

## **2014 – 2015 Bowie Swimming and Diving Team**

### **Tryout Packet (please read carefully)**

We are glad you are interested in becoming a member of the James Bowie High School Swimming and Diving Team. We hope that the 2014-2015 Swim Team will be committed, well trained and unified, representing James Bowie High School to its fullest.

If you're seriously considering being a swimmer or diver for the upcoming school year, understand that swimming is a YEAR LONG commitment that includes the responsibility to be a leader and a great representative of Bowie at school events, in class, and anywhere you go. We hope that you are prepared to work harder and perform better than you would have imagined.

We look forward to working with you to prepare our team to be the best, continuing Bowie's tradition of excellence. Please read through this packet completely to know all of our expectations and your responsibilities.

If you are privileged to become part of the Bowie Swim Team, it will be one of the most rewarding experiences you will have, creating memories to last a lifetime.

If you have any questions, call Coach Lackey directly at 512-567-7696.

## **Bowie Swimming & Diving Team** - Tryout Details

**ALL SWIMMERS AND DIVERS MUST ATTEND ONE OF THE TWO TRYOUT SESSIONS, WHETHER YOU SWAM WITH BOWIE LAST YEAR OR NOT.**

**April 19<sup>th</sup>** 11:00am to 12:30pm  
Circle C Swim Center, 5919 La Crosse Ave, Austin, TX 78739

**April 26<sup>th</sup>** 11:00am to 12:30pm  
Circle C Swim Center, 5919 La Crosse Ave, Austin, TX 78739

You should wear a swim suit the day of the tryout, your hair pulled back into a swim cap if it is long. No jewelry should be worn.

Tardiness, leaving early or absences will not be tolerated unless an emergency arise or you have arranged to leave early with Coach Lackey before tryouts start.

We may write a number on you with a marker to identify you during tryouts.

The coach's minimum expectation for qualifying for the Varsity Bowie Swim Team includes:

- Able to successfully calculate and work with intervals in completing sets.
- Able to swim three of the four complete strokes without being disqualified.
- Able to dive into the water head first from the side of the pool.
- Able to complete three of four competitive turns without being disqualified.
- Able to complete a set of 10 x 100s freestyle on a 1:30 interval.
- Able to complete a set of 6 x 100s individual medley on a 2:00 interval.
- Able to swim 25 yards in less than 15 seconds.
- Able to compete the entire tryout.

Meeting the coach's minimum expectations does not assure you a position on the team. Membership will be limited the size of the team, which expected to be 40 athletes. In addition, the Coach Lackey will ask swimmers to perform certain drills to uncover dexterity as part of the qualification process. Athletes not selected for Varsity that still meet the minimum expectations may be selected for the Junior Varsity Team.

Coach Lackey highly recommends conditioning yourself for this qualification.

## Bowie Swim Team

### Members' Financial Responsibilities

The Bowie Swim Team has an incredible booster club. Our boosters perform fundraisers throughout the year. **Parents must join our booster club, even if they do not take an active role.** The 2014-2015 club dues are not set yet. Last year's dues were \$55. This year's dues are expected to be the same. Most expenses are paid by the booster club funds or by Austin ISD. The items below are not paid by the booster club, nor are they paid by Austin ISD, and will therefore be your complete financial responsibility.

Due to the personal nature, necessary items that are not provided include (but are not limited to) a team swim suit and goggles. Our team suit will be the same swim suit as last school year. Accepted team members should contact Lane 4 to try on a sample suit and place an order. Women's swim suits should be about \$65. Men's swim suits should be about \$45.

We do not impose a team goggle. Swim team members can use any type of appropriate swim goggles.

Due to normal swim suit wear, swimmers are recommended to also have a swim suit for practice. Practice suits can be of any style and color, as long as it is appropriate. Students wearing inappropriate swim wear may be asked to leave and counted absent for that practice.

Often, swimmers will have a personal competition swim suit. These will be acceptable for use at certain swim meets toward the end of the season. For most all meets however, a Bowie team suit is required swimwear for all team members.

Throughout the year, our team attends several competitions. Most all expenses are paid during these events, though unforeseen or personal expenses may arise. Please be prepared for additional expenses, like entertainment, meet t-shirts, or anything else.

AISD provides certain items for team members, such as a district team t-shirt, parkas, swim caps, equipment, and more. Bowie Swim Team members are responsible for the care and cleaning of all issued items. Team members are also responsible for turning in all items (except t-shirts) at the end of the school year, or replacing damaged, lost, or stolen items. Items such as shirts and equipment shall be issued throughout the school year. Team attire will be required wear for all competitions to show team unity.

Please complete the size table included in this packet and turned in to Coach Lackey with your other forms.

## Bowie Swim Team

## Meet and Practice Rules and Requirements

The first steps necessary to be eligible for tryouts are to complete this application and submit it to Coach Lackey, including the emergency contact info. Accepted athletes must next complete an AISD Athletic Participation form, an emergency contact card, the accompanying acknowledgments, and complete physical (since 2-2013) to be eligible to practice and compete.

The 2013-2014 Bowie Swim Team attended 6 regular season swim meets last year. Next season, we expect to attend 5 varsity meets, and 2 junior varsity meets, and 1 all-team meet. The meet schedule will not be finalized until late August. Traditionally, meets are held on a Friday or a Saturday. However, several meets later in the season are two day meets, and/or included a preliminary and final competition. Once a meet schedule is set, team members and boosters will be notified. Last year's schedule is included in this packet.

It is the expectation of all Bowie swimming and diving team members to attend our selected competitions and practices. Lettering in swimming, and maintaining membership rely upon attending meets, attending practices, and qualifying for meets. **Coach Lackey expects swimmers and divers to make every effort to attend all scheduled meets, even if not participating.** Situations warranting exception will be discussed as they arise.

In order to compete, athletes must have a passing grade for the prior 6-weeks. Before competitions, the pass/fail list will always be reviewed to determine eligibility. It is the expectation of Coach Lackey for all team members to be passing all classes. **Coach Lackey expects swimmers and divers to be passing every 6 weeks grading cycle.** Our team makes every effort to support students with academics, but we can't help if we don't know until it's too late.

Since the swim team is an elective sport, 1<sup>st</sup> period is allocated to team practice. The Bowie team practices Monday through Friday from 6:15am to 7:45am as of now. There is not a practice on all "Late Start" Thursdays. **Coach Lackey expects all swimmers to be in the pool on time at all practices,** unless arrangements have been made with that swimmer and his/her club coach. Bowie divers will have special arrangements for practices and need to speak with Coach Lackey about expectations. Regular 2014-2015 Bowie Swim Team practices begin with the school year in September.

Over the Christmas break, Coach Lackey to arrange for practices up until Christmas. AISD requires us to take 5 consecutive days off, so practice will continue again after that break. Coach Lackey will be working with our booster club to try and continue swimming until the end of the school year. Swimming is a year-around sport, and many teams practice until the end of May. Our selected team members should expect to practice throughout the entire school year as well to remain competitive.

During practices, at meets, at other swim team occasions/meeting, at all school related functions, and generally anytime in public, all Bowie Swim Team members will abide by the appropriate conduct in order to maintain team membership. Coach Lackey reserves the right to dismiss anyone from the team at any time due to misconduct or any behavior deemed inappropriate, even if the infraction was not associated during swim team time. It's the expectation of Coach Lackey and Bowie High School for our team to use appropriate conduct and language at all times, as ambassadors of their school and their community.

## 2013-2014 Bowie Swimming & Diving Team

### Meet Schedule

#### Regular Season Meets:

September 5 <sup>th</sup>	“King and Queen of the Springs” inter-squad, run/swim
October 12 <sup>th</sup>	Tri-meet with Anderson HS and Austin HS, swim meet
October 24 <sup>th</sup>	Round Rock Invitational, swim meet
November 1 <sup>st</sup>	AISD Swim Classic, swim & dive meet
November 16 <sup>th</sup>	Aggieland Invitational, swim & dive meet
December 4 <sup>th</sup> , 5 <sup>th</sup> & 6 <sup>th</sup>	TISCA in San Antonio, swim & dive meet
January 10 <sup>th</sup>	Tex Robertson Invitational, swim & dive meet
January 24 <sup>th</sup> & 25 <sup>th</sup>	District Championships, swim & dive meet

#### Post Season Meets:

February 7 <sup>th</sup> & 8 <sup>th</sup>	Regional Championships, swim & dive meet
February 21 <sup>st</sup> & 22 <sup>nd</sup>	State UIL Championships, swim & dive meet

## Bowie Swim Team Application and Emergency Contact Info (please return)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Preferred or Nickname: \_\_\_\_\_ DOB: \_\_\_\_\_ ID#: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent or Guardian info:

Mother's Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Mother's email address: \_\_\_\_\_

Father's email address: \_\_\_\_\_

List all other personal and school activities: \_\_\_\_\_

Club Member? Y / N If so, registered USA Swimming with what club? \_\_\_\_\_

Expected club practice schedule next season: \_\_\_\_\_

I \_\_\_\_\_ wish to apply for membership on the Bowie High School Swimming and Diving Team. I have read and fully understand the rules and requirements for membership. I agree to follow the rules and meet the requirements for the entire year if I am selected as a member of the team. I further understand that the coach has the final authority over my participation in this activity.

Student signature: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Typed or hand written below or on a separate sheet of paper, please complete the following sentence stem:

**I want to be a Bowie swimmer/diver because...**

**Bowie Swimming & Diving Team - personal size chart (please return)**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Items to be ordered have not yet been determined. This personal size chart will help our team to order items quickly when we have orders to make. Please complete the following chart whether you have been accepted as a team member or not. Thank you.

T-Shirt (adult) S – XXL \_\_\_\_\_

Shorts (waist) S – XL \_\_\_\_\_

Parka (adult) S – XL \_\_\_\_\_

Fins (adult male) 5.5 – 14 \_\_\_\_\_

Warm-ups (adult) S – XL \_\_\_\_\_

This chart should be turned in to Coach Lackey along with the other papers from this packet before participating in team tryouts.