thompson Cell 859-893-8351

Assistant Dive Coach: TBA

Our mission:

To build and maintain a respected aquatic program that will provide an opportunity for individuals to reach their highest potential as a swimmer or diver and more importantly as a person. The vision 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
- personal responsibility
- self-discipline
- teamwork
- leadership
- self-esteem
- communication
- goal achievement

Our Vision:

Arlington Swimming and Diving has identified certain values underlying and promoting the team's philosophy. The following "core values" are the fundamental principles that shape the character of the team, and guide how the team behaves and makes decisions.

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

In five years, I hope our core values lead the team to building a team consisting of 120 athletes. I hope these athletes demonstrate personal responsibility, teamwork, and commitment to excellence in and out of the pool. In five years, we hope to remain in the top 3 in conference and increase the number of athletes that place in top 16 at Conference. We hope to keep a low ratio of coaches to athletes as this is vital to our philosophy and core values.

Practice

Our first official training session of the season will be on **June 4th at Arlington**. Practices will all be held at Arlington Pool throughout the summer. Swim and Dive practice times are as follows:

- 8:00-9:30 (Group A: 11 and up)
- 8:00-10:00 (Group B: 11 and up)
- 9:00-10:15 am (9-10 age group)
- 10:00-11:00 am (7-8 age group)
- 10:30-11:00 am (6 and unders)
- 11:00-11:45 Diving (10 and unders)
- 11:45-12:30 Diving (11 and up)

Thursday(Alligator Groups) Practice Times

11 and up will be announced at meet night on Wednesday (plan for 8:00/9:00 am)

10:00-11:00 10 and under

10:30-11:00 6 and unders

No Diving Practice

Meets

We have several dual meets scheduled on Wednesday evenings. Our first dual meet is June 6th. All swimmers/divers must travel with their parents/guardians to the away meets. See meet schedule below. Conference is scheduled July 15-18th. Sunday, July 15th is Diving Prelims/Finals, Monday, July 16th is 10 and under prelims (all swimmers 10 and under swim), Tuesday, July 17th is 11 and up Prelims (all swimmers 11 and up swim), and Wednesday, July 18th is Finals for all swimmers who qualified top 16.

Arlington Swim and Dive Schedule

June 6th	Lexington Country Club	Away
June 13th	Spindletop	Home
June 20th	Idle Hour Country Club	Away
June 27th	Greenbrier	Home
July 4th	Signature Club	Away
July 11th	Georgetown	Home
July 15-18	Conference	Away

Communication

We typically communicate to parents via email or text message. Please send Coach Alicia a text if you need a quick response. In addition, phone calls are always a good way to reach Coach Alicia. Other forms of communication include the Facebook page, Arlington Alligators Swim and Dive of the University Club and Team Snap. In addition, information including meet schedule and handbook can be found on website at <http://www.universityclub-arlington.com/-2017-swim-team-information>. Please feel free to contact me by phone at 859-492-1575.

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.

Lost and Found

You are strongly encouraged to label all of your swimmers equipment and gear. Labeled equipment and gear found can easily be returned to the swimmer/diver. If I find an unlabeled team suit or cap, I will send out an e-mail/Facebook post about the missing item and it can be collected from me. If goggles or other equipment are left they most likely will be recovered by lifeguards and be placed in the Arlington's lost and found bin that is located in the guard room.

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

Volunteers are a very important part of each season. 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 you must contact the head coach immediately. It is expected otherwise that each family will work FOUR meets. Swim meets require a great deal of adult volunteers to run smoothly. The coaching staff is very appreciative of all the hard working parents and supporters.

SWIMMER AND DIVER CODE OF CONDUCT

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. As a matter of team pride and courtesy to meet host, pool facility operations, and janitorial staff members, I will leave The University Club at Arlington area 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. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying, Threatening, or isolating another athlete.

Consequences for violation of the Code of Conduct

This code shall be in force for ALL The University Club at Arlington swimmers and divers during practice, swim meets, and at all events sponsored by, or in which, The University Club at Arlington is represented. Disciplinary actions can range from, but not limited to; reprimands, meeting with parent, athlete, and coach, repetitions of a drill or set, push-ups, etc., being sent home from practice or meets, expulsion from the team, being barred from a competition, or any other disciplinary action that the coaches deem necessary if a member fails to adhere to the Code in part or in whole.

Swimmers and Divers will sign a code of conduct and be expected to adhere to all expectations and rules. All swimmers and divers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club.

The University Club at Arlington Swim and Dive Commitment Contract

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I have **read** the Code of Conduct I **understand** what is expected and required of me as an Arlington swimmer and/or diver.

I understand that Arlington has a **Code of Conduct** that I **must** follow.

I have a copy of the **Code of Conduct**.

Please check each commitment above stating that you agree to all terms and sign below.

Athlete signature _____ Date _____

Parent's signature _____ Date _____