

# J.J. PEARCE SWIMMING

## 2012 - 2013

**Boys State Champions 1985, 1986, 2004, 2005**  
**Regional Champions**  
**District Champions**

### **General Information:**

The Pearce swim team has a long history of success at the District, Regional, and State Championship swim meets. There have been numerous individual state champions, relay state champions, high school swimming All-Americans and Academic All-Americans.

**Head Coach:** Dan Hafner – email: [Daniel.hafner@risd.org](mailto:Daniel.hafner@risd.org) cell phone 248 417 6679

**Booster Club Parent Rep:** Mike Maczka

**Team Website:** <http://www.pearceswimteam.org/>

**Team Cost:** \$100 payable to Pearce Athletic Booster Club

Includes- team suit, Team Caps, t-shirt, team breakfast/meals?? misc

### **Swimming as related to Physical Education:**

A swimmer may receive PE credit for being on the swim team as this is a scheduled class for each student. Although a swimmer does receive PE credit the demands for this course are more than the scheduled class period. A swimmer is required to show up for all practice sessions and meets that they are entered in to receive a full grade of 100%. Exceptions to practice and meets will be granted on an individual basis if there is a conflict.

### **Grades:**

Swimmers grades will be mainly based upon practice attendance because being at practice is vital to one's improvement. If a swimmer has an unexcused practice absence he/she will have a reduction in grade. Each swimmer will receive 10 points per day. Failure to swim will result in a 0 for the day. If a swimmer is more than 5 minutes late they will receive 5 point reduction for the day. Exception will be for tutoring where a note must be brought to me or a doctor's appointment

### **Grading:**

75% -Participation/Dress

25% - Testing (skills/written)

**Swimmers Grades Outside of Swimming:**

Grades are given out to swimmers every 6 weeks. Progress reports are given out every 3 weeks. R-Portal is an online grading system that teachers use and most of the time keep grades up to date. A student should always know where they stand with their grades. It is their responsibility to keep up with their work. I do not have access to be able to see grades until the end of the 6 weeks.

If a swimmer is below a 70 average after 6 weeks he/she then will become ineligible for weeks 2-4 of the next 6 week period. At the 3 week mark a student may regain eligibility if he/she has a grade of 70 or above in **all classes**. If a swimmer is ineligible for 2 straight 6 weeks he/she may be dismissed from the team. School and grades are very important for future success. Swimming and athletics can help create the necessary time management skills that it takes to be successful throughout one's lifetime.

**Swimmers Classroom/School Conduct Outside of Swimming:**

It is very important that you represent yourself and the Pearce Swim Team in an appropriate way outside the pool. That means being respectful to teachers, administration, staff, parents, and others. Oftentimes swimmers will wear swim team t-shirts to school and that lets a teacher know that they are on the team. I really hope that I will not receive any emails from teachers/parents about swimmers conduct.

**ATTENDANCE**

Swim practice attendance is basic to a swimmer's improvement. Swimmers are expected to be at all practices. If a swimmer is ill he or she must contact me before practice starts. If a swimmer has an appointment they must let me know in advance if they have to miss practice, leave early or arrive late. If you have a school function for another class such as band, orchestra, cheerleading please let me know in advance if you need to leave practice early or arrive late. **Email** is the best way. This way it is in writing and there is a better chance that I will not forget. If a swimmer does not maintain 90% practice attendance they may be removed from the team either at a 6 weeks or at the semester.

**Tutoring:**

**Varsity Swimmers:**

Tutoring should be done on Tuesday/Thursday mornings. You do not have practice those mornings. Under special circumstances and advanced notice I will let you out of practice 10-15 min early to be able to attend tutoring that is on a scheduled practice day.

**JV Swimmers:**

If you need to attend tutoring you must let me know in **advance** that you will be at tutoring. You also need to bring a note from that teacher with the time you left. You then will be required to finish practice with the rest of the group. If you do not finish practice you will receive a reduction in grade. Please remember you are required to be in

class by 9:00 every morning so you should be leaving tutoring by 8:50. Failure to do this will result in a grade reduction.

**PRACTICE:** Practices begin at the scheduled time. That means ready to get in the water or dressed for running at the start time not walking through the door.

**Mandatory Practice Times:**

**7<sup>th</sup> Period**

**Monday-Wednesday-Friday (subject to change please see monthly calendar)**

AM: 6:30-8:00 or 8:15 Swim

PM: 3:20- 4:30 Running/Dryland/ or Swim

**Tuesday/Thursday:**

PM- 3:20 – 4:45

**1<sup>ST</sup> PERIOD** Subject to change (please see monthly calendar)

**Monday-Friday**

745-925

On Monday/Wednesday/Fridays we will do dryland/abs for 25 min before getting in the water.

On Tuesday/Thursday we will run for 25 min before we get in the water for the month of September and some of October.

The monthly calendar is posted on my door.

**MEET POLICY:**

**Swim Meets:**

**Home Swim Meets:**

All swimmers are required to attend all home swim meets. If a swimmer is not swimming in an event they can help out by timing, setting up for the meet, and cleaning up after the meet. All swimmers must help clean up after the meet. Swimmers may not leave the meet until all clean up is done.

**Away Swim Meets:**

Only those competing in an away meet will travel. You are expected to be at the meet if you are on the traveling squad.

You are **required** to attend all home meets and those away meets you are entered in. *Failure to do so may result in dismissal from the team.* Exceptions will be made with at least 1 weeks advance notice on an individual basis.

**Meet Events:**

A swimmer is allowed to swim a total of 4 events in a meet. A swimmer may only compete in 2 individual events. If you see your name is in more than 4 events or in 3 individual events please let me know so I can adjust. It is the swimmers responsibility to show up for his or her event on time.

*Examples:*

2 individual events and 2 relays.

1 individual event and 3 relays.

**Meet Event Order:**

1. 200 Medley Relay
2. 200 Free
3. 200 IM
4. 50 Free
5. Diving or a 10 minute break.  
(Many meets diving is done before the meet)
6. 100 Fly
7. 100 Free
8. 500 Free
9. 200 Free Relay
10. 100 Back
11. 100 Breast
12. 400 Free Relay

**Meet Scoring:**

Dual Meets are scored with the following point system:

For individual events:

- |                         |          |
|-------------------------|----------|
| 1 <sup>st</sup> place : | 6 points |
| 2 <sup>nd</sup> place : | 4 points |
| 3 <sup>rd</sup> place : | 3 points |
| 4 <sup>th</sup> place : | 2 points |
| 5 <sup>th</sup> place : | 1 point  |

For relays:

- |                         |          |
|-------------------------|----------|
| 1 <sup>st</sup> place : | 8 points |
| 2 <sup>nd</sup> place : | 4 points |
| 3 <sup>rd</sup> place : | 2 points |

Invitational, District, Regional, and The State Meet are scored a bit different with up to 16 places being scored.

**Types of Meets:**

**Dual Meets:**

Dual meets are where we will compete against another school. Sometimes there will be three teams known as a tri-meet or double dual meet. We will have 9 dual meets this year. (See Schedule) Swimmers will be put in events according to times. The three fastest swimmers in each event will swim. Some dual/tri meets we will be able to enter more than three in an event. Discretion is left up to the coach on what events swimmers are put in. We are allowed to enter 3 relays per relay event which will equal 12 swimmers. There are three relay events. Some swimmers may only swim relays at meets depending on who we are swimming.

**Invitational Meets:**

An Invitational Meet is a meet when there are more than 4 teams. We will swim in one Invitational meet this year, TISCA 4A. These meets usually have qualifying times that

one has to achieve in order to swim in the meet. Most of the time a team is limited to 4 individual entries per event and 2 relays per event.

**District Meet:**

The district meet is the first stage of the State Championship qualifying process. This meet is only for teams in Region 3 District 10. At this meet we are allowed to enter 4 individuals per event and 1 relay per event. The 4 fastest times will qualify for the District meet.

**Regional Meet:**

The Regional Meet is the 2<sup>nd</sup> stage in the State Championship qualifying process. To qualify for this meet a swimmer or relay must place top 6 at the district meet.

**State Championship Meet:**

The State Championship Meet is the final stage of the State Championship qualifying process. The 1<sup>st</sup> place finisher from each of the 8 regions advances to the state championship along with the next 8 fastest final times from any of the 8 regional meets.

**Relays:**

Relays are subject to change from meet to meet especially during the Championship meet season. I reserve the right to change relays that put our team in the best possible position to advance to the next meet. All relay decisions are left to the coach.

**TRANSPORTATION**

Students will ride the bus to and from a swim meet. The bus will leave at specified time. If a swimmer fails to be on the bus on time the bus will leave.

**Meet Conduct:**

Swimmers will clean up their seating area after the meet. The bus will not leave until this area is picked up. Swimmers will respect other team, coaches, facilities, and staff at swim meets.

**VARSITY LETTER AWARDS**

A letter award in swimming may be earned by placing top 6 in an individual event in the District Meet. Since entries in the district meet are generally based on top times in each event, students will have an opportunity to letter by achieving a time off of the time standards listed. Swimmers attendance will be factored into receiving a letter award. Coaches reserve the right to award a letter in situations where the above criteria may not have been met. Remember that a varsity athlete exemplifies superior character and shows respect for fellow teammates and coaches. To earn a letter a swimmer must compete in the District Championship meet unless another school function conflicts with the date. A swimmer must also have at a minimum 90% attendance to earn a letter.

**Time Standards:**

**AUTOMATIC LETTER TIMES**

Event:	Girls:	Boys:
200 yd Free	2:12.99	2:03.00
200 yd IM	2:30.50	2:14.00
50 yd free	:27.79	:25.00
100 yd Butterfly	1:08.00	1:03.00
100 yd Free	1:01.00	:54.50
500 yd Free	6:15.00	5:30.00
100 yd Back	1:10.00	1:03.50
100 yd Breast	1:20.50	1:10.50

## SWIM TEAM CODE OF CONDUCT

As a member of the J.J. Pearce Swimming and Diving Team, I agree to abide by the following code of conduct:

- 1) I will not engage in any activity (physical, verbal or written) that would cause a person to feel harassed or intimidated.
- 2) I will follow all requests made by any member of the coaching staff (including managers). I will not be insubordinate or challenge the directions of the coaching staff.
- 3) I will remain at practice and meets until dismissed by the coaching staff. I will travel to and from meets with the team.
- 4) I will leave any vehicle in which I travel in a clean and neat condition. I will conduct myself on bus trips in a quiet and respectful manner.
- 5) I will not engage in any activity (stopping in the lane, horseplay, arguing, leaving in the middle of a set without permission, throwing equipment or talking) that might disrupt a practice session.
- 6) I understand that these regulations are enforced in all school areas (including locker rooms and showers) and at all school functions.
- 7) I will abide by team guidelines set forth by the coaching staff.

Name (please print) : \_\_\_\_\_

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Student signature

Date

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Parent signature

Date

