

January 9, 2019

Alameda High School Women's Swimming

Dear Swim parents and Athletes,

Welcome and get ready for the 2019 swim season! This season we are entering with many newcomers and returning veterans. As the reigning 2015-2018 West Alameda County Conference Champions, we have a lot to prove this year. I know we have a great group of young ladies that will step up and take this season head on.

This upcoming season I hope that all parents and guardians will help be a part of what makes this swim team so great. I want to thank all past families for their generous contributions to the Lady Hornet Swim programs. With these contributions, we have been able to purchase items such as team caps for swim meets and practice, stopwatches, and team snacks for meets. The swim team plans on having several fundraisers this season to help raise money for all other necessities or team activities. Any contributions received will be used to purchase items such as; team snacks for swim meets and spring break practice, team contributions for meets, and swim caps for meets and practice.

Lastly, I want to take this opportunity to strongly encourage families to join the Alameda Boosters, a non-profit parent group, which strongly supports all AHS Sports. Boosters help fund items that are too large to be covered by fundraising and team donations. Information about the Alameda Boosters may be found at hornetboosters.org

In this packet you will find the following:

- Team Rules
- The tentative meet schedule
- Driving request form
- Volunteer/Donation link for swim meets
- Swimmer profile and gear information links
- A swimmer and parent agreement which **must be signed by both the athlete and parent/guardian and returned to Coach Erica by January 28, 2019**

Sincerely,
Erica Escalante
Head Coach of the Lady Hornet's Swim Team

Alameda High School Women's Swimming
LADY HORNET SWIM TEAM RULES 2019

1. Academics

- a. You are a student **FIRST** and an athlete **SECOND**.
- b. All academic issues will be handled on a case-by-case basis. Factors in allowing students to use their probation will be based on grade checks, progress reports, class behavior and effort, attendance, and tardiness. **I will check in with all teachers on a weekly basis.**
- c. Freshman with under a 2.0 GPA will not be allowed to use their probation right away. They can continue practicing after attending after school tutoring or study hall first. Coach and swimmer will review her team status once grade checks or progress reports get to me.
- d. All students with under a 2.0 or short on credits will meet with me once I have spoken to all teachers and we will discuss terms for using probation.
- e. If you are taking an AP that has an after school class, or have a set schedule for tutoring or any other academic program, you are responsible for letting the coaching staff know.

2. Attendance

- a. 1st unexcused absence – cannot swim in swim meet but MUST attend and work meet.
- b. 2nd unexcused absences – cannot swim in swim in the next 2 meets but MUST attend and work meet.
- c. 3rd unexcused absence – cut from team
- d. After school detention is not an excused absence
 - i. 1st and 2nd detentions you will be assigned community service by the coach.
 - ii. 3rd detention – cut from the team
- e. The coaching staff must be notified in writing to the anticipated absence or tardy. This includes doctor's notes or an email from parents/guardians.
- f. This does not guarantee that it will be excused. Excusing an absence is still the coach's discretion.
- g. You are still required to attend practice while injured or if not seriously ill. You will have study hall at the swim center during practice times.

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3. Practice

- a. Practices are Monday through Saturday.
- b. Every swimmer must have their own water bottle on deck. If they do not have one, they cannot practice and will count as 1 missed practice.
- c. Practice times, dates, location will be announced the week before the season starts. More information will be given out at a later date.
 - i. Times for practice potentially will be 5:00PM-7:00PM Monday through Friday. Dryland practices will be twice a week and begin around 4:00PM.
- d. Practices on Saturdays begin at 9:00AM. That means you are dressed for practice, the pool has been set up and are in the water 9:00AM. Coaching staff will be at the pool by 8:30AM. This gives 30 minutes to get ready.
 - i. For every minute that your teammates are late, results in an additional minute added at the end of practice for everyone.
- e. Each swimmer is required to bring everyday **BOTH** swimsuits, goggles, swim cap and dry-land clothes (clothing and tennis shoes).
- f. ALL PRACTICES ARE REQUIRED**
- g. This is **not** club swimming. Swimmers and parents do not get to choose what practices you do and do not go to. You are required to be at **ALL** scheduled practices.
- h. Practices are scheduled during the holidays unless otherwise specified.
- i. We will have practices scheduled during spring break. THIS IS MANDATORY. Missing this week must be cleared with the coaching staff in advanced. This is the biggest time of year for practice.**
- j. Under special circumstances may you swim with the boy's coach. This must be approved with the Women's coaching staff first and then approved with the boy's coach. The rule is the same for the boys to swim with the girls. They must ask their coach for permission and then ask the women's coach.
- k. Students trying to get their 2ND year of PE waive must have a practice/ season completion rate of 90%. Failure to attend practices, meets, and other team activities will result in dismissal from team.

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4. Club Swimming, Other Sports, & Activities

- a. Swimmers can continue to swim with their club team but must check in once a week for team information. **It is the swimmers responsibility to get all information passed out.**
- b. Swimming or playing additional sports during high school is a privilege not a right.
- c YOUR AHS TEAM ALWAYS COMES FIRST**
- d. Swimmers must claim "unattached" with their club team once high school season starts. It is up to the parent/ guardian and swimmer to take care of this through their club coach.
- e. All special circumstances will be dealt with on an individual basis between swimmer and coaching staff.
- f. Being apart of this team is a privilege NOT A RIGHT. Be ready and expected to make a full commitment to your high school team.

5. Swim Meets

- a. All swimmers are required to attend ALL HOME meets whether they are swimming or not.
- b. If a swimmer is not swimming, they are required to work or cheer/ support their team.
- c. Swimmers must attend practice the day before a meet in order to participate in the meet. Under special circumstances worked out between the coaching staff and swimmer can you swim in a meet without attending practice the day before.
- d. No boyfriends/ girlfriends, family, friends to be allowed on the pool deck with swimmers and swimmers are not to be in the stands during a meet. They may be behind your lane to cheer for you during your event but must return to the stands after. Other than swimming, you will be busy cheering, working, or supporting your fellow teammates.
- e. After every meet there will be a team meeting unless otherwise specified.
- f. At away meets we will meet at the Emma Hood to take roll and then be assigned cars.
- g. If you plan to leave with your parent or guardian, your parents or guardian must be present to pick you up. They need to check in with me physically before you are allowed to leave.
- h. Make sure you warm up and warm down properly at all times.
- i. Remember that we are a team and that we are representing our school. We win with dignity and lose graciously.
- j. Everyone is required to keep our tent area clean. No will be allowed to leave after a swim meet until the tent area is cleaned and packed up.

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6. Pick Up/ Drop off

- a. Parents, guardians, boyfriend/girlfriend, family, etc. may wait in the stands for swimmers before and after practice. They can enter through the side door that leads to the bleachers. At no time is anybody that is not on the team to be in the offices, locker rooms, or pool deck.

7. Security

- a. The front doors will remain locked at all times. Everyone is to enter and exit through the side door at all times. If anybody comes to the front door direct him or her to the side door. This is for security purposes so that coaching staff can keep note of who is coming in and out of the swim center.

8. Show Respect/ Behavior

1. Always be respectful to coaches, officials, administration, teachers, parents, and to each other.
2. Disrespect of defiance towards any coach results in an automatic 5-day team suspension.
3. Swimmers can and will be kicked out of practice when being defiant or disrespectful.
- 4. Any swimmer that is caught cheating, stealing, or lying will automatically be removed from the team.**
5. Each student-athlete will be given a locker in the beginning of the season. The team in year's past has dealt with numerous reports of theft. Athletes will be able to lock up all valuable items but should always lock up everything. Items in the past that have been stolen are items such as; phones, calculators, wallets, swim suits, shoes, leggings, entire bags.
 - a. The first theft reported will mean the entire team will loose the rights to use the showers after practice.
 - b. The second theft reported will result in the entire team loosing the rights to use the entire locker room. Athletes will be able to use the locker room to change before and after practice. All bags will be placed on the pool deck.
 - c. Third theft reported will result in cancelling swim meets until the reported items are returned.
 - d. Fourth theft reported will result in the remainder of the season to be cancelled.

WE TAKE THEFT SERIOUSLY AND DO NOT TOLERATE IT. ANYONE CAUGHT STEALING WILL BE AUTOMATICALLY REMOVED FROM THE TEAM AND WILL BE REPORTED TO THE SCHOOL ADMINISTRATION.

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6. Drugs and alcohol are prohibited. Any student-athlete found with, seen with on social media, or under the influence of drugs and/or alcohol will be automatically removed from the team, reported to the school administration, and will not be eligible for the PE Waiver.

****No set of rules can ever be complete. The coaching staff will determine and all other situations. A coach's job is not to be a policeman but to help educate and help guide you as an athlete. Your self-discipline and motivation will help eliminate the need to enforce these rules. Your attitude and your actions will determine whether you spend more time in the water or on the deck. ****

Parents: please contact me at: ericalescalante@gmail.com or at ladyhornetaquatics@gmail.com

Contact Information:

Coach Erica Escalante
510.384.7000
ericalescalante@gmail.com
ladyhornetaquatics@gmail.com

Coach Nellie Cazares
510.479.5481
n.cazares12@gmail.com

Coach Kianna Escalante
510.517.1004

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Date_____

Swimmer:

I,_____have read the Lady Hornet Swim Team rules for 2019. I agree to uphold all rules listed in the Lady Hornet Swim Team rules packet.

Swimmer's Signature_____Date_____

Parent/ Guardian:

I,_____have read the Lady Hornet Swim Team rules for 2019. I, the parent/ guardian of_____I agree to help enforce and uphold all rules listed in the Lady Hornet Swim Team rules packet.

Parent's/Guardian's Signature_____Date_____

PLEASE SIGN AND RETURN TO COACHING STAFF BY JANUARY 28TH, 2019

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Swim Criteria for Teams:

Time trials will be held February 13-15, 2019. Final team will be announced February 18th.

JV A Group:

At minimum must be able to demonstrate the following:

- Ability to perform all 4 strokes sanctioned by USA Swimming
- Ability to swim 500 yards without stopping

Swimmers will be further ranked determined by their abilities to perform each of the criteria listed below:

- Swimmers must complete the freestyle and IM test sets
 - 10 X 50 freestyle @ 1:15
 - 5 x 100 freestyle @ 2:30
 - 10 X 50 freestyle @ 1:00
 - 5 X 100 freestyle @ 2:15
 - 3 X 200 IM without disqualification
- Ability to read pace clock and be able to send oneself off at basic interval
- Swimmers must complete the freestyle and IM test sets

VARSAITY Group:

*In addition to the requirements of the previous group

- Swimmers must complete the freestyle and IM test sets
 - 10 X 100 freestyle @1:40
 - 5 X 200 freestyle @3:20
 - 4 X 200 IM @3:40

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WEST ALAMEDA COUNTY CONFERENCE SWIMMING SCHEDULE – 2019 SEASON

EVERYTHING IN RED IS TENTATIVE

		HOST	SITE	TIME
Thursday, February 21				
Mission San Jose	vs. Alameda	Mission San Jose	Mission San Jose	3:30PM
Thursday, February 28				3:30PM
TBA				
Saturday, March 2				
Hawk High Invitational		Hawk High School	Las Positas College	9:00AM
Friday, March 8 & 9				
Woodcreek High School Invitational		Woodcreek High School	Roseville Aquatics Center	TBA
Tuesday March 13				
TBD	vs Alameda			3:30
Friday, March 15				
Castro Valley & Arroyo	vs. Alameda	Arroyo	Chabot	3:30
Wednesday, March 20				
TBD	vs Alameda			3:30
Friday, March 22				
Mt. Eden	vs. Alameda	Alameda	Alameda	3:30
Saturday, March 23				
SWIM-A-THON Fundraiser		Alameda	Alameda	9:00AM
Tuesday, March 26				
Piedmont	vs. Alameda	Piedmont	Piedmont Rec Pool	3:30
Thursday, March 28				
Bishop O'Dowd	vs. Alameda	Bishop O'Dowd	Encinal	3:30
Thursday, April 11				
San Leandro	vs Alameda	Alameda	San Leandro	3:30
Thursday, April 16				
TBA				3:30
Thursday, April 18				
Encinal & Berkeley	vs. Alameda	Encinal	Encinal	3:30

A FINALIZED SCHEDULE WILL BE SENT OUT FRIDAY FEBRUARY 15TH

Non- Varsity Culminating Meet = Friday and Saturday, April 26 – 27 (LOCATION TBA)

****Events split between both days****

WACC Swimming Championships = Friday and Saturday, April 26 – 27 (LOCATION TBA)

****Events split between both days****

NCS Trials = May 3; Finals = May 4 (LOCATION TBA)

CIF Trials/Finals May 10/11 (Clovis Olympic Swim Complex, Clovis West HS – Fresno, CA)

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DRIVING SIGN UP FORM

SWIMMER'S NAME: _____

Dear Parents/ Guardians,

We rely heavily on parent/ guardian drivers to get us to and from meets. The following is a list of tentative away meets for the season. Parent support is always crucial in getting our swimmers to all meets. In the past we have had to decrease the amount of swimmers we can take due to little amount of drivers. We never want swimmers to miss out on an opportunity to compete in a meet.

Please sign up below if you can and write down how many swimmers you can take. Anything helps!

You must also have an insurance form on file with the school. You can find that on schoolloop where you printed out the athletic packet.

- Thursday February 21 @ Mission San Jose High School:
of swimmers you can take _____
- Saturday, March 2, @ Las Positas College:
of swimmers you can take _____
- Thursday, March 8-9, @ Roseville Aquatics Center:
of swimmers you can take _____
- Friday, March 15th, @ Chabot College:
of swimmers you can take _____
- Tuesday, March 26th, @ Piedmont Rec Center:
of swimmers you can take _____
- Thursday, March 28th, @ Encinal High School:
of swimmers you can take _____
- Thursday, April 11th, @ San Leandro High School:
of swimmers you can take _____
- Thursday, April 18th, @ Encinal High School:
of swimmers you can take _____

***Regular meets I will need drivers for about 40 swimmers. Championship meets I will need help getting 50+ swimmers there. ***

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CONTRIBUTIONS & DONATIONS

This upcoming season I hope that all parents and guardians will help be a part of what makes this swim team so great. I want to thank all past families for their generous contributions to the Lady Hornet Swim programs. The swim team plans on having several fundraisers this season to help raise money for all other necessities or team activities.

To sign up to volunteer, please use our online system: <http://signup.com/go/btDhbjT>

If there are any troubles accessing, please let the coaching staff know.

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TEAM FEES

** Team Suit - \$70

** Team Gear - \$60

Senior Gift - \$20 (seniors do not need to pay for this)

Awards Night - \$20

Team activities, meals, and Misc. - \$60

TOTAL = \$100

** Purchasing a team suit is optional. However, coaching staff must approve your meet suit if you do not purchase a team suit.

** Purchasing team gear is optional.

**PLEASE MAKE CHECKS OUT TO THE FOLLOWING: Alameda High School Boosters
Women's Swim Team (on the memo line)**

CONTRIBUTIONS & DONATIONS

BOOSTER DONATION REQUEST - \$60

Please send a separate check for \$60 made out to Alameda Athletic Boosters.

Our boosters program is huge parts in helping us obtain the equipment and buses we need to keep our program running successfully.

As we are reigning champions, many of our swimmers are continuously breaking records. We would like to purchase with the help of the Booster program, a brand new records awards display for Emma Hood Swim Center. We are extremely proud of our swimmers and would strongly encourage parents to donate to the Booster program. If 100% of our parents donate the \$60, the Boosters will pay for the entire purchase. Any support towards this cause is greatly appreciated. If you would like to donate more to the cause than the \$60, please let Coach Erica know.

Thank you!

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- 1. To fill out volunteer/donation form, follow the link below:**
<http://signup.com/go/btDhbjT>
- 2. To fill out swimmer profile, follow the link below:**
<https://goo.gl/forms/E8gVgeqfB9yygmL43>
- 3. To fill out swimmer gear information, follow the link below:**
<https://goo.gl/forms/NwnA8UCbqSmtcTMz2>

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2019 LADY HORNET SWIMMING PROFILE

SWIMMER'S NAME: _____

SWIMMER SWIMMING EXPERIENCE _____

EMAIL ADDRESS _____

CELL PHONE _____

Can you send/ receive text messages? _____

GRADE _____ HEIGHT _____ AGE _____

Do you have any food allergies?

Do you have any dietary restrictions?

PARENTS/ GUARDIAN(S) NAMES

PARENTS/ GUARDIAN(S) EMAILS

HOME PHONE NUMBER(S) _____

CELL PHONE NUMBER(S) _____

Alameda High School Women's Swimming
LADY HORNET SWIM TEAM RULES 2019

SWIMMER'S NAME: _____

2019 LADY HORNET SWIMMING PROFILE

IF YOU ARE PURCHASING A TEAM SUIT OR TEAM GEAR PLEASE FILL OUT THE FOLLOWING:

SUIT SIZE _____

T- SHIRT SIZE _____

SWEATSHIRT SIZE _____

WARM UP JACKET SIZE _____

SHORTS SIZE _____

SWEATPANT SIZE _____

WARM UP PANT SIZE _____

****PLEASE NOTE THAT TEAM GEAR IS CHOSEN BY THE CAPTAINS AND WILL BE APPROVED BY THE COACHING STAFF. TEAM GEAR IS NOT EVERYTHING LISTED ABOVE. SWIMMERS WILL BE NOTIFIED WHAT ITEMS WILL BE PURCHASED.****