

Horizon Swim and Dive

Fall 2019

Coaches:

Head Coach: Samantha Kramer: email: coachsamk@gmail.com phone: 602-799-4390
Asst. Coach: Azra Haseljic email:
Head Coach: Katie Gore email:
Asst. Coach: Caren Chester email:
Vol. Coach: Brian Hoffer email:
Diving Coach: Andrew Carraway email: 80andrew80@gmail.com phone: 602-327-8696
Asst. Diving Coach: email:
Captains: Zach Adam, Bethany Carter, Elly Colbrook, Jack Flanigan
WEBSITE: sakramer.weebly.com choose swim & dive along the top!

When does the season start and end?

The season begins August 12th and does not end until the State Swimming and Dive Championships November 9, 2019. Please do not come out for the team unless you are able to commit 100%.

Swim and Dive Banquet

Tentatively scheduled for November 13, 2019, 6:00 PM in the cafeteria.

Informational Meeting

The team informational meeting will be Tuesday, August 6th at Horizon at 5:30 PM in the library/media center. **ALL INCOMING FRESHMEN, TRANSFER STUDENTS AND STUDENTS WHO HAVE NOT PARTICIPATED IN SPORTS AT HORIZON MUST VIEW THE ONLINE INFORMED CONSENT VIDEO BEFORE THEY CAN PARTICIPATE.** Please contact Horizon Athletics for more information on these meetings.

When and where will practice start? (SWIMMERS ONLY)

Monday, August 12th at Roadrunner Park on the North Side of Cactus at the 51. Practices are typically Monday through Friday 3:45 – 5:15 PM. Please see the calendar for more information.

When and where will practice start? (DIVERS ONLY)

DIVERS please contact the diving coach for more information! Divers practice at PV Park Pool at 40th St and North of Bell. Practice Schedule 3:30-5PM Monday through Friday.

Is transportation provided?

YES, for swim, a bus will be available to take you from HHS to Roadrunner at 3:00 PM and will return at the end of practice promptly at 5:15 PM. The bus pick up and drop off location is Senior (Greenway) lot. If the bus is late please call Coach Kramer. ALL swimmers MUST be picked up no later than 5:20 PM each day. Delayed pick up will follow the Code of Conduct policy. ALL swimmers and divers are required by the school district to travel to and from the MEETS on the bus with the team. If a swimmer/diver must travel with a parent after the meet, they must fill out the proper release form available at the Athletic Director's Office and it must be signed and given to the coach. Swimmers and Divers are NOT allowed to bring friends or family on the bus. ***Any reported infraction made by the bus driver will result in an immediate loss of bus privileges. There will be no questions, no investigation, no nothing, just dismissal. The driver has the same authority to report behavior as any teacher or coach, and any report will terminate bus privilege.

***Swimmers should not leave any personal items in the locker room at Roadrunner Pool. Keep your belongings with you at all times. The facility and its staff ARE NOT responsible for lost or stolen items.

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Participation/Attendance

100% Attendance is expected. All absences MUST be approved through the coaching staff. It is YOUR responsibility (not your friends or teammates) to contact your coaches PRIOR to an absence. If you are ill or have an emergency YOU MUST contact the coach. PLEASE PROVIDE AN EMAIL ADDRESS THAT IS CORRECT. IT IS YOUR RESPONSIBILITY TO CHECK YOUR EMAIL TO ENSURE YOU DO NOT MISS ANY IMPORTANT MESSAGES. Any absence not reported BEFOREHAND (except those emergencies for which a parent must contact the coach) will count as unexcused. All swimmers training with their club teams during the season must complete a club coach/team weekly attendance sheets and deliver to the coaches on a day yet to be determined. Your attendance must be able to be accounted for or you will not be able to compete. This includes the school requirement to attend a minimum of a ½ day of classes the day of and the day before a meet. ***Days that are marked as mandatory "M" on the calendar cannot be missed. Please schedule all appointments around these dates. Missing a mandatory practice moves right to level 2 of the unexcused policy.*** Please see the unexcused absence policy below:

- 1st unexcused: Warning/Documentation
- 2nd unexcused: Misses next meet
- 3rd unexcused: Temporarily or Permanently dismissed from team
- Unexcused on mandatory practice date: Removed from next meet, if multiple occurrences team dismissal
- 80% provable cumulative attendance is required in order to maintain good standing with the team. This is at the coach discretion

Team Pictures

All swimmers and divers MUST be at the pool at the Roadrunner for pictures, no exceptions. Pictures have been tentatively scheduled for September 9, 2019, at 3:30 PM at Roadrunner. Everyone will be required to wear their team suits. The team picture will be in the water (TEAM SUIT) and for your individual pictures you may choose team suit or team shirt/polo shirt and shorts.

Eligibility

In order to be eligible to participate in high school athletics (and this team):

- All incoming freshmen and transfer students must view the online informed consent video with their parent or guardian. Be sure to complete this before the first practice.
- All incoming freshmen and transfer students must provide a copy of their birth certificate to the athletic office before first practice.
- ALL ATHLETES must turn in a physical form and a form which states you participated in an informed consent meeting. You need to collect those forms from the Athletic Office ASAP!
- ALL ATHLETES must complete the Concussion course on the athletic website and print out the certificate at the end of the course
- Any other requirements as posted by the coaching staff or athletic leadership will be made known at the time they are available.

Athletic Fees Paid to Horizon High School (\$200)

The PVUSD Pay-to-Play fee is due by August 12, 2019. If we are unsure about participation due to meeting expectations the first two weeks we can hold the check until we complete the timed swim. There is no leniency on this and any concerns about making the team should be addressed with the coaches while any concerns about the participation fee can be addressed with the Athletic Director. Submit your fee **Online** or in the Athletic Office in the amount of \$200 (family max \$400). The fee is eligible for your tax credit.

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How much does it cost to participate in the HHS Swim and Dive Program? (Approximate costs, prices may change):

	<u>Male</u>	<u>Female</u>
● Pay-to-Play Paid to Horizon by 8/19/2019	\$200	\$200
● Aqua Booster Fee paid by 8/19/2019	\$250	\$250
● Shorts (optional)	INCLUDED	\$22
● Drag Suit (optional)	\$37	XXX
● HHS checked out gear <u>cost if not returned per item</u>	\$200	\$200

Competition Suit:

One team suit required for team participation is ***included in the AquaBooster Fee***. All swimmers are required to be fitted by August 20th using the team fit kit at the pool BEFORE practice. All items ordered included optional extras will be delivered to the pool.

Swim Caps:

For both practice and regular season meets are ***included in the AquaBooster Fee***.

Shirts

A team t-shirt is designed by the captains and is ***included in the AquaBooster Fee***.

The team has a polo shirt with HHS Swim and Dive and the Athlete's name and year of graduation embroidered on it. We will be wearing this shirt on all meet days and is ***included in the AquaBooster Fee***.

Sweatshirts

Sweatshirts are also available for order and cost depends on what you order. They will be printed with the appropriate logos prior to delivery. Separate order form will be available.

Spirit Wear

T-shirts for team members and parents for additional cost, these are separate from the team shirt. Separate order form will be available.

Parkas

Traveling team members (those attending invites and state) will be provided an opportunity to check out a team parka as the weather cools. You will pick up and sign this item out from the Equipment Room. **You will return at the end of the season and before the banquet.** You will not be able to participate in another school sport until these are returned or the \$200 fee is paid. **You are responsible for these items! You must provide replacements if they are lost or damaged.**

Swim Equipment Checked out From Equipment Office

Mesh Bags, Kickboards, Pull Buoys, and Fins will be checked out during the second full week of practice. These items are numbered and signed for. The responsibility to return these items undamaged is on each swimmer. **You will return at the end of the season and before the banquet.** You will not be able to participate in another school sport until these are returned or the \$200 fee is paid. **You are responsible for these items! You must provide replacements if they are lost or damaged.**

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Aqua Booster Fee

Each team member contributes \$250 to Aqua Boosters (Swim and Dive PARENT Booster Club). This is instead of fundraising (though we may have an optional fundraiser at any time) to provide team shirts, team caps, team suits, state qualifier items, awards, banquet expenses, equipment, meet entry fees, scholarships, officials certification, banners, canopies, and so much more. This has enabled us to make plans ahead of time and offer an amazing season! (Pictures for team and individual not included) You can pay this any time starting NOW! Please make your check payable to Horizon Swim and Dive and mail your check to:

Julie Flanigan - Treasurer Aqua Boosters
6827 E Sheena Dr Scottsdale, AZ 85254

QUESTIONS???? Contacts:

Nann Horton, Aquaboosters President,
Julie Flanigan, AquaBoosters Treasurer,
Beth Stanard, Apparel,
Mr. & Mrs. Gross, Hospitality
Lisa Scibienski, Banquet Coordinator

Will parents need to volunteer to help? YES!!!!

We are required to provide timers and officials for all home meets. Sign up for volunteer options will be at our first meeting on the 6th of August. We have sign-ups for parties, snacks, pizza, awards banquet, timers, etc, etc. If it sounds overwhelming, don't stress, pick something you can handle and if you find out it is easy you can always add more support! Our parents add all the extras so the team and coaches can do what they do best, Swim and Dive! Each participant's family should start planning NOW to fulfill at least 1 job at 1 event. See the calendar for information on home meet dates.

Team Communication

AquaBoosters, the captains, and the coaches will make every effort to keep all team members and their parents updated with all information. Frequent emails will be sent to the address(es) provided and updates will be made in various formats including from the captains via Remind101.

How do I letter?

Earning your varsity letter is a unique and special opportunity. Not every swimmer or diver will letter during their time with the team. 100% of decisions on lettering a swimmer or diver are up to final coach discretion. Here are some guidelines that make up this important decision:

- Leadership (whether a captain or not)/Cheer
- Attitude/Communication
- Participation/Attendance/On time to dry and wet portions of practice
- Qualifies for the State Team
- Invited to 1 or more invitational
- 50 points earned through dual meet and invitational participation. Points are awarded according to the NFHS rule book at each meet.
- Team members with multiple years of participation but not meeting above criteria may be eligible to letter their senior year.

What if I can't help, or what if I can't pay all these fees, or have trouble with the practice schedule, or whatever.... If there are circumstances that you feel need to be addressed please see THE COACH IMMEDIATELY and everything reasonable to accommodate you will be done.

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