



Team Handbook 2016-2017

Westwood High School Swimming & Diving

The following contains standards and expectations for members of the Westwood High School Varsity Swim Team. It serves as a guide for members of our team. This handbook is designed to help parents, swimmers and divers gain a better understanding of the high school swim season, the Westwood Swimming and Diving TEAM procedures and expectations. This book should be used as a guide for the upcoming season. Read it carefully and consult it throughout the year for answers to specific questions. The information contained in this handbook is subject to change. Any changes will be communicated promptly by the head swim coach. Any questions or comments should be directed towards the head swim coach. This booklet has been approved by the Westwood Athletic Department and conforms to all U.I.L. standards that govern all Texas high school sports.

In choosing to be a member of the Westwood Swimming and Diving TEAM you are becoming part of a program with over THREE DECADES of history and tradition. TEAM membership is a privilege and honor, not a right. As such, you are expected to fulfill certain obligations. No student is obligated to take part in athletics, nor is participation in athletics required for graduation. Since it is a privilege, the coach has the authority to revoke the privilege at anytime for failure to maintain and follow the requirements and standards of the Team.

TRYOUTS

In order to be considered for membership on the Westwood Varsity Swim Team all athletes must attend and participate in scheduled tryouts. The Head Swim Coach will schedule and conduct all tryouts. Coach McBrearty makes all decisions pertaining to who makes the team. Decisions are based primarily on tryout performance.

QUALIFICATIONS AND REQUIREMENTS

Swimming is a very demanding sport, which requires the following:

- Swimmers must be physically able to participate at an advanced level of swimming and participate in the training that goes with it.
- Swimmers must be mentally able to handle the demanding and sometimes grueling schedule that goes with being a Student Athlete.
- Swimmers must have a higher degree of character and integrity than the average Student Athlete.
- Swimmers must maintain a passing average in all classes.
- Swimmers are expected to follow every rule the school, district, and state require for high school students and Student Athletes.
- Swimmers are expected to follow every rule in this booklet and every rule verbally communicated to them by their coach.
- Swimmers are expected to commit to our team, our practice schedule, and our meet schedule during our season.

TEAM RESPONSIBILITY

The Westwood Swimming and Diving Team is exactly that...A Team! Athletes who are given the privilege to be a part of our Team must always act in the best interest of the Team. The greater good of our Team should be the priority of every member...in and out of the water.

Swimmers' responsibilities to the Team are...

- Treat your teammates with respect in the water and outside of the water.
- Respect and listen to your coach.
- Treat all opponents and officials with respect and politeness.
- Your individual honesty, integrity, and image equal that of the Team's.**

By accepting a spot on our team swimmers are committing to OUR TEAM and OUR SEASON. Any possible conflicts to this commitment must be addressed before our season starts.

Behavior that is opposed to the "Team" philosophy will be cause for dismissal from our Team.

TEAM PRACTICE SCHEDULE

PRACTICE STANDARDS

Practice is mandatory. If you don't practice, you are not a member of our Team.

The practice 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.

PRACTICE SCHEDULE

Orange Days:

6:30-8 AM Swimming

White Days (not including Fridays):

7:30 - 8 AM Dryland

8-9:30 AM Swimming

- **Missing practices/getting out early for school work, club meetings, medical/doctor appointments, etc.**
 - Please communicate all needs with Coach McBrearty. Every effort must be made to attend every practice.

ATTENDANCE STANDARDS

Attendance to practice and study hall is mandatory.

Attendance will be taken at the beginning of the scheduled practice time.

HOLIDAY PRACTICE

Scheduled holiday practices during the winter break are mandatory. It is very important to continue practicing consistently with our team during this period due to the proximity of our championship meets. **Failure to attend any of the scheduled practices may result in suspension from competing in future meets, including Districts.**

The Winter Break Practice schedule for the 2016-2017 season will be determined in a timely manner by Coach McBrearty.

If it is unavoidable, out-of town family trips will be excused with a pre-approved note. But please keep in mind, too big a break in training at this point in the season will negatively affect the athlete's end of the season performances. Missed training cannot be made up.

Please communicate plans for Holiday Trips that will cause a swimmer to miss practices is DECEMBER 1. This needs to be communicated in writing either through email or a written note to Coach McBrearty. Communication needs to include the specific dates and destination of travel plans. If it is impossible to finalize your plans before the deadline, please communicate this with Coach McBrearty prior to the deadline explaining the reason(s). Coach McBrearty will determine if an extension is merited.

MEETS

MEET SCHEDULE

Meet schedules will be distributed and available online.

Our meets should be your extra-curricular priority. Failure to attend meets without notifying Coach McBrearty or for unapproved reasons could result in suspension from future meets and/or removal from team.

MEET ELIGIBILITY/ENTRIES

Most meets have limits on the number of entries per team and some meets have qualifying time standards, thus every swimmer may not participate at every meet.

**Westwood will swim the fastest qualified swimmers. Swimmers and parents will be notified of meets with qualifying times or meets with entry limits.*

* Coach McBrearty may suspend swimmers/divers from meets if swimmer is in violation of team policy.

TRAVEL

- All members of the team will travel together on district provided transportation.
- We will meet for all trips outside the Westwood Field House.
- 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. You may not drive yourself to the meet.
 - Every member must return to the Westwood Field House with the team. You may not leave the meet early. In case of an emergency, you may only leave with your parents after a wavier has been signed.

OVERNIGHT TRAVEL

The Westwood Swim Team will participate in a few meets that require us to stay overnight. These meets will be marked on the schedule. Itineraries and information will be distributed to swimmers and their families in a timely manner. Travel to these meets will be the same as our other meets...we will travel together.

BEHAVIOR

-Westwood Warrior Swimmers will demonstrate the highest level of sportsmanship at all times. Poor behavior or poor sportsmanship may result in suspension from future meets and/ or removal from Team.

CHAMPIONSHIP MEETS

“Championship” meets are the end of season meets that we focus on having our best performance...as a Team and as a swimmer. These meets can be one of the following: Districts, Regionals or State.

The Team will decide which meet is the Team’s “CHAMPIONSHIP” MEET at the beginning of the year.

Swimmers will decide which meet is their “CHAMPIONSHIP” MEET in “goal” meetings with Coach during the beginning of the year.

***Season Tapering and Shaving will be done for these Championship Meets.**

DISTRICT CHAMPIONSHIP –

*Each team at the district meet is only allowed to enter four swimmers in each event and only allowed to enter one relay team in each relay event.

*Swimmer are only allowed to swim in two individual and two relay events or one individual and three relay events (a maximum of four events).

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

- Swimmer must comply with any standards or qualifications the district has.
- Swimmer must have competed in three meets for Westwood High School that school year.
- Swimmer must have practiced at least eight weeks with Westwood that school year.

REGIONAL CHAMPIONSHIP-

To qualify for the Regional meet you must place in the top six in your event at the District meet.

STATE CHAMPIONSHIP-

To qualify for the State meet you must either...

Place first or second in your event at the Regional Meet

Or

“A” Final at the regional meet and have one of the top eight times from all of the regional meets (there are eight).

Championship Relays

Relay participants can and may change from meet to meet. Relays that qualify to compete at the next level qualify as “Westwood” relays; which means, our team qualifies. Selection of swimmers for these relays will be based on eligibility factors and the following statement: Westwood will field the fastest possible relay teams based on the coach’s discretion.

CLASS GRADE

Your grade in our class will be determined by your participation; which includes, but is not limited to, attendance to practice and meets, effort, and ability to follow team rules and guidelines.

ACADEMICS

As mentioned in the “Qualifications and Requirements” to be on our team,

-Swimmers must be mentally able to handle the demanding and sometimes grueling schedule that goes with being a Student Athlete.

Success in the classroom is a priority! Student-Athletes are Students first. However, it is understood that accepting a spot on our Varsity team **you can handle both parts with a high level of success.**

-Swimmers are encouraged to go to tutoring and study groups to maximize their academic potential.

However, scheduling these sessions during practice before exhausting other options is not acceptable. If absences or having to leave practice early due to tutoring or attending to academic needs become too frequent, the athlete should consider dropping swimming to concentrate on their academics. Also, excessive absences (excused or unexcused) can result in not being entered in meets.

-Becoming a successful swimmer involves exceptional time management skills. Stay on top of your studies and don’t procrastinate when it comes to preparing for testing and completing projects. **Last minute studying (cramming) and work completion due to procrastinating is not an excused absence. (ex. “Coach, I have a test today. I need to leave practice early to study.”)**

Study on your own time—Not on team practice time.

TAKE CONTROL OF YOUR SCHEDULE, DON’T LET IT CONTROL YOU.

-Students must show Coach McBrearty any 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 meant to warn you so you can bring up your grades before they permanently go on your records. Don’t hide them.

-Students who have continual problems with their grades may be suspended from team practices and meets until the problems are resolved.

EQUIPMENT

Swimmers are expected to bring all equipment to practice and **be prepared to swim and do dry land training. Failure to come prepared will count as an absence.**

Swimmers are responsible for all equipment issued to them. All equipment is property of Westwood High School and the swim team. Any abuse or misuse of the equipment will result in the loss of use. No one outside the swim team may use or wear any piece of team equipment or clothing.

Swimmers are financially responsible for replacing any damaged or lost equipment.

LOCKER ROOMS

-Please keep your locker rooms clean and orderly.

-Eating is not permitted in locker rooms.

-Locker rooms are not a place to “hang-out.” They are to shower and get ready for school.

-We share our locker rooms with other Westwood athletes. Please respect them, their belongings and their space.

-Locker rooms are for athletes assigned to them only. Friends and other students are not permitted in the locker rooms.

-If you suspect or witness any behavior that is not appropriate, please report it to your Coach.

-If you see any unauthorized students in your locker rooms, please report it to your coach.

POOLS

By nature pools are dangerous and volatile environments. Safety and responsible behavior is a must. Because we spend so much time at pools we may develop a sense of comfort that could cause us to take for granted how dangerous our environment is.

-Please keep safety in mind at all times...not just for yourself, but for those around you.

-Please follow all pool rules.

-Please keep the pool area and facilities clean and orderly.

-If you see any problems with the facilities report it to Coach McBrearty as soon as possible.

-Please respect the property and areas around our pool.

CLUB SWIMMING/CROSS-TRAINING

It is highly recommended that swimmers become involved with a club team or a cross-training program during the year if their schedule allows and stay involved during off-season months. The additional training and coaching will greatly increase the level of the swimmers' performances.

If you have question about options, please contact Coach McBrearty.

GROOMING AND PERSONAL APPEARANCE

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

LETTERING STANDARDS

Swimmers/Divers must meet the criteria listed in the one of the three options below to earn a Westwood swimming “letter”.

1- Accomplish one of the following:

- Swimmer Advances to Regionals in an individual swimming event.
- Swimmer is part of a Gold Medal (1st place) winning relay at Districts.
- Swimmer/Diver is named to the TISCA All-State Team.
- Swimmer swims on a relay that qualifies to State.
- Diver finals at Regionals (top 8).

2- Swimmer/Diver has been a member of our team in good standing for two full seasons, and has accomplished one of the following:

- Swimmer/Diver scores points for our team at the District Championships
- Swimmer is part of a Medal Winning (1st-3rd place) Relay at the District Championships.
- Swimmer is part of a relay that finals at the Regional Meet.

3- Swimmer/Diver has competed for Westwood at the Varsity level for three years; has consistently shown excellent attendance, superior practice skills and exemplary team involvement; and who has competed in five or more meets a year will also be considered for a varsity letter.

4 - Coach’s discretion

Jackets and letters will be ordered in the spring and handed out in a team ceremony the first day of practice the following school year.

A Varsity Swim/Dive “letter” can be with-held or taken away regardless of meeting the above criteria, due to conduct detrimental to our team, not following team guidelines/standards or leaving the team.

* Lettering standards are subject to review by Coach McBrearty.

SELECTION OF TEAM CAPTAINS

The process for selecting captains will be decided by Coach McBrearty. Coach McBrearty has final say on who will serve as Team Captains.

INJURY/ILLNESS POLICIES

If injured and unable to swim, swimmers must still attend practice at the scheduled time (unless other arrangements have been made with Coach McBrearty).

While injured or ill, swimmers are still part of the team and are expected to follow all team standards.

All injuries, regardless of where or when they occur, must be reported to Coach McBrearty and the Westwood Athletic Trainers (see attached Training Room Policies and Procedures).

Swimmers will not be cleared for practice until they have a letter from a doctor clearing them for our activities, have been cleared the Westwood Athletic Trainers and cleared by Coach McBrearty.

***See "Westwood Training Room Policies and Procedures" for more information regarding injuries and illness procedures.*

-Eligibility for practices and competition after injuries and extended time away from practice is based on the discretion of the coach.

NUTRITION & HYDRATION

A teenager's nutritional habits and how they hydrate their bodies is vitally important. When they are high level athletes the importance is even greater. Coach McBrearty will frequently discuss these areas throughout the year and will be available to answer questions and give advice to parents and/or athletes.

END OF SEASON AWARDS

The following Awards will be presented at the End of Season Banquet.

-Warrior Award- presented to the Girl and Boy upperclassman swimmer who demonstrate the true spirit of being a Warrior Varsity Swimmer. Determined solely by Coach McBrearty.

-Underclassman Achievement Award- presented to the Girl and Boy underclassman swimmer who demonstrate the true spirit of being a Warrior Varsity Swimmer. Determined solely by Coach McBrearty.

-Most Improved Swimmer Award- Presented to the Girl and Boy swimmer who shows the most improvement during the course of our season. Includes times, but also practice level and overall contribution to our team. Determined solely by Coach McBrearty.

High Point Award- Present to the Girl and Boy swimmer who score the most points for our team during the course of our season.

Diver of the Year Award- presented to the Girl and Boy Diver who demonstrate the true spirit of being a Warrior Varsity Diver. Determined solely by Coach McBrearty.

Student Athlete Award – Awarded to the senior exemplifying Westwood excellence in the classroom and the pool

DISCIPLINARY ACTION

Any behavior at all times and places that require disciplinary action will be handled on situation to situation basis by Coach McBrearty. Below is the general outline of action (may vary depending on situation).

1st Offense- Coach will meet with student and discuss the matter and possible consequences. Parent contact is possible.

2nd Offense- Coach will meet in person with student and parent(s) to discuss matter and possible consequences.

3rd Offense- Coach will meet with student and parent(s) and, in addition to other possible consequences, student will be suspended from team until Coach McBrearty feels behavior will not be a problem again.

Depending on severity of offense, suspension is a possible consequence at any step.

All matters of discipline that violate school or district policy will be reported to the grade level office and any consequences they apply to the behavior may be in addition to team consequences.

ABUSE OF ALCOHOL, DRUGS and TOBACCO - RRISD POLICY

1. This policy is intended to be a minimum punishment for the students involved in the misuse of alcohol, drugs or tobacco.
2. Any athlete involved in using drugs, alcohol or tobacco at any athletic event or trip in which he/she represents RRISD will be immediately suspended from that particular team and any other athletic team for one (1) year.
3. Any student involved in using alcohol, drugs or tobacco during the school day or at any school function other than an athletic event in which he/she is under school supervision (i.e. lunch, school dance, field trip) will not be allowed to participate in any school-sponsored athletic event for a minimum of six (6) weeks. Any student guilty of a second offense will be suspended for one (1) year from athletics.
4. The punishment and/or dismissal of athletes involved in the misuse of alcohol, drugs or tobacco at times other than school or under school supervision will be left to the coach of that particular sport.

5. The above stipulations are strictly a minimum. They are not intended in any way to affect the individual coach's right to make a decision as to the punishment and suspension of the athletes in his/her particular program. Other punishments might include certain physical punishments such as running laps, extra work in the morning or after school, loss of letter jacket or other awards, or anything else the individual coach might deem necessary to protect his/her program and other participants from those who insist on being involved with the use of alcohol, drugs or tobacco.

BULLYING, HARASSMENT & HAZING

Any form of Bullying, Harassment and/or Hazing is strictly prohibited. Please treat each other with respect and dignity. This includes Cyber bullying, harassment and/or hazing.

GENERAL WARNING OF RISK INVOLVED WITH PARTICIPATING IN ATHLETICS

Involvement in athletics requires a high level of physical activity which comes with risk of injury and bodily harm. That added to the inherently dangerous environment of a swimming facility creates a higher degree of risk to those participating in Varsity swimming.

TEAM FUNDRAISING

Our team may have a fundraiser sometime during the school year. It is important that every member of our team participates. Dates and details will be announced well in advance.

IMPORTANCE OF COMMUNICATION

I can't stress the importance of honest, open and direct communication between everyone on this team (coach, student athletes and parents). Most problems and conflicts can be avoided if we directly communicate in an honest and mature manner. And in my over 20 years of coaching and teaching, most problems/conflicts occurred because of a lack of communication, a breakdown in communication or miscommunication.

You will have multiple ways to get ahold of me as I will to get ahold of you. There will be times when things are unclear to you or you disagree with something or you hear something that just doesn't seem right. Please try to communicate directly with the persons involved. Most of the time clarification through direct communication is the remedy.

If there is a conflict that needs to be resolved or there are emotions involved, it is best to communicate face to face. It eliminates some possible miscommunication or misinterpretation that sometimes occurs in e-mails or phone calls.

PARENT RELATED TOPICS

Booster Club

We invite all people to attend, participate or become members of our booster club to promote and support our program. Membership is not a requirement but it is highly encouraged.

Sportsmanship

Parents are expected to conduct themselves with the same high level of good sportsmanship that our athletes are. This includes during our competitions and away from them. Please respect our opponents, officials, coaches and most importantly our athletes at all times.

Westwood Athletics Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication that you should expect from your child's coach:

1. Expectations the coach has for your child as well as all the players on the squad
2. Locations and times of all practices and contest
3. Team requirements, i.e., practices, special equipment, out-of-season conditioning, etc...
4. Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. **Notification of any schedule conflicts well in advance**

As your child becomes involved in the programs at Westwood, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

If there is a concern to discuss with a coach, the procedure should follow:

1. Please encourage your child to speak directly with the coach, many times this can take care of the problem
2. Call to set up an appointment
3. If the coach cannot be reached, call the Athletic Director at (512)464-4031
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.

WESTWOOD TRAINING ROOM POLICIES AND PROCEDURES

Communication with the athletic trainer is of the utmost importance. The athletic trainer is the liaison between athlete, parent, doctor, and coach. The coach's responsibility is coaching student athletes in a particular sport(s). The athletic trainer is responsible for the prevention, evaluation, treatment, and rehabilitation of all athletic injuries and/or illness of our student athletes. This also includes all medical paperwork, and Westwood's doctors' evaluation form.

Any student athlete that is injured or has other medical problems while participating in Westwood High School related athletic activities is strongly encouraged to see the athletic trainer.

The athletic training room opens every morning at 7:30 am. Any student athlete injured or that has any other medical problem that will not allow them to go through a full workout is strongly encouraged to come and see the athletic trainer. These athletes need to be here between 7:30 - 8:00 am so they can be evaluated. After the evaluation, modifications may be made to his/her workout, or a referral to a physician may be recommended. After the morning evaluation/treatment period is done a daily injury report is sent to all coaches, informing them of the status of their athlete. This is important for the coaches so they know what their athlete can and can not do. This is part of the overall program and if this is not followed it is viewed by coaches as a missed practice, and consequences such as makeup work or loss of playing time may result.

Before taking a student athlete to the doctor you need to come by the training room for an initial evaluation, documentation, injury reporting, and pickup a doctor's evaluation form. This must be followed unless one of the following things has happened:

1. A life threatening situation is present and an athlete must be transported by EMS.
2. The Athletic Trainer is present at the activity and is aware of the situation and has talked to the parents and has documented the injury, and given the parents a doctor's evaluation form.
3. The Athletic Trainer is not present and a student trainer or coach is aware of the situation and has talked to the parents and has documented the injury, and given the parents a doctor's evaluation form.
4. The student athlete is injured outside of a Westwood High School athletic activity (i.e. club sport, at home nights or weekends). Student athlete or parent needs to call the trainer. Doc Bauer at 464-4053 (office) or Ashlee Brown at 464-4120.

A student athlete will **never-ever** be denied the opportunity to see a doctor. We must follow these procedures, so that we will always have proper documentation and communication between trainer, athlete, parent, and coach. This will allow us to do what is in the best interest of our student athletes.

Whether a Westwood Athletic Trainer or a parent initiates a doctor's visit for any injury or illness, **written communication from the doctor on our official Westwood doctor's evaluation form is required prior to returning to activity. The communication must include diagnosis, level of activity, any restrictions, and what rehab is recommended.**

We can do physical therapy as prescribed by your doctor for free.

A medical doctor's release as well as the athletic trainers release is required before an athlete can return to sports participation.

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
 15 minute Break
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

Westwood School Song (Alma Mater)

**On the Edge of the west horizon
and reared against the sky
is the home of the Westwood Warriors,
protected by our pride.
Onward, upward, ever forward,
to the end we'll ever fight.
With our hearts, hands and minds,
pledge to Westwood High, our light.
For the home of the Westwood Warriors,
will ever shine so bright.
Hail to thee our Alma Mater;
all hail to orange and white.**

Round Rock Independent School District Extra Curricular 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;

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. 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, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Coaches, directors, and sponsors will strive for consistency and exercise sound professional discretion. School personnel may remove a student who violates the *Extracurricular Code of Conduct* from his/her current sport or school-sponsored activity. The person making the final determination regarding disciplinary action will have any relevant records pertaining to the student.

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 until one of the following choices has been completed:

- 1st Offense –
Community service (documented) HS:30 hours/MS:15 hours
OR
Completion of sport/activity specific skill improvement drills to be determined by the coach, director or sponsor.
- 2nd Offense –
Removal from the program

Nothing in this *Extracurricular Code of Conduct* limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, 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 FOC (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.

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|--|
| <p style="text-align: center;">Round Rock Independent School District Extra Curricular Code of Conduct</p> |
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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 _____

Westwood Swimming Permission for Driving/Riding Arrangement

Due to the special circumstances that the sport of swimming has, some students will be driving their cars to Waterloo. 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 the student, or if you allow your child to ride with another parent/sponsor, you are assuming all legal responsibilities (this includes insurance claims).

Please check and fill-in the appropriate blanks if you give or don't give your child permission to do any of the following and sign the bottom.

I will transport _____ to and from swim practice.

_____ can only take authorized district transportation to school after practice.

_____ has my permission to drive his/her car to swim practice and may go home after practice to get ready for school. He/she will return to campus in time for mandatory study hall.

_____ has my permission to get a ride to school after practice with the following parties:

Team Policies and Standards Acknowledgement

I have received and read the 2015-2016 Westwood High School Swim Team Handbook. I understand and agree to every rule, policy, and standard in the handbook.

Name of Athlete

Signature

Date

Name of Parent

Signature

Date