

Lacey Township High School  
Girls and Boys Swim Team Rules and Expectations  
2022-2023

Girls Head Coach- Aaron Fritz  
Boys Head Coach – Brian Keelen  
Assistant Coach- [Daisey Ferraiuolo](#)



Strive **W**ork Inspire **M**otivate  
Together **E**veryone **A**chieves **M**ore

Welcome to the 2022-23 Lacey Swim Team! We are so excited to get started and continue the traditions of the Lacey Swim program. We want to thank you now for your continuous hard work, dedication, motivation, and most importantly, the HEART you have put into growing as a student athlete. It means a lot to us and our SWIM FAMILY!

Thank you!

“Coming together is a beginning. Keeping together is progress. Working together is success.”  
Henry Ford

For a program to grow, the ATHLETE participating MUST:

- Be committed to this program 100%.
- Dream big. Work hard. LISTEN!
- Trust in yourself, your teammates, and your coaches.
- Show respect at all times; it is a reflection of your character.
- Have a positive attitude at all times. “Bad attitudes will ruin your team.” -Terry Bradshaw
- Dedicate themselves to academics inside and out of the classroom.
- Be a responsible athlete ON and OFF of the POOL DECK.
- Strive to do their best as a student, teammate, and individual.
- Understand that NO PLAYER is guaranteed meet time.
- Everyone must be a contributor to the team. We all share in our successes and failures.

#### 1. School Responsibilities

- In all matters concerning academics and athletics, academic concerns will be given top priority. Athletes are expected to complete all academic assignments and make every effort to excel in the classroom. If additional after school instruction with a teacher or tutor is required, the athlete must make every effort to schedule this around our swimming schedule.
- The athlete should exemplify an outstanding school citizen. The swimming program will work with the school disciplinarians in any case where the athlete does not exhibit such behavior.
- An athlete must adhere to the school’s attendance policy in order to participate in the activities for that day. No athlete will be allowed to attend a team function if they are absent from school or arrive after 8:15am for an unexcused reason. This includes, but is not limited to, practice sessions, meets, and/or team meetings.
- Fulfill all school fine list obligations before competition begins.
- Athlete’s suspended from school or in violation of the drug and alcohol policy will not be permitted at team functions until the suspension time has expired.

2. Attendance – Commit or Quit...there is no in-between.

- Your presence is expected at practice every day (even if you are injured/physically unable to participate).
- If you are not at practice the day(s) prior to a meet, you will not be allowed to take part in the meet.
  
- There are three (3) types of absences recorded by the coaching staff.
  - o Unexcused: You are absent and do not provide a note from a parent/guardian. Missing practice due to detention or suspension is UNEXCUSED.
  - o Excused/Academic: You provide the coaching staff with a signed note from a parent/guardian or a teacher (for extra help purposes) explaining your absence. If you inform the coaching staff ahead of time (at least 24 hours' notice) of an absence, and provide a signed note explaining absences, the absence may be excused.
  - o Medical: If you are absent due to a medical issue, you must have a doctor's note clearing you to return to the team.
  
- Absence Balance:
  - o If you accrue three (3) unexcused absences, you and your parent/guardian will meet with the coaching staff.
  - o Your next unexcused absence will result in a meeting with the coaching staff and the athletic director. Your REMOVAL from the team will be discussed at that meeting.
  - o If you accrue three (3) absences (any combination of excused and unexcused), you will be BENCHED for a meet.
  - o After your 2nd benched meet, you and your parent/guardian will meet with the coaching staff.
  - o Your THIRD MEET benched will result in a meeting with the coaching staff and the athletic director. Your REMOVAL from the team will be discussed at that meeting.
  
- Absences before a meet:
  - o As stated earlier, if you are absent the day before a meet (excused or unexcused), you will not be permitted to participate in that meet. This "sit-out" will count towards your removal total.
  - o If you are out the day/practice before a meet, but provide a signed and dated doctor's note clearing you to swim, you may swim.
  - o If you are out for two (2) practices directly preceding a meet, but provide a doctor's note, you may not swim (even if you have been cleared by the doctor), but the "sit-out" will not count against you.

### 3. General Expectations

- Communicate in a positive manner with your teammates and coaching staff. Come to practice each day with a desire to learn, develop, and improve your skills, as well as the skills of your teammates.
- Respect individual differences, ability levels, and styles.
- Conduct yourself with the focus of sportsmanship at all times. Remember that you are a representative of Lacey Township Athletics, as well as the Lacey Township Community.
- Stealing personal belongings (i.e. clothing, suits, caps, jackets etc) of teammates or members of opposing schools will result in immediate removal from the program.
- **Before scheduling a vacation, remember that you are in season and you ALREADY made a COMMITMENT to your coaches, your team, and yourself.**
- Always remember that you are on public display as a representative of your team, school, and family. Act appropriately. INCLUDING ALL SOCIAL MEDIA.
- All players must promote and participate in appropriate behavior on all technology/social media forums at all times.
- Example: Twitter, Instagram, Vine, Snapchat, Tumblr, Facebook, etc.
- ALL social media accounts must be private. If your social media account is marked private, information and images may still be viewed by other people, including the coaching staff, administration, and the Board of Education.
- Cell phones are not to be used during practices or meets.

### 4. Appearance

- Come to practice in the proper equipment.
- No clothing (i.e. caps, suits) from other schools is allowed to be worn at LTTHS Swim functions.
- Do not wear any attire with questionable or inappropriate slogans or pictures.
- Dress for school within the confines of the school dress code.
- Meet days are dress-up days or team-shirt days. The days to dress-up and the days to wear team shirts are at the discretion of the team captains. This is team tradition; as a member of the team, you are expected to carry on this tradition. Questions about what constitutes “dressing-up” can be directed to the coaching staff.

## 5. Conduct

- Realize that your behavior and actions are a direct reflection on the Lacey Swimming Program. Use discretion and act appropriately in all environments and settings.
- Treat all Lacey Township School employees with the utmost respect. All Lacey Township School employees should be addressed by the appropriate title (i.e. Mr., Mrs., Coach, etc.)
- The use of drugs, alcohol, tobacco, or any other banned substance is in direct violation of school policies.
- Respect the property of any school or facility visited during competition, making sure all garbage and belongings are cleaned up after the event. Any littering, damage, or neglect to these areas will not be tolerated.
- Treat opponents and officials with the utmost respect and sportsmanship. Exercise self-control and discipline at all times before, during, and after an event. Do not argue calls or give taunting gestures to any opposing players, coaches, officials, or spectators.
- Accept victory or defeat with pride and respect for others.
- All incidents involving poor behavior or unsportsmanship-like conduct will be reported to the school administration and may result in suspension from competition or team removal.
- Any and all violations of the discipline policy as found in the LTHS student handbook or team rules that occur at any time during any season that impacts the current swim season will affect a player's ability to receive any captainship, awards, certificate, and honors.

## 6. Transportation

- Athletes must ride the bus to and from meets and practices. Failure to do so will result in IMMEDIATE REMOVAL from the program. The bus leaves the school promptly at 4:30 am, with or without you. **NO ONE MAY DRIVE TO THE YMCA.**
- Athletes are expected to conduct themselves appropriately while on the bus for the safety of all passengers. Do not leave the bus through the rear emergency exit unless instructed to do so by the coach or driver.
- Team members are expected to travel to and from away events via the school transportation system. In the event of an emergency in which a parent requests to transport the player at the conclusion of an event, the coach may grant the request under the following conditions:
  - o 1) The coach has established personal contact with the parent or guardian verifying the emergency. The approved parent/guardian will be required to provide identification before the athlete is released to leave.
  - o 2) The parent has provided written notice of their request at least 24 hours prior, at which time the athlete will be released only to a parent or guardian listed as an approved contact on the school's records.

## 7. Injuries

- All injuries should be reported to the coaching staff immediately.
- You are to notify your coach before and after seeing the trainer.
- The doctor and/or trainer will determine when the injured athlete may return to practice or competition.
- If a physician holds an athlete out of competition, the athlete must present documentation, in writing from the physician, that they are cleared to participate.
- If an athlete visits ANY doctor, the athlete must present documentation in writing from the physician that they are cleared to participate.
- You may not participate AT ALL if you do not have a physical, physical update, and COVID questionnaire cleared through the nurse's office for this season. This is not my rule but STATE LAW.

## 8. Equipment

- Respect, clean, and maintain all issued equipment.
- Return all equipment (washed and/or cleaned) at the end of the season by the specified date. Failure to do so will result in the athlete being placed on the school fine list.

## 9. Discipline

- Any violation of team policy can result in any of the following at the discretion of the coaching staff and consultation of the school administration:
  1. Verbal warning/Conference with the coaching staff
  2. Meet or practice suspension
  3. Parental conference
  4. Administrative referral
  5. School fines
  6. Removal from the team
- Any violation of a more serious nature will be dealt with according to the policies of the Lacey Township Board of Education

### Contact Information:

Girls Head Coach – Aaron Fritz [afritz@laceyschools.org](mailto:afritz@laceyschools.org)

Boys Head Coach – Brian Keelen [bkeelen@laceyschools.org](mailto:bkeelen@laceyschools.org)

Assistant Coach – Daisy Ferraiuolo [dferraiuolo@laceyschools.org](mailto:dferraiuolo@laceyschools.org)

## SIGN-OFF

If a swimmer deliberately chooses to disregard these policies and procedures, she or he will be suspended from the team at the discretion of the coaches. At this time, you should evaluate your commitment to the team and school. Further disregard for the above rules may result in dismissal from the team.

No set of rules is all encompassing. When a situation arises that is not covered under the stated team policies, the coaching staff reserves the right to make decisions based upon the situation's overall impact upon the integrity of the swimming program at Lacey Township High School.

Swimmer Name (printed): \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_

Parent/Guardian (printed): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_