

**Harrison
H2OYAS
Swim and Dive**



**Registration Packet
and Information
2008-2009**

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H₂Oyas Swim and Dive Booster Club Officers 2008-2009

Presidents	Dave Largent: dave.largent@shawinc.com Carol Largent: carol.largent@cobbk12.org
Vice President	Tria Simmons: SteveTria@bellsouth.net
Treasurer	Megann Tuck: jmealtuck@bellsouth.net
Secretary	Kim Morton: Kimmorton@aol.com
Head Coach	Abby Dunk: abby.dunk@cobbk12.org
Assistant Coach	Will Sams: william.sams@cobbk12.org
Administrator	Javella Simmons: javella.simmons@cobbk12.org

Booster Club Meeting Dates:

Thursday October 23rd 8:00pm
Tuesday December 2nd 8:00pm
Tuesday January 6th 8:00pm
Tuesday February 3rd 8:00pm

COACHING BIOS

Head Swimming and Diving Coach

Abby Dunk – Coach Dunk is a 1999 graduate of Harrison High School. She was captain of the H₂OYAS her senior year. At Harrison Coach Dunk managed the tennis team and was on the executive board of the National Honors Society and Wall (Student Government). Coach Dunk was a summer league coach at West Hampton for two years. She received her B.S. in Physical Education and her Master's on Adapted Physical Education from the University of Georgia. While attending graduate school Coach Dunk taught swim and aerobics in the basic physical education classes. She has helped organize the Adapted Pediatric Motor Development Clinic at The University of Georgia. Over the past ten years she has taught swim lessons and life guarded. This year Coach Dunk is teaching Health and Physical Education at Harrison High School. She is the co-sponsor for the Class of 2010, sponsor of the water polo team, head coach of swimming and diving as well as head tennis coach. She is excited about her 4th year as a head coach in Cobb County. Coach Dunk believes this season is going to be great.

Assistant Swimming and Diving Coach

Will Sams — Coach Sams attended high school in South Carolina, and was the 2001 valedictorian of T. L. Hanna High School. After helping to establish a varsity swim team at T. L. Hanna during his sophomore year, he captained the team during his junior and senior years. Coach Sams was also a year-round swimmer with US Swimming from 1990 to 2001, during which time he accrued 8 South Carolina state records and 3 National Top 16 times, including a relay team which held a time ranked #2 in the nation. During high school he also worked as a life guard. Coach Sams attended Clemson University where he was involved with the swim club. He received a B.S. in Physics with a minor in Mathematics from Clemson in 2005, graduating summa cum laude. He attended graduate school at Georgia Tech, and received an M.S. in Physics in 2008. Coach Sams just joined the Harrison High family at the end of September, teaching honors physics, and is excited to be a part of the school and a part of the swim team.

STUDENT INFORMATION

ELIGIBILITY

Each Student playing on an athletic team at Harrison High School must be eligible under the conditions set forth by the Georgia High School Association. The Primary requirements for eligibility are as follows:

RESIDENCY

Must reside within the school's desired attendance zone with a custodial parent or guardian and have not previously attended another high school (public or private) while living in the attendance zone.

AGE

Must not have attained the 19th birthday prior to May 1 proceeding the year of participation.

MEDICAL

Must satisfy medical clearance procedures including an annual physical exam/medical history, proof of insurance, and consent form.

ACADEMICS

The number one purpose and objective of every student / athlete should be to achieve a high academic standard. Swimming and Diving will NOT be allowed to interfere with this objective. Students must pass three out of four courses the previous semester and be "on track" towards graduation. Any student with failing grades when 6 or 12 week progress reports come out will be subject to team suspension until improvement in academics is shown. Athletes attending McCallie will be given progress reports to ensure academic eligibility. A copy of the end of semester report card will be required prior to returning to practice in January.

ATTENDANCE

Student-Athletes will not be able to compete in practice or meets if they have not attended school for at least half a day (two full class periods).

MISCONDUCT

Any form of classroom or school misconduct will NOT be tolerated. Listed below are the possible infractions and their punishments. Other infractions may result in suspension or removal from the team.

Progress Reports – Any student receiving a "U" or "N" in conduct will be subject to probation until improvement is shown.

ISS (In School Suspension) – Students placed in ISS cannot participate in practice or meets until the suspension is served in its entirety. Students will also be subject to team probation or suspension depending on the severity of the infraction.

OSS (Out of School Suspension) – Student will be subject to removal from the team.

COMMUNICATIONS

It is the coaching Staff's philosophy that, at any level of athletics, athletes must be dedicated, responsible, dependable, and accountable. Most communication takes place between the athlete and the coach at the practice site, team meetings, and at competitions. Athletes are expected to be 100% involved at all times. They are responsible for ALL team information. We are fully aware of the possible breakdown of communication from coach to athlete, and furthermore, from athlete to parent. Please help us hold athletes accountable and remind them to use their resources on a regular basis. All information will be provided through the coaches, team meetings, school announcements, and Coach Dunk's Blog.

Athletes are responsible for all information provided by the above sources. As an athlete you are expected to actively participate in the team. Not knowing information is a direct reflection of the athlete's attitude and dedication to the Harrison High School Swim and Dive Team.

TEAM UNIFORMS

Mandatory:

- H2oya swimsuit
- H2oya swim cap. Cap is optional for boys.
- Team T-Shirt (provided with dues payment)
- Team Warm-Up

Optional:

- Team Parka
- Other spirit wear provided

H2OYA Swim Practice Schedule

Monday – Thursday 5:15 – 7:00 pm
5:15: Dry Land
6:00: Water

Friday 4:00 – 5:00 pm
All water

All Practices will be held at West Cobb Aquatic Center

No practice dates

October 31st – Happy Halloween!
November 14th – Meet
November 21st - Break
December 5th – Meet
December 22nd - January 2nd – Break
January 19th – MLK Holiday
January 22nd – Open House
January 30th – County Prelims

H2OYA Dive Practice Schedule

Every Tuesday and Thursday 7:00 – 8:30 pm
Central Aquatic Center

County Coach: Jayme Burlison

Important Dates/Meetings

Date	Meeting	Time	Location
October 7	Pre try out MANDATORY	7:00 pm	Dining Hall
October 20 – 21	Try-outs MANDATORY	5:15 pm	West Cobb
October 23	Registration	8:00 pm	Dining Hall
October 25	Kick-off Dinner	6:00 pm	Simmons
November 7	Stars and Strikes	8:00 pm	Dallas Highway
December 19	Captains' Practice	4:00 pm	West Cobb
	Holiday Party	7:00 pm	TBA
January 9	Captain's Practice	4:00 pm	West Cobb
	Class Movie/Dessert	7:30 pm	TBA
January 10	Senior Recognition	During Harrison Invitational	Central
January 29	Fire up Dinner	7:30 pm	TBA
February 6	Captain Practice	4:00 pm	West Cobb

*Weekly Meetings will be held Monday morning at 7:40 location TBA.

Harrison Swim Meet Schedule 2008 – 2009

Date	Meet	Place	Time
November 7	Blue/Green Meet	West Cobb	4:00 – 7:00 pm
November 14 November 15	Cobb Time Trials & Cobb Relays	Mountain View	5:00 pm 7:00 am
December 5 & 6	McCallie*	Chattanooga, TN	Depart 4:00 pm (Fri)
December 13	War on Due West Road (KMHS)*	West Cobb	Warm- up: 5:30 pm Start Time: 6:00 pm
December 20	Cobb/Gwinnett Challenge*	Central	10:00 am
January 3	Mustang Invitational*	Central	3:00 pm
January 10	Harrison Invitational*	Central	3:00 pm
January 24	Lassiter Quad	Mountain View	5:30 pm
January 30 & January 31	County Prelims County Finals*	Mountain View *Diving – Central am	5:00 pm 3:00 pm
January 31	Pope Invite	Central	8:00 am
February 7	Pope Relays	Central	3:00 pm
February 12 & February 14	State Prelims* State Finals	Westminster	5:00 pm 1:00 pm

TEAM EXPECTATIONS & LETTERING REQUIREMENTS

Each swimmer and diver is expected to contribute to the Harrison Swimming and Diving Program by demonstrating and following:

I. DEDICATION AND COMMITMENT TO THE H₂OYA PROGRAM

Practice

Swimmers – All swimmers are expected to:

- ▶ Attend and participate in all scheduled pool practices. Athletes will be allowed to miss 5% of practices (approximately 4) which may be used at their discretion. When an athlete's attendance falls below 95%, they will be subject to forfeiture of a letter, but good attendance is expected of an athlete in good standing with this team.
- ▶ Any swimmer who chooses to participate in a full time USA Swimming Program during the high school season is expected to practice with their USA Swimming Team. The same 95% attendance rules explained above, apply to these swimmers. To be considered a full time USA Swimmer you must attend a total of 5 swimming practices per week. Attendance will be checked with USA Teams as needed. USA swimmers are expected to be at all captain's practices. They are mandatory.

Divers – All divers are expected to:

- ▶ Attend all county diving practices or club team pool practices after school. Athletes will be allowed to miss 5% of practices which may be used at their discretion. When athlete's attendance falls below 95% they will be subject to forfeiture of the letter.
- ▶ To be considered a full-time club diver you must attend at least two diving practices per week with your club team.

Three (3) tardies or early leaves or any combination of the two will count as one unexcused absence.

If an athlete becomes injured and therefore unable to participate in training and competition, they are still expected to come to practices and meets at the coached discretion.

Meets

All team members are required to participate in all meets. Failure to participate in a meet or in your events may result in meet suspension, forfeiture of a letter, or removal from the team. If there is a scheduling conflict with another GHSA / Harrison High School event or a scheduled USA swim meet, then a Swim Meet Absent Form must be filled out and turned in to the head coach no less than 2 weeks in advance to be considered for an excused absence. No more than two meets per season

will be considered for excused absences. County and State Championship meets will not be considered for excused absences.

Team Meetings

Team meetings are required practices for all team members. Failure to attend a team meeting will count as one absence. Team meetings will be every Monday morning at 7:40 in the theater.

II. SPORTSMANLIKE ATTITUDE ASSOCIATED WITH ALL HARRISON ACTIVITIES

Athletes are expected to:

- ▶ Display good citizenship
- ▶ Be a role model that others can look up to and emulate
- ▶ Accept leadership and be responsible for their behavior and actions

III. POSITIVE ATTITUDE AT ALL TIMES

Athletes are expected to:

- ▶ Have a fun, positive attitude about practice and racing
- ▶ Encourage teammates at all times and be willing to challenge others on the team to train harder / smarter.
- ▶ Give necessary appreciation for teammates and their accomplishments
- ▶ Demonstrate the belief that everyone is capable and worthy of “great things”
- ▶ NEVER make negative or derogatory comments regarding their school, team, teammates, and coaches.

IV. ASSIST IN MEETS

Athletes are expected to:

- ▶ Be a team player however and whenever called upon, whether swimming, diving, or cheering
- ▶ Understand their role in the development of the team and be willing to put the team before self when appropriate, and understand their responsibility to help the team succeed
 1. recruit for the team
 2. swim events as needed for the team
 3. recognize a weakness and be willing to make a commitment to improve upon it

V. FOLLOW ALL TRAINING RULES

Athletes are expected to demonstrate:

- ▶ Timeliness – be early or on time for all practices and meets
- ▶ Good Attendance – willingness to attend all team practices
- ▶ A good work ethic
- ▶ Willingness to try new training methods. Have an open mind; very few coaches do the same training program so there is a good chance that your high school coaches will ask you to try new things. Remember: variety is the spice of life!

VI. STRIVE FOR HIGH ACADEMIC STANDARDS

Athletes are expected to maintain eligibility to participate in athletics at Harrison. They should demonstrate good time management skills and study habits, as well as meet with academic tutors and teachers outside of class time when needed.

VII. PROMOTE TEAM, SPORT, AND SCHOOL PRIDE

All athletes are expected to:

- ▶ Demonstrate pride for their school regardless of where they are
- ▶ Be positive about the H2OYA Swimming and Diving Programs when talking to others
- ▶ Be a positive leader away from the pool. An athlete who is excited and looking forward to spring and summer training has their goals in order.
- ▶ As athletes, swimmers and divers are often looked upon as leaders. All participants are a reflection of their school, parents, and coaching staff.
- ▶ Disrespect for any member of the Harrison Faculty and Staff, Harrison High School students and other schools' students, facilities, or teammates can result in the suspension from a meet, the forfeiture of a letter, or removal from the team at the coaches' discretion.

Every athlete has his or her own uniqueness to contribute to the team. The H2OYA program is interested in the quality of the athletes on the team. These athletes will be the future team representatives and will provide the leadership for the future of the program in and out of the pool for up to four years. They will also be H2OYA alumni forever. The impact that they have on the success of the program will be felt for years to come.

Any violations of team policy, athletic code of conduct, or school policy as stated in the school handbook is subject to suspension or dismissal from the team when deemed necessary by the head coach. The student athlete who fails to complete the season in good standing with the school will forfeit any seasonal awards. All varsity letters are subject to the discretion of the Coaching Staff. The head coach reserves the right to review all swimming and diving letter winners and make all final decisions concerning the award of those letters.

LETTERING CRITERIA

SWIMMERS

A swimmer must be an eligible team member in good standing for the entire season and meet all four (4) of the following criteria:

1. Meet or exceed team expectations as set forth by the coach in the team handbook.
2. Meet attendance requirements for practice, meetings, and meets:
 - a. Practice – all athletes must attend at least 95% of scheduled swimming practices
 - b. Meetings – all meetings are required for all team members
 - c. Meets – are required unless the athlete is excused by the head coach (*see process for consideration to not attend a meet in the handbook)
3. Must participate in all meets (not counting State unless a State Qualifier). If an athlete in good standing is not entered by the coach in a meet due to entry restrictions, this will not be held against the athlete.
4. Must qualify in at least one (1) of the following:
 - a. Qualify for State Meet (relay events included).
 - b. Meet lettering time qualifications. These apply to individual events only.
 - c. Earn at least twenty (20) points in varsity meets over the course of the season.
 - d. Have been a team member in good standing for 3 full seasons.

DIVERS

A diver must be an eligible team member in good standing for the entire season and must meet all four (4) of the following criteria:

1. Meet or exceed team expectations as set forth by the coach in the team handbook.
2. Meet attendance requirements for practice, meetings, and meets:
 - a. Practice – all athletes must attend at least 95% of scheduled swimming practices
 - b. Meetings – all meetings are required for all team members
 - c. Meets – are required unless the athlete is excused by the head coach (*see process for consideration to not attend a meet in the handbook)
3. Must participate in all meets (not counting State unless a State Qualifier). If an athlete in good standing is not entered by the coach in a meet due to entry restrictions, this will not be held against the athlete.

4. Must qualify in at least one (1) of the following:
 - a. Qualify for State Meet.
 - b. Perform ten (10) dives; five (5) optional and five (5) required.
 - c. Earn at least one (1) point in the County Championships.
 - d. Have been a team member in good standing for 3 full seasons.

LETTERING TIME STANDARDS

BOYS	EVENT	GIRLS
N/A	200 MR	N/A
2:13.04	200 Free	2:27.78
2:31.80	200 IM	2:45.60
27.025	50 Free	30.47
5 opt / 5req	Diving	5 opt / 5req
1:06.70	100 Fly	1:14.75
59.99	100 Free	1:07.27
6:08.00	500 Free	6:31.00
N/A	200 FR	N/A
1:09.00	100 Back	1:15.90
1:18.78	100 Breast	1:27.40
N/A	400 FR	N/A

COBB COUNTY CHAMPIONSHIP TIME STANDARDS

These are the minimum times needed in order to be eligible for the 2008 – 2009 Cobb County Championship Meet.

BOYS	EVENT	GIRLS
N/A	200 MR	N/A
2:22.50	200 Free	2:36.00
2:49.00	200 IM	2:55.00
:26.00	50 Free	:28.50
N/A	Diving	N/A
1:11.50	100 Fly	1:30.00
1:00.00	100 Free	1:08.50
6:30.00	500 Free	6:45.00
N/A	200 FR	N/A
1:15.00	100 Back	1:20.00
1:16.50	100 Breast	1:26.00
N/A	400 FR	N/A

STATE TIME STANDARDS

There are minimum times needed in order to be eligible for the 2008 – 2009 Georgia Swim Meet.

BOYS	EVENT	GIRLS
1:52.00	200 MR	2:08.00
1:56.00	200 Free	2:08.00
2:12.00	200 IM	2:24.00
:23.50	50 Free	:26.50
270.0	Diving	270.0
:58.00	100 Fly	1:05.00
:52.00	100 Free	:58.50
5:20.00	500 Free	5:40.00
1:41.50	200 FR	1:54.00
1:00.00	100 Back	1:06.00
1:08.50	100 Breast	1:16.00
3:46	400 FR	4:14.00

DIVERS

Qualifying for the State Meet can be done through an 11-dive or 6 –dive format, with both the minimum degree of difficulty made at the same event. In a six dive format all five dive groups must be performed, one each in dives 2-6. A copy of the qualifying diving score sheet must be submitted with the entry forms for the State Meet.

GIRLS:

Minimum degree of difficulty for optional dives

11 –Dive Format:

- a. 11.5 degree of difficulty minimum
- b. 270 points in an invitational meet

6 –Dive Format:

- a. 11.30 degree of difficulty (for all 6 dives)
- b. 200 points in an invitational meet

BOYS:

Minimum degree of difficulty for optional dives

11 –Dive Format:

- a. 12.0 degree of difficulty minimum
- b. 270 points in an invitational meet

6 –Dive Format:

- a. 11.80 degree of difficulty (for all 6 dives)
- b. 200 points in an invitational meet

DIVING

General Information:

Diving is one of 12 events that occur during a swim meet. It is considered an individual event and the points are awarded as such. Meets follow one of two formats: 6 dives and 11 dives. Divers will be informed of the format prior to the meet.

Divers will be coached by the County Diving Coach. The diving coaches will be assigning all the schools' divers, two (2) practice days per week. Information will be forthcoming.

DIRECTIONS

West Cobb Aquatic Center (WAC)

3675 Macland Road
Powder Springs, GA 30127
(770) 222 – 6700

From Harrison High School, turn LEFT onto Due West. Take a RIGHT at the CVS and follow it to the second light. Turn RIGHT on Dallas Highway. Just past the Dairy Queen, take a LEFT onto Casteel Road. Follow this road for about $\frac{3}{4}$ of a mile and take a RIGHT onto Villa Rica Road. Go about $1\frac{1}{4}$ of a mile to Macland Road. Take a LEFT onto Macland Road. The West Cobb Aquatic Center will be $\frac{1}{4}$ mile down the road on the RIGHT.

Cobb Aquatic Center (Central) (CAC)

520 Fairground St.
Marietta, GA 30060
(770) 528 – 8465

From Highway 41, head WEST on the 120 South Loop towards Powder Springs Road. Take a LEFT onto Fairground Street. The Pool is about 1 block down on the right behind the Cobb Civic Center. From Whitlock, head south towards Powder Springs. Take a RIGHT onto Powder Springs Rd. At the 2nd light take a LEFT onto the 120 South Loop. About .5 miles on the right will be Fairground Street. Take a RIGHT onto Fairground Street. The Aquatic Center will be on the right behind the Civic Center.

Mountain View Aquatic Center (MVAC)

2650 Gordy Parkway
Marietta, GA 30066
(770) 509 – 4925

From 41, take Chastain Road out towards the McCullum Airport. Continue on Chastain Rd and it will turn into Blackwell. Take a RIGHT at the end of Blackwell onto Shallowford Road. Go about 1.5 to 2 miles. Turn RIGHT onto Gordy Parkway. The pool is about .2 miles on the left.

Westminster Pool (STATE)

Westminster School
Take I – 75 South to the West Paces Ferry exit. Turn RIGHT off the exit ramp and the school entrance is the first drive on the LEFT after crossing the bridge over Nancy Creek.

TRANSPORTATION

Parents are responsible for providing transportation for their children to and from practice. With cooperation and parental support, car pools may be arranged for the convenience of all concerned parties. Athletes are expected to arrive at practice promptly and depart from practice in a timely manner. Coaches will not provide transportation for athletes.

The three (3) Cobb Aquatic Centers are considered our home meet sites. Parents are responsible for their own child's transportation to and from these meets.

Cobb County / Booster Club will provide bus transportation to away meet sites. When transportation is provided for away meets, all swimmers/divers are expected to ride on the bus to and from the meet.

If an exception needs to be made, fill out a Permission to Ride Home with Parents Form and give it to the coach, signed by a parent, prior to the start of the meet. Athletes may only leave the meet with their parents.

PERMISSION TO RIDE HOME WITH PARENTS FORM

Athlete's Name _____

Meet: _____

I, _____, will be giving my son/daughter a ride home from the above meet, therefore excusing them from riding home on the bus and relieving Harrison High School of liability for my child's trip home.

Parent's Signature _____

Additional athlete's to ride home with the above parent:

1. _____

Parent's Signature _____

2. _____

Parent's Signature _____

3. _____

Parent's Signature _____

This form must be complete and in the head coach's possession BEFORE the start of the meet or the athlete must ride home on the bus.

Date Received: _____

Coach's Signature: _____

Comments:

H2OYA PRACTICE / MEET ABSENTEE FORM

Name _____

Today's Date _____

H2OYA Practice being missed : _____

(at least 24 hour notice)

H2OYA Meet being missed: _____

(at least 2 – week notice)

Your conflicting event: _____

Is this: GHSA event Harrison HS event USA Swim Meet
(Circle one)

Event Date: _____

Event Time: _____

Athlete's Signature _____

Parent's Signature _____

- ▶ No more than two (2) H2OYA meets will be considered excused in one season.
- ▶ No more than three (3) H2OYA practices will be considered excused in one season.

Date Received: _____ Approved: _____ Denied: _____

Comments:

