

Bowie Swim & Dive Team

2023-2024 HANDBOOK

Website: www.bowieswimming.org

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Athletic Expectations

The swim and dive team is composed of outstanding student athletes; in all aspects of school life including school attendance and discipline. Swim practices will be Monday-Thursday in accordance with UIL Rules.

- **You are expected to attend practice unless prior approval is given.**
- **Non club swimmers are required to attend $\frac{3}{4}$ practices a week unless prior approval is given as stated above**
- If you participate on a club team before and/or after school you are still required to attend Bowie practices. (this will be a case by case basis but most likely required 2/4 practices a week)
- **The coaches will work with swimmers on an individual basis regarding morning club and Bowie practices.**
- **All swimmers - excluding Seniors must be in class by 10:30am - tardies start at 10:30am**
- **Seniors - if at practice, must check in at some point during the school day in person with Coach Carr. If NOT at practice, Senior must show up to class by 10:30 or will be considered tardy.**
- **Tardies = showing up to class AFTER 10:30am (Seniors will be considered tardy if they did not attend practice and did not show up to class)**
- You ***will not tell*** the coaches you can't attend practice; you ***will ask***.
- Unapproved absences from practice ***will*** result in grade deduction or removal from the team.

Non Club swimmers weekly grade:

attending $\frac{3}{4}$ practices = 100%

attending 2/4 practices = 75%

attending $\frac{1}{4}$ practices = 50%

attending 0/4 practices = 0%

Club Swimmers (example)

attending 2/4 practices = 100%

attending $\frac{1}{4}$ practices = 75%

attending 0/4 practices = 0%

1 Tardy = a minus 10% reduction to your overall weekly grade

- You are expected to communicate as best you can through email and Remind.
- Please avoid making doctor appointments, etc. during practice times. **If you have an appointment during practice, you are required to give proof to the coaches.** It is better to go to practice and leave a little early in order to make an appointment.

- You are now a member of the Bowie Swim & Dive Team and more is expected of you. There are high standards for all athletes and coaches.

Grades & Eligibility

In order to participate on the Bowie Swim & Dive Team you must be passing all classes. AP passing grade is 60, Pre-AP is 65 and all other classes are 70. These rules are set by UIL and are non-negotiable. Coach Carr, who has access to your grades will do frequent grade checks, but it is **ultimately up to athletes to maintain passing grades.**

- If an athlete is struggling academically, they are expected to attend FIT and reach out for help with their teachers. The coaches should NOT be telling athletes to do this.
- **Bowie High School will follow a 9 Week Grading Period. However, you can lose eligibility at the 6 Week grade check. Please check the AISD website for the UIL Grade Check Calendar Dates. If you are ineligible, then you cannot compete, but you will have a chance to regain eligibility at the next grade check. If you are ineligible and remain ineligible at the next grade check (end of 9 week grading period or progress report), then you will be removed from the team so you can focus on your studies.**
- If you are ever suspended, you will be **removed from the team immediately.**

Practice Information & Schedule

Swim practice will be held at the Circle C Swim Center 6:30-8:00 AM Monday-Thursday. The first swim practice is Monday August 21, 2023 and last swim practice will be on Thursday February 8th, 2024, before the Regional meet. Circle C is located at 5919 La Crosse Ave #100, Austin, TX 78739, phone (512) 358-8171.

- All swimmers are expected to be respectful and act appropriately at Circle C. This is our practice facility and we want to keep it that way.
- Swimmers are expected to be in the water on time, which is at 6:30 AM. Swimmers are expected to arrive dressed and ready (or give yourself enough time when you arrive).
- **We only have practice for 90 minutes. Do not be late.**
- Swimmers will get ONE “pass” on tardy. After ONE tardy, swimmers will face deduction in their grade, a meeting with parents and coaches, or further action. When swimmers are late, it negatively impacts the rest of the practice.
- Prior to meets, the coaches will start practice with the meet lineup so swimmers can focus on those events at practice.
- Swimmers will need to provide their own transportation to practice. After practice, an AISD bus will bring swimmers to school. Swimmers have the option to use the bus transportation or provide their own. The coaches are not responsible for swimmers getting car rides from other swimmers.

Bowie Swim & Dive Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Swim Practice - Circle C 6:30-8:00 AM	Swim Practice - Circle C 6:30-8:00 AM	Swim Practice - Circle C 6:30-8:00 AM	Swim Practice - Circle C 6:30-8:00 AM	Do something active on your own or with a friend - weightroom will be open during class

Remind: School Communication

“Remind” is a phone app for students to communicate easily and quickly with their teachers and coaches without exchanging phone numbers. The Remind Group for Bowie Swim & Dive is “**BowieSwim**”. This is the same Remind Group as last year. To join, please download the app, “Join a class” and enter the code: @jbhsswim.

- All athletes and parents/guardians are required to join.
- This is an easy way to communicate with Coach Carr & Coach Langbehn outside of the school day. The coaches will use Remind often for any updates, possible practice changes, info, etc.

Equipment

The coaches will furnish all athletes with an equipment bag, parka and warm ups. These items will be returned at the end of the season. **Athletes, you are responsible for these items so know your equipment numbers!** All athletes will receive and keep:

- 1 t-shirt (white)
- two silicone caps personalized with your name
- Two bag tags (for parka and bag)
- Athletes and families may purchase additional spiritwear.
- All swimmers must provide their own goggles, a practice cap and a practice suit. Swimmers should not use their team suit at practices.
- **No club caps are allowed at any Bowie practice or any UIL event.**
- **Bowie athletes will not wear any club attire to any UIL events.**
- We have a team set of paddles, pull buoys, fins and kickboards for swimmers to use during Bowie practices. Swimmers may bring their own if they wish.
- Our team suits can be ordered through SwimFreak (located on S. Lamar [\(737\) 300-4097](tel:7373004097)). Team suits are not required, but HIGHLY RECOMMENDED. We want to look like a team!
- If you do not wish to purchase our team suit, please wear a solid black or solid red suit (that is not your practice suit) to meets. NO PRINTS!

Physicals & Forms

Prior to the first practice, you MUST have a school physical, emergency contact and information sheet turned in, in order to participate. NO EXCEPTIONS! **If you do not, you are still expected to be at practice but will not be allowed in the water.** All forms must be properly submitted into RankOne. Please ask the coaches ASAP if you have any questions.

Meet Information

Bowie will participate in dual and tri-meets in addition to invitational meets. Please check the website for any meet updates (bowieswimming.org). Some dive meets are separate from swim meets due to lack of boards.

- Prior to every meet, all information and details will be communicated to the team through email.
- Swimmers may request specific events to swim at each meet, but there are no guarantees. This is due to each meet having specific rules and entries numbers. Divers will create their dive list with the coaches in advance.
- Every swimmer is expected to be **competitive in every event.**
- Everyone will wear Bowie warmups to meets. When we walk onto the pool deck we want to look like a class act to our competitors. **Club clothing and caps are not allowed at Bowie meets.**
- **Swimmers are expected to compete in all races signed up for.**
- The coach and the captains will have the heat sheets (when available) and each athlete will be responsible for his/her events. You are expected to know the order of events to help you.
- You will be responsible for your events and you will never miss an event. Anyone who misses an event **will initiate a conversation with the coaches immediately and face consequences.** If you miss an event, you negatively impact the team.

- Every athlete will cheer on their team members throughout the meet and will be respectful to competitors in their events. Bowie will be known not only for their swimming and diving ability, but also for their excellent sportsmanship.
- **Relays are ALWAYS subject to change.** 8 swimmers are “locked in” for Districts AND Regionals AND State. Alternates can be used at Districts and/or Regionals. For any relay that advances to Regionals, the 4 who swam at Districts automatically qualify. However, it’s likely the relay will change from Districts to Regionals and/or from prelims to finals at Regionals. Just because a swimmer swam on the relay at Districts, does NOT guarantee a spot at Regionals. The fastest swimmers will be chosen dependent on event availability.

Team Captains

The team will vote for the 2023-2024 captains. Any athlete who is currently in their 3rd or 4th year on the team may apply to be a team captain for the season. Any athlete interested, is required to inform coaches in advance and give a speech to the team (no more than one page, if written) stating why they should be captain and how they will make the team better. Please be as specific as possible.

- The speeches and team voting will take place during the swim period on **Friday September 1st**. Each athlete will vote for two girls and two boys. All must be present.
- The coaches will select the top 4-6 votes (2 or 3 girls & 2 or 3 boys).
- **The Bowie Swim & Dive Team will need the help of captains who take the initiative in order to be successful.**
- If we have 5 divers on the team, we will have 1 diver as captain (male or female).
- **A team captain is expected to be a leader in attendance, work ethic, team morale and grades.** A captain can be replaced for a deficiency in any of these areas. If a captain is ineligible, they will be replaced as captain.

Varsity Lettermans

A Varsity Letterman will be awarded to athletes who place 1st - 8th at the District Meet. These places score points. The top six at districts will advance to the Regional Meet. A Letterman will also be awarded to any athlete who has been a valuable member of the team for 3 years. Athletes can purchase letterman jackets through Centex Recognition: 505 W Center St, Kyle, TX 78640, phone (512) 504-7100. Coach Carr will arrange a date for the company to size any athletes for jackets during 1st period Swim class.

Booster Club & Fundraising

Bowie Swim and Dive team is dependent on the Bowie Swim and Dive Booster Club for assistance raising funds to support the swimming and diving program, as well as, promoting team and school spirit. This is accomplished through Booster Club membership dues, sponsorships, fundraising events, and activities throughout the school year.

Members of the booster club consist of current year swimmers and/or parents or guardians of current year swimmers. Parents/guardians of each swimmer are encouraged to join each year their child participates. Participants must join by December of the senior year to be eligible for senior year scholarships. Parents/guardian boosters will be required to pay yearly dues for membership (membership form and information at bowieswimming.org/our-mission).

Swim booster members are expected to participate in fundraisers throughout the year. Swim boosters will participate in no more than 3 fundraising activities throughout the year with one activity being Bowie Bulldogs and Hot Dogs and no more than one effort which relies on "personal sales".

Athlete and Parent Accountability Form

Our swim and dive team has come a long way and has developed into a premium winning program for James Bowie High School. We did this through hard work and attracting gifted athletes. We have every expectation of continued success in this program. To do this we need every athlete and parent to be clear on all aspects of our program. By signing this document, you agree to your understanding of our procedures and expectations and are agreeing to abide by them.

Please sign or submit the Google Form below stating you have read and agree to the Bowie Swim & Dive 2022-2023 Handbook and submit to the coaches by **Friday 9/1/2022** *a google form for signatures will be posted in BLEND.* (Hard Copy or Google form will be accepted) This will be taken as a grade.

[Google Form for Digital Signatures](#)

Athlete Name:

Athlete Signature

Date

Parent Name:

Parent Signature

Date