

DeWitt Girls' Swim and Dive Handbook

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1. Introduction

Welcome to the DeWitt High School Girls' Swim and Dive Team! This handbook outlines the expectations for coaches, students, and parents. Our goal is to foster a culture of respect and growth both in and out of the water.

2. Coach Expectations

The coach is responsible for leading the team with integrity, and expertise. Here are the expectations for the coach:

- Maintain a respectful attitude toward students, parents, opponents, and others.
 - Respond to emails and messages within 1–2 business days.
 - Arrive on time and prepared to practices and competitions.
 - Be honest with students and parents.
 - Hold students and parents accountable when necessary.
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3. Student Expectations

As a team member, you play a vital role in creating a successful and respectful environment. Only students who are in good standing will be allowed to attend team activities (practices, dinners, meets, Etc.) To be in good standing all paperwork (physical, insurance information, this form, Etc.) must not be past due. Any payments owed (sports fee, Oscoda fee, Etc.) must not be past due. Attendance and grades must be at acceptable levels. Full participation in fund raising and team events is required.

Consequences to Student for failing to meet expectations:

Failing to meet expectations may result in consequences. All consequences are at Coach Brace's discretion. Possible consequences include (and are not limited to): removed from competition, not permitted to participate at practice, suspension from the team, removal from the team.

Here are your responsibilities:

- Conduct themselves in a legal, moral, and ethical manner always.
- Treat team-members, officials, coaches, opposing team members, and themselves with respect always.

- Read and adhere to the Dewitt Public Schools Code of Conduct.
- Read and adhere to the Dewitt Public Schools Athletic Handbook.
- Read and adhere to the team handbook.
- Arrive on time and prepared for all practices, competitions, and team events. Complete any pre-practice needs before practice. If a student needs to ice, see the trainer, Etc. that is to be completed beforehand.
- Help setup before and clean-up after practices, meets and other team activities.
- Treat equipment with care.
- At meets stay with the team and cheer for teammates. (Do not go into the locker room, visit with spectators, etc.) If a student wishes to go elsewhere they will tell Coach Brace – when they return they will tell Coach Brace that they are back.
- Leave cell phones in the locker room or swim bag.
- Follow all coach directions.
- Make a sincere attempt to learn the skills that are taught.
- Follow team rules and adhere to the code of conduct.
- Participate in all practices, competitions, and team events.
- Give your best effort in every practice and competition.
- Diligently do assigned physical therapy at home.
- Read information available on website, in email and other team communications.
- Stay home when sick. Stay home from school. Stay home from practice. It isn't a question of you being tough enough to get through the day. It's about not getting others sick. Don't be selfish - STAY HOME.
- Tell Coach Brace if they are injured or have any other situation that should be taken into consideration for workouts or competition. Do not hint, speak plainly
- In practice, students are expected to perform drills, sets, and activities as assigned. If a student is injured, ill or notices an emergency, they should immediately stop and notify the coach.
- Take responsibility for your actions and mistakes.
- Actively participate in fundraising.
- Stay positive and support your teammates.
- Embrace feedback and work on improving your skills.
- Represent the team with pride and integrity.

4. Parent Expectations

Parents are essential partners in supporting their child's success. Consequences to Parents for failing to meet expectations

Failing to meet expectations may result in consequences. Consequences are at Coach Brace's discretion in consultation with the Athletic Director. Possible consequences include (and are not limited to): not allowed to attend team functions, not allowed to communicate with other team members without the athletic director present.

Here are your responsibilities:

- Maintain a respectful attitude toward students, parents, opponents, and others.
 - Leave coaching to the coaches.
 - Bring concerns directly to Coach Brace.
 - Encourage your child to give their best effort and stay positive.
 - Respond to emails and messages from the coach within 1–2 business days.
 - Stay informed about team schedules, rules, and expectations.
 - Actively participate in fundraising.
 - Keep their student at home (from practice and classes) when the student is sick.
 - Turn in all forms and pay all fees (sports fee, Etc.) on time.
 - Volunteer at competitions, meets, or other team events.
 - Avoid negative comments about coaches, teammates, or the sport.
 - Celebrate your child's progress and efforts, not just results.
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5. Communication & Resources

- **Email:** Use email for non-urgent communication. All responses should be within 1–2 business days.
 - **Team Meetings:** Attend scheduled meetings to discuss updates, rules, and team goals.
 - **Team Websites:** Review the team website for FAQ and other information.
 - **Athletic Department Team Communication App:** ballfrog.
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Final Note: This handbook is a living document and may be updated to reflect changes in policies or team needs.
