

TEAM HANDBOOK

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McNeil High School Swimming & Diving

This handbook contains standards and expectations for members of the McNeil High School Swimming & Diving Team. Any questions or comments should be directed towards Coach Johnny Foss. This booklet has been approved by the McNeil Athletic Department and conforms to all U.I.L. standards that govern all Texas high school sports.

The McNeil High School Swimming & Diving program consists of a group of boys and girls that are fully committed to representing their teammates, sport, school and community in the best possible manner at all times.

Being a member of the McNeil High School Swimming & Diving Team is an earned privilege and honor. Failure to maintain these standards and requirements may result in the loss of this privilege.

QUALIFICATIONS & REQUIREMENTS

Swimming & Diving is a very demanding sport that requires the following:

- Swimmers and divers must be physically able to participate at an advanced level of their sport.
- Swimmers and divers must be mentally able to handle the demanding and sometimes grueling schedule that goes with competitive swimming and diving and being a student.
- Swimmers and divers must have a higher degree of character and integrity than the average student.
- Swimmers and divers must maintain a passing average in all classes.
- Swimmers and divers are expected to follow every rule the school, district, and state require for high school students and student athletes.
- Swimmers and divers are expected to follow every rule in this booklet and every rule verbally communicated to them by their coach.
- Swimmers and divers are expected to make a full commitment to the team, training schedule, as well as the meet and taper schedule set forth by Coach Foss.

Remember this is a team and no one person is more important than the team as a whole.

- Treat your team members with respect in the water and outside of the water.
- Treat all opponents with respect and politeness.
- Respect and listen to your coach.
- **Your individual honesty, integrity, and image equal that of the team's. "It only takes one person to make us all look bad."**

Team members that cannot adhere to the above requirements, or the requirements to follow, will be in poor standing with our program and may be removed. Swimmers that are in poor standing with our program, or are no longer part of our program, may not participate in any McNeil athletic events such as collegiate signing events. Should a team member quit McNeil Swimming & Diving before the end of that season then that team member cannot return for the remainder of their High School career.

ATTENDANCE STANDARDS

Attendance to swim training is mandatory.

Any tardies(including being IN the pool by the scheduled time) and absences, excused and unexcused will be treated just like any other class and will be reported to the attendance office.

Leaving training early is considered an absence.

Additional attendance standards:

In order to build a program that improves the quality of the swimmers as well as the success of the team, **attendance is a high priority**. Swimmers are expected to be in attendance every training day barring extenuating circumstances. Such circumstances include sickness and family emergencies. **Doctors appointments should be scheduled during “non-training” times** (some emergencies will be permitted on a case by case method).

*****Coach Foss must be notified in advance of a coming absence*****

Communication is an essential tool in the world in which you live. Should a swimmer have difficulty communicating absences in a timely manner to Coach Foss by either email, cell phone, or office phone, then that student will be placed on athletic contract (pg. 8).

In order to account for the common academic emergencies that occur each six weeks, each swimmer is allowed to miss **two training sessions a six weeks(arranged with Coach Foss prior to absence)** without penalty. We refer to these types of days as “Academic Days”. Should a swimmer need to miss a third training day in one six weeks, it will be assumed that the swimmer is behind in their studies and will subsequently be scratched from their next **eligible** meet in order for them to get their academics in order. A fourth unexcused absence in one six weeks will result in removal from the team for the remainder of that school year.

If a swimmer is tardy to training sessions or team meetings, then that swimmer will be marked as tardy to the class. If a swimmer is consistently late to training sessions or team meetings then that swimmer will be put on athletic contract.

Very few things are more important than the academic success of our students. Every swimmer must know though, that accepting a spot on the McNeil Swim Team will only make that endeavor more difficult. Athletes give up a sizable chunk of their valuable time in order to compete in an activity they love. This does not diminish the importance of academics. It simply gives us less time to accomplish the same goals. Every swimmer is expected to manage his/her time so that academic success is a certainty.

SWIMMING TRAINING STANDARDS

Attending McNeil's training is mandatory. If you do not train with us, then you are not a member of this team.

In order to begin training at McNeil High School each student must have a cleared physical exam by a licensed physician, an emergency contact card on file with Coach Foss, and this handbook signed notifying that you agree with the team standards, goals and expectations.

If an athlete must miss training due to an emergency, illness, or any other unexpected circumstance, the reason must be communicated to the coach within 24 hours or it will be counted as an **unexcused absence**. An unexcused absence can be applied towards that swimmer's Academic Day allowance.

The training schedule will be explained to the swimmers by the coach at the beginning of the year. Any changes during the year will be communicated as they occur.

There are no bad weather days. If the conditions make it impossible to swim, there will be dry land training. That dry land training will take place at either the pool or at McNeil High School and will begin 15 minutes after the scheduled workout time should there be any necessary transportation changes. If you believe that inclement weather might impact practice then call or text Coach Foss' cell phone(512-626-7448) and he will tell you personally of the current practice situation. If there is no communication assume that the practice situation has not changed. **The meeting place for dry land training at McNeil High School will be in the old weight room.**

Failure to attend training will result in consequences. (See Attendance Policies)

There will be NO club paraphernalia allowed at McNeil High School training sessions. You will be expected to be 100% focused on McNeil when you are with our team. We would expect the exact same for your clubs when you are with them.

Training times will be communicated to the team in a timely fashion when they become known.

Our training sessions will be focused on advancing as many of our swimmers as far as possible during the championship portion of our season. Therefore, it is very important to continue training consistently during the winter break, due to the proximity of the District Meet which is the first stage in the championship portion of our season.

*****Winter Training*****

At McNeil High School we will be training through the Winter break in order to prepare for the District, Regional and State Meets effectively. Any absences may result in that swimmer being left off of the District Roster so that a more prepared swimmer may have a shot at representing McNeil high school. Plan ahead so that family vacations do not interfere with training!

DIVING TRAINING STANDARDS

As of right now Round Rock ISD does not employ any licensed or experienced diving coaches. In order to compete for McNeil High School in the sport of diving the athlete must be trained off-campus by a licensed and capable diving instructor that is able to help their athlete prepare for an eleven dive competition.

TRAINING SCHEDULE

Training times at the beginning of school will be as follows:

- “A” day at pool from 7:20 – 9:30 AM
- “B” day at pool from 6:30 – 8:00 AM

AUGUST

August 16: Team Meeting 7:00 – 8:30 AM and during 1st period (intros, handbook)
August 17: Team Meeting 7:00 – 8:30 AM (goal setting, handbook)
August 20: Team Meeting 8:30 – 10:35 AM (nutrition, handbook)
August 21: Team Meeting 7:00 – 8:30 AM (equipment, lockers)
August 22: 7:20 – 9:30 AM - FIRST PRACTICE!!!
August 29: McNeil Swim & Dive - Meet the Mavs Potluck @ 6:00 PM

SEPTEMBER

September 3rd : Labor Day: Team Bonding!!! 8:00 AM – 1:00 PM

OCTOBER

October 8th & 9th : Practice 6:30 – 8:30 AM
October 18th: Swim-A-Thon: 7:00 AM – 9:30 AM

NOVEMBER

November 19th & 20th : Thanksgiving Practices 7:30 – 9:30 AM
November 21st – 23rd: NO TRAINING SESSIONS
November 27th: Team Pictures @ Mills Pond @ 7:30 AM

DECEMBER

December 17th – 20th: SEMESTER EXAMS (training times will be communicated based on exam schedule)
December 20th: Last school day of fall semester
December 21st : 7:00 – 10:00 AM(**Winter Training Day #1**)
December 24th – 26th : NO PRACTICE due to UIL restrictions
December 27th – 28th: 7:00 – 10:00 AM (**Winter Training Day #2 and #3**)
December 31st: 7:00 – 10:00 AM(**Winter Training Day #4**)

JANUARY

January 1st – 4th: 7:00 – 10:00 AM (**Winter Training Day #5 - #7**)
January 7th: 7:20 – 9:30 AM – STAFF DEVELOPMENT
January 21st : 7:20 – 9:30 AM Martin Luther King Day

EQUIPMENT

Swimmers are expected to bring **all** equipment to **every training session** and **be prepared to swim and do dry land training at every session(always bring running shoes)**. **Failure to come prepared will count as an absence. Having a back-up pair of goggles and cap is mandatory.**

Each team member will be issued some equipment for the year. Team Members are responsible for all equipment issued to them. Team Members are financially responsible for any equipment that is damaged throughout the year. All equipment is property of the Round Rock Independent School District. Any abuse or misuse of the equipment will result in the loss of use.

INJURY POLICIES

If swimmers are injured and cannot swim, **they must still attend training at the scheduled time.** The swimmers will be expected to do dry land training and/or physical therapy (PT). If the swimmer is on PT, they must bring a copy of their PT workout and schedule with a doctor's signature to be turned into McNeil's athletic training staff. While injured, swimmers are still part of the team and are expected to follow all team standards, rules and procedures. Swimmers will NOT be released to return to full training unless they have a signed release from a licensed physician.

BOOSTER CLUB

The McNeil Swim Team, in order to enhance the experience of high school swimming & diving, has their own booster club. The main role of the Booster Club is to manage the finances that are raised by membership fees as well as any fund raisers. All By-Laws, meeting times, minutes and budgets related to the Booster Club can be found on the team's website. Any questions not answered by these links and documents should be directed to the Head Swimming & Diving Coach or the Booster Club Executive Board.

FUNDRAISING!!!

On the McNeil Swimming & Diving Team we have a history, necessity, and tradition of fabulous fundraising. In fact, our fundraising efforts in the past have gone so well that our team has only had to raise funds once throughout the entire school year instead of the two times a year that are permitted. Our mighty mavericks raise funds during the first part of the school year for our annual Swim-A-Thon which allows us to pay for travel and lodging for our overnight trips as well as any necessary equipment that the team might need throughout the year. McNeil athletes will be raising pledges and donations for our Swim-A-Thon where each swimmer will be swimming 7500 meters(five miles) in under two hours. Feel free to speak with family, friends, neighbors and even local businesses that might be interested in supporting a very worthy cause. Please put forth the effort to do your part as early as possible. Failure to raise sufficient funds as a team may result in reduced budgeted team expenses. **This year's Swim-A-Thon will take place on _____ during the normal scheduled training time. Pledges can be turned in to Coach Foss as late as Friday, October 26th.**

TRAVEL

1. Except during some home dual meets, **all members of the team will travel together** on district provided transportation.
2. The pick-up and drop-off point for each meet will be at the McNeil Gym side entrance.
3. Departure times will be communicated to the team in advance. The bus will leave on time. If you miss the bus, you will not compete at the meet.
4. **Team Members may not leave the meet early.** Once the meet is over, athletes can only leave the meet with Coach Foss or their parent(s) as long as the parent has given Coach Foss a note releasing RRISD from all liability. The parent and athlete must confer with and deliver the note to Coach Foss prior to the beginning of the meet. This process must be done **each time (at every meet)** that the athlete does not plan to ride home on district transportation.
5. Athletes are not allowed to drive themselves to or from the meet unless their parents/guardians have filled out the attached transportation release form(home meets only).
6. If you leave a meet without permission from Coach Foss, you will not be able to travel with the team for the remainder of the season.
7. ***Good conduct on all trips will be enforced. ALWAYS ask the coach for permission before undertaking any activity at a meet. The athlete will be responsible for any misconduct and/or damage to property, etc.***
8. ***Misconduct by a team member while the team is traveling, or at any school related function will be dealt with based on the RRISD Code of Conduct and could result in removal from the team. The parent of the swimmer may be required to pick up their child due to the inappropriate actions – no matter the location or travel time. The inappropriate behavior will be examined on a case-by-case basis by Coach Foss and the RRISD administration staff.***

MEETS

Swimming & Diving meets are our opportunity to represent our community and school as a unified team. In order to accomplish this in the best possible manner we have some team guidelines that need to be followed.

Uniforms

During school on meet days, swimmers are required to wear the team uniform: Team polo(tucked in), and the swimmer's choice of shorts, pants or skirt(ask your captain if you are unsure as to what to wear).

Travel uniform:

- **For meets on school days-**
 - Team polo (see above)
- **For meets on non-school days-**
 - Team warm-ups or plain blue, green, or gray sweats
 - Team T-shirt or sweat shirt
 - Team parka

Meet uniform:

- Team warm-ups or sweats
- Team T-shirt or sweat shirt
- Team parka
- Dual Meets – team suit **AND** drag suit(for warm-up only)
- Invitational/Championship Meets – competition suit and **drag suit during warm-ups.**
*****FASTSKIN SUITS NEED TO BE APPROVED BEFORE USE AT ALL NON-CHAMPIONSHIP MEETS.*****

Swimmers are required to wear a McNeil team swim cap during all races (unless otherwise directed by Coach Foss)

You must be in proper team attire to compete in each meet. **NO CLUB PARAPHERNALIA!!!**

Meet Eligibility

Most meets have limits on the number of entries per team and some meets have qualifying time standards, thus every athlete has the opportunity to go to every meet. McNeil will place the highest potentially qualified athletes in each event. These difficult decisions will be made by Coach Foss only. Athletes that have not earned a spot on that meet's competitive roster will not travel with the team to that event.

Other qualifying and eligibility factors:

- See "Attendance Policies"
- Swimmers must meet all qualifications and requirements stated in this booklet.
- Swimmers must not have missed two days of practice (for any reason) the week prior to a swim meet.

Behavior at Meets

- McNeil Maverick Team Members will demonstrate the highest level of good sportsmanship at all times.

District Meet Requirements

1. Each team at the district meet is only allowed to enter four athletes in each event and only allowed to enter one relay team in each relay event.
2. Athletes are only allowed to compete in a maximum of four events in a championship meet – of which no more than two of those events can be individual events.

Because of these limits McNeil will take the fastest qualified swimmers who meet the following:

1. Swimmer must comply with all standards and qualifications of the district.
2. Swimmer must comply with all standards and qualifications of the McNeil Swim Team.

LETTERING STANDARDS

Athletes must meet one of the following criteria to earn a varsity McNeil "Swimming & Diving Letter".

- The athlete finishes in the top six of an individual event at the District Meet.
- The swimmer is part of a winning relay team at the District Meet.
- The athlete qualifies for the Regional Meet in an individual event.
- The swimmer competes on a relay team at the Regional Meet.

* Team Members who have competed in McNeil Athletics for three years; have consistently shown excellent attendance, superior training skills, and exemplary team involvement; and who have competed in five or more meets during the year will earn a McNeil "Swimming Letter".

GROOMING AND PERSONAL APPEARANCE

Team members are expected to comply with all school, athletic, and district policies regarding grooming and personal appearance and hygiene.

Jewelry- According to UIL Policy, swimmers and divers are not allowed to wear jewelry of any kind while competing for McNeil High School.

ATHLETIC CONTRACT

An athletic contract is a last-ditch effort to demonstrate to the team member that team rules are not negotiable. Should a team member still not be able to follow team rules after being placed on athletic contract then that team member will be removed from the team. It is the team member's job, not the parents', to make sure that they remain in good standing with the team and school. Also, should a team member lose athletic eligibility for any reason during the school year then that team member will be placed on athletic contract.

ACADEMICS

Team Members are expected to prioritize their schoolwork ahead of athletics. You are STUDENTS FIRST.

Team Members are encouraged to go to tutoring and study groups to maximize their academic potential. **However, scheduling these sessions during training should be a last resort. Remember, swimmers have two days a six weeks where they can prearrange with Coach Foss and miss training in order to catch up on studying or attend tutorial sessions.**

Becoming a successful team member involves exceptional time management skills. Stay on top of your studies and do not procrastinate when it comes to preparing for testing and completing projects. **Last minute studying (cramming) and work completion due to procrastination is not an excused absence. (ex: “Coach, I have a test today. I need to leave practice early to study or else I will fail.”) A student’s lack of preparation on their part does not constitute an emergency on our team’s part.**

Progress Reports:

Students must show Coach Foss any failing progress reports they receive. (I will work with you and your parents confidentially to bring up your grade. Your teammates will not know unless you tell them.) Remember, progress reports are warning notices which enable students to bring up their grades **before** they permanently go on your records. Do not hide them!

Academic Ineligibility:

Students who become ineligible during the school year will be placed on athletic contract.

BEHAVIOR

Expected behavior is always a tricky subject. Our team is comprised of boy and girl teenagers with highly competitive egos. Things will not always go smoothly, but we must all remember that, in the end, we are on the same team and must do our best to take care of each other and treat each other respectfully. This goes for all verbal, physical, and cyber interactions in between teammates, coaches, parents, and McNeil Swimming & Diving supporters.

CONSEQUENCES FOR INAPPROPRIATE BEHAVIOR

Consequences will be dealt with in the following order:

1. Verbal warning
2. Missed participation/competition.
3. RRISD Athletic probationary contract.
4. Removal from athletics.

As stated earlier in this handbook, certain inappropriate behaviors will result in superseding some of the above steps and a possible immediate dismissal from the team.

MCNEIL SWIM & DIVE TEAM

2018-2019 Schedule

Please find the team schedule on our team website at...

www.mcneilswimdive.blogspot.com

Another way to look at the season...

DUAL MEET SEASON		INVITATIONAL MEET SEASON			CHAMPIONSHIP MEET SEASON	
August	September	October	November	December	January	February
3 or 4 Dual Meets Rotate through 8 HS events Explore relay options		Round Rock Invitational Aggieland Invitational Austin ISD Invitational TISCA			One Warm up meet in early Jan. District Meet (mid-late Jan.) Regional Meet(1 week after Dist.) State Meet(2 weeks after Reg.)	

ORDER of EVENTS in HIGH SCHOOL SWIMMING

Event 1	Girls	200 Medley RELAY
Event 2	Boys	200 Medley RELAY
Event 3	Girls	200 Free
Event 4	Boys	200 Free
Event 5	Girls	200 IM
Event 6	Boys	200 IM
Event 7	Girls	50 Free
Event 8	Boys	50 Free
Event 9	Girls	1 Meter DIVING
Event 10	Boys	1 Meter DIVING
Event 11	Girls	100 Fly
Event 12	Boys	100 Fly
Event 13	Girls	100 Free
Event 14	Boys	100 Free
Event 15	Girls	500 Free
Event 16	Boys	500 Free
Event 17	Girls	200 Free RELAY
Event 18	Boys	200 Free RELAY
Event 19	Girls	100 Back
Event 20	Boys	100 Back
Event 21	Girls	100 Breast
Event 22	Boys	100 Breast
Event 23	Girls	400 Free RELAY
Event 24	Boys	400 Free RELAY
Event 25	Girls	3 Meter DIVING(only at Invites)
Event 26	Boys	3 Meter DIVING(only at Invites)



Nutritional Guidelines for Swimmers

By Ernest W. Maglischo, Ph.D.
Men's Swim Coach
Arizona State University
1996

CARBOHYDRATES, FATS & PROTEINS

These nutrients provide energy for muscular contraction, and chemical components for the development of body tissues. Carbohydrates are the preferred fuel for exercise because they are metabolized rapidly.

Fats are good sources of energy for extended endurance training, but provide very little energy during high-intensity training because they are metabolized slowly. The primary purpose of proteins is to repair and build muscle tissue, but they can also supply small amounts of energy for muscular contraction.

Swimmers can easily expend between 2000 to 5000 calories daily during workouts, depending upon their age, gender, size and hours spent in training. Between 1500 and 2400 calories in the daily diet should be made up of carbohydrates (400 to 800 grams). Carbohydrates should account for 55% to 65% of the total calories that swimmers consume every day.

Since carbohydrates generally provide only 46% of the calories in the typical American diet, most swimmers should increase their consumption of high-carbohydrate foods such as breads, cereals, pasta, potatoes, corn, rice, beans, peas, apples, bananas, dates, grapes, oranges and milk.

Fats make up about 38% of the daily calories in the typical American diet, which is close to twice the amount needed for health and performance. Consequently, most swimmers would do well to reduce their fat calories by consuming fewer amounts of eggs, cheese, butter, fried foods, nuts, saturated salad oils, gravy, and fatty meats. Skim or low fat milk should also be substituted for whole milk.

Most swimmers consume approximately two grams of protein per kilogram of body weight per day, which is more than enough to meet the protein requirements of the most active athlete. On the other hand, vegetarian athletes are sometimes at risk of inadequate protein intake. Vegetarians are advised to increase their intake of dairy products and/or nuts and soy products to make certain they ingest enough high-quality protein each day. Increasing the fat

intake through the use of dairy products and nuts should not be a concern because these athletes are not eating red meats, a common source of dietary fat.

VITAMINS AND MINERALS

Swimmers in training, may need more than the recommended daily allowances of certain vitamins and minerals. However, their large caloric intakes will usually supply the extra vitamins and minerals they need. Nevertheless, as a safeguard it may be wise to take a multi-vitamin/mineral supplement daily.

Female swimmers are especially susceptible to deficiencies of iron and calcium. They can increase their calcium intake with skim or low fat milk, yogurt, cheese, sardines. Good sources of iron are lean meats, raisins, poultry, beans, whole grains, breads & cereals.

FLUIDS

Swimmers can lose more than three liters (about 3 quarts) of fluid each day through breathing, urination, and sweating; yes swimmers do sweat during training. Therefore, it is important for swimmers to consume adequate amounts of fluid daily. An athlete's body weight can be an excellent guide to his/her fluid replacement needs. If the fluid intake is sufficient, the normal body weight lost in one training session will be replaced by the next training session. A good rule of thumb is to drink 2-8 oz. glasses of fluid for every pound of weight that is lost.

SNACKS

Swimmers who tend to lose weight easily should eat a mid-morning and mid-afternoon snack in addition to normal meals at breakfast, lunch and dinner. These snacks should consist of 500-800 calories of nutritious carbohydrate-rich foods. Carbohydrates help to maintain blood sugar (glucose) levels during training and provide a rapid source of muscle glycogen replacement after training.

Ingesting sports drinks during training sessions can also help maintain blood sugar at a high level. By doing so, more carbohydrate is made available to the muscles during training. Consequently, athletes can train more intensely, particularly during the latter stages of a workout. They may also use less muscle

glycogen in any one session so that they can swim more intensely more often during each week. The carbohydrate content of these sports drinks should be between 6% to 7% (14-15g/8 oz.) of the total volume. Sports drinks should be administered in amounts of 4 to 8 ounces every 20 minutes.

PRE-MEET MEAL

Contrary to popular belief, the pre-meet meal does not generally provide very much energy for competition. That energy should already be stored in the muscles from carbohydrate-rich meals eaten during the previous 2 to 3 days. If the muscles contain insufficient amounts of energy, the endurance swimmer will probably not perform very well even if the pre-meet meal is high in carbohydrates.

The pre-meet meal should consist of 500 to 1000 calories. Most of those calories should come from easily digested carbohydrates. The meal should be eaten two to four hours before competition to allow time for it to be digested and leave the stomach. Swimmers should avoid any heavily spiced foods that might cause nausea, or large amounts of fats and proteins.

Carbohydrate loading before important competitions is really not necessary. Swimmers can elevate their muscle glycogen levels to greater than normal levels by reducing their training volume for two or more days prior to competition, and making sure they eat high-carbohydrate meals.

Ernest Maglischo, Ph.D., is the Men's swim coach at Arizona State University, and a former member of the GSSI Education Advisory Board. Dr. Maglischo has previously coached 12 NCAA Division II or Division III National Championships and he was chosen NCAA Division II Swimming Coach of the Year five times between 1980 and 1990.

The Coaches' Corner is a service of the Gatorade Sports Science Institute®. For more information, contact:

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RRISD Eligibility Calendar 2018-2019

SEPTEMBER 21	END OF 6 WEEKS GRADING PERIOD
SEPTEMBER 28	ELIGIBILITY CHECK GAIN OR LOSE (GAIN BY CREDITS ONLY)
OCTOBER 12	IPR GRADE CHECK DATE
OCTOBER 19	ELIGIBILITY CHECK GAIN ONLY
NOVEMBER 2	END OF 6 WEEKS GRADING PERIOD
NOVEMBER 9	ELIGIBILITY CHECK GAIN OR LOSE
NOVEMBER 30	IPR GRADE CHECK DATE
DECEMBER 7	ELIGIBILITY CHECK GAIN ONLY
DECEMBER 19	END OF 6 WEEKS GRADING PERIOD
JANUARY 15	ELIGIBILITY CHECK GAIN OR LOSE
JANUARY 28	IPR GRADE CHECK DATE
FEBRUARY 4	ELIGIBILITY CHECK GAIN ONLY
FEBRUARY 15	END OF 6 WEEKS GRADING PERIOD
FEBRUARY 22	ELIGIBILITY CHECK GAIN OR LOSE
MARCH 8	IPR GRADE CHECK DATE
MARCH 15	ELIGIBILITY CHECK GAIN ONLY
APRIL 5	END OF 6 WEEKS GRADING PERIOD
APRIL 12	ELIGIBILITY CHECK GAIN OR LOSE
APRIL 26	IPR GRADE CHECK DATE
MAY 3	ELIGIBILITY CHECK GAIN ONLY

Round Rock ISD Athletic Code of Conduct – Use of Illegal or Controlled Substances During School and/or School Sponsored Events

Participation in athletics in the Round Rock ISD is a privilege, not a right, granted to students by the school district.

The privilege of participation in athletics may be withdrawn at any time if a student athlete is found to be in violation of the standards of conduct established by the district or by the coach of a particular sport.

The consequences for the use of illegal or controlled substances by students involved in athletics will be in accordance with the guidelines listed below. This policy is intended to be a minimum standard of consequences for athletes involved in the use or possession of, or under the influence of, illegal or controlled substances (alcohol and drugs). Stricter consequences may be applied depending on the extent and circumstances of the involvement by an athlete.

1. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at any athletic event or trip in which he/she represents RRISD as a member of an athletic team will be suspended from participation in athletics for a period of one (1) calendar year.

A second offense will result in permanent removal from all athletic teams.

2. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at a school function or on school premises will not be allowed to participate in any school sponsored athletic competition and practice for a minimum of six (6) weeks. Suspension will begin immediately for sports in season and will carry over to the next sport season until the six week suspension from competition and practice has been fulfilled. The six week suspension from competition and practice will begin at the start of the sport season for athletes involved in sports not currently in season. Disciplinary action will carry over from sport to sport and year to year until the athlete has missed six weeks of competition and practice.

A second offense at a school function or on school premises will result in suspension from athletic competition for one (1) calendar year.

A third offense will result in permanent removal from all athletic teams.

3. The discipline and/or dismissal of athletes involved in the use or possession of, or under the influence of, illegal or controlled substances at times other than when the athlete is on school premises or under school supervision will be at the discretion of the coach of the sport in which the athlete participates. The principal, campus athletic coordinator, and head coach of the sport must be involved in any decisions concerning the consequences of inappropriate behavior while not on school premises or at a school function.

In cases involving athletes from different sports for the same offense the principal, athletic coordinator, and head coaches of the sports in which the athletes participate will be involved in determining any disciplinary action.

USE OF TOBACCO

Any athlete involved in the possession or use of tobacco on school premises or at a school function will be suspended from athletic competition and practice for three (3) weeks.

A second offense will result in suspension for the remainder of the school year.

A third offense will result in permanent dismissal of the athlete from high school athletics.

RRISD Extracurricular Code of Conduct

I. Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved clubs, extracurricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

II. Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded by law to each student, while participation in the extracurricular activities is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. Important goals of the extracurricular activities are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Because participation in extracurricular activities is a **privilege and not a right**, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this **Extracurricular Code of Conduct** extends beyond the *Round Rock ISD Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail.

This **Extracurricular Code of Conduct** will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the **Round Rock ISD Student Code of Conduct** will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the **Extracurricular Code of Conduct** and be subject to discipline by a coach or sponsor without having violated the **Round Rock ISD Student Code of Conduct**.

III. Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- any conduct resulting in arrest and/or citations from law enforcement officers; this does not include minor traffic violations.

Social media misconduct will be addressed in the handbook in the area of Athletics and Fine Arts. All extracurricular activities fall under the RRISD Student Code of Conduct.

IV. Procedures

The coach, director and/or sponsor will determine whether an **Extracurricular Code of Conduct** violation has occurred. Upon determination of an **Extracurricular Code of Conduct** violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. campus administrator
4. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, campus administrators, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Campus administrators may remove a student who violates the **Extracurricular Code of Conduct** from the extracurricular activity.

Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

• Suspension from all extracurricular activities as outlined below:

First Offense:

The first offense will result in a three-week suspension from the extracurricular activity (ECA) that the participant is currently enrolled in. The suspension becomes effective immediately following the **notification, review and confirmation** of a violation. Suspension includes travel in a school vehicle to and from competition. The suspension does not include practice; however the campus administration may also impose a suspension on practice.

Second Offense:

Removal from all extracurricular activities for one calendar year.

A student who is cited for an offense while not in-season (off-season) or over the summer will receive "one strike", with a second offense resulting in removal from extracurricular activities for one calendar year.

Re-admission into the extracurricular activity is at the discretion of the coach, director, or sponsor.

Nothing in this **Extracurricular Code of Conduct** limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, and/or community service for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FNG (Local). A copy of this policy may be obtained from the principal's office or the central administration office or through Policy On Line at the following address: www.roundrockisd.org

Disciplinary consequences will not be deferred pending the outcome of an appeal.

Round Rock Independent School District Extra Curricular Code of Conduct

A condition to participating in any Round Rock ISD extracurricular activity or holding any office (elected or appointed) is to sign an acknowledgement that the student has read and understands the Extracurricular Code of Conduct. The student's parent or guardian must also sign an acknowledgement. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct.

Date _____

I have read the Round Rock ISD Extracurricular Code of Conduct and agree to adhere to these rules as a condition for my voluntary participation in Round Rock ISD extracurricular activities. I understand that failure to do so will result in disciplinary measures related to my extracurricular participation.

Student Name _____

Student Signature _____

I have read the Round Rock ISD Extracurricular Code of Conduct and understand requirements for my child's voluntary participation in Round Rock ISD extracurricular activities. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms.

Parent Name _____

Parent Signature _____

**McNeil Swim & Dive Team
Permission For Driving/Riding Arrangement**

Due to the special circumstances that our sport of swimming has, some students will be driving their cars to and from our training center. Once practice is over, they will then drive to school. New laws and regulations require you to be aware of the following information:

If you give your child permission to drive, if you choose to drive your child, or if you allow your child to ride with another parent/sponsor, you are assuming all legal responsibility (this includes insurance claims).

Please check and fill-in the appropriate blanks if you give or do not give your child permission to do any of the following and then sign the bottom:

- () I will transport my child/team member to and from swim practice.

- () My child/team member can ONLY take authorized district transportation to school after practice.

- () My child/team member has my permission to drive his/her car to and from practice

- () My child/team member has my permission to get a ride to school after practice with the following people:

_____, _____, _____
_____, _____, _____

Date _____

Parent Name (print) _____

Parent Name (sign) _____

Team Member's name(print) _____

Team Member's name(sign) _____

Team Policies and Standards Acknowledgement

I have received and read the 2018 – 2019 McNeil High School Swim Team handbook. I understand and will abide by every rule, policy and standard in this handbook and understand the consequences should I make choices contrary to those in this handbook. My signature below shows my intent to commit myself 100% to McNeil Swimming & Diving.

Name of Team Member (print)

Signature of Team Member

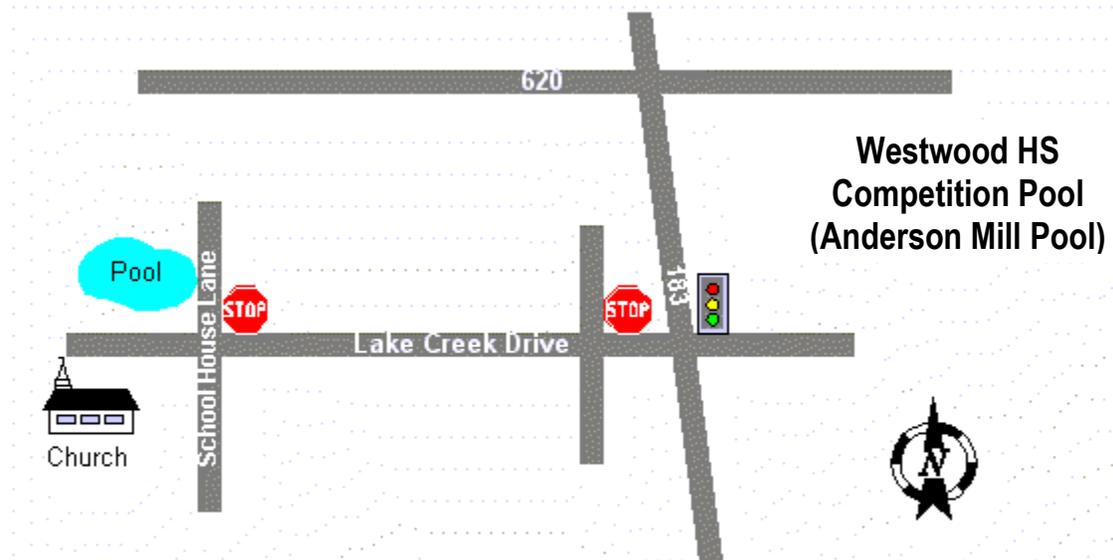
Date

Name of Parent (print)

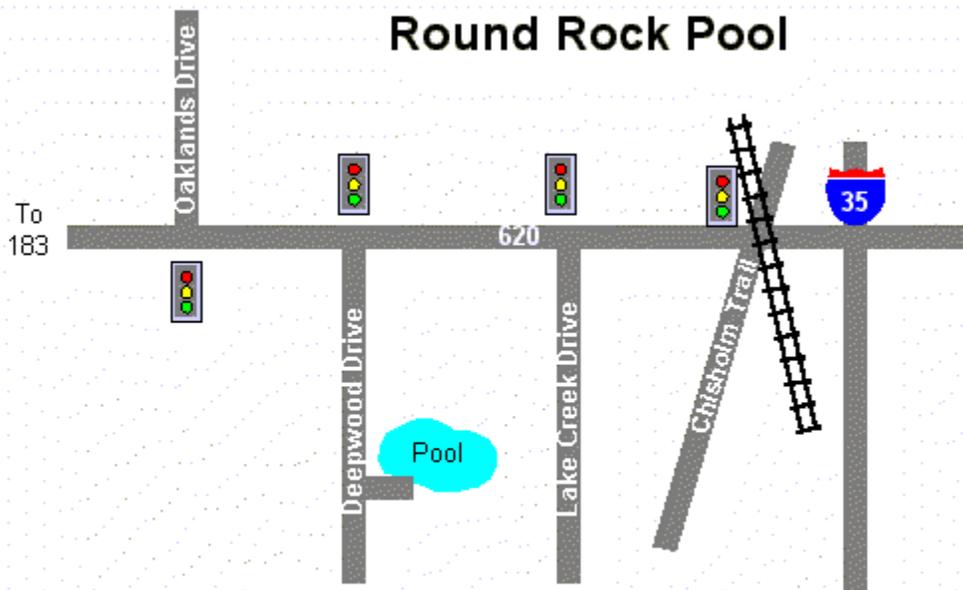
Signature of Parent or Guardian

Date

MAPS

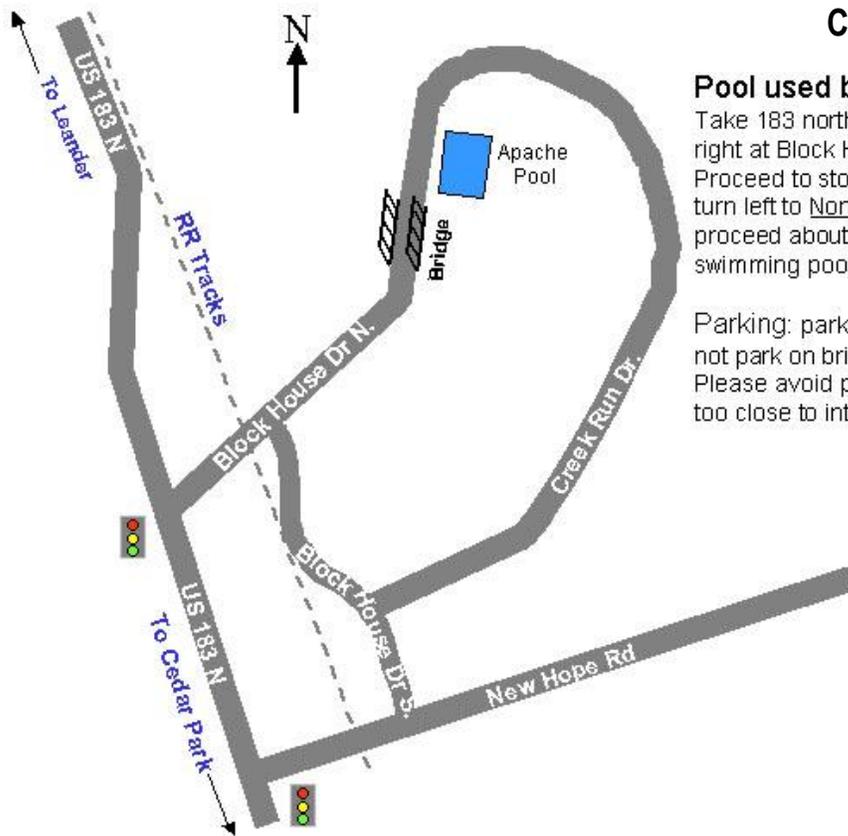


From 183, turn west on Lake Creek Drive.
The second stop sign is School House Lane.
The pool is on the northwest corner.
You may park in the church parking lot south of the pool.



Micki Krebsbach Pool is located on Deepwood Dr. just off 620.
Go south on Deepwood Dr. approximately 1/4 mile.
Parking and pool on left.

Leander HS Competition Pool



Pool used by BHC Swim Team

Take 183 north toward Leander. Turn right at Block House Drive at signal light. Proceed to stop sign at T-intersection, turn left to North Block House Dr and proceed about 1/2 mile until reach swimming pool on the right.

Parking: park along Block House Dr., do not park on bridge or at fire hydrant. Please avoid parking on side streets or too close to intersections.

Directions to Temple HS:

- Take I-35 heading north towards Belton/Temple
 - Once you are in Temple city limits you are going to exit Nugent Avenue
 - Take a RIGHT onto Nugent Avenue. Nugent will quickly make you turn right again heading south.
 - Temple HS will be about a quarter of a mile down the road on your left.
 - Take your first available left into the HS campus. The Natatorium is at the back of the campus
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MCNEIL SWIMMING & DIVING

COACH: JOHNNY FOSS

512-464-6524 (W)

512-626-7448 (cell)

E-MAIL: johnny_foss@roundrockisd.org

ASSISTANT COACH: KERRY CARTER

512-464-6366 (W)

512-293-7720 (cell)

E-MAIL: kerry_carter@roundrockisd.org