

South Sioux City Swim Team Handbook 2022-2023



“Never Quit. It is the easiest cop out in the world. Set a goal and don’t quit until you attain it. When you do attain it, set another goal, and don’t quit until you reach it. Never Quit”

-Bear Bryant

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Team Policies

The South Sioux City Swim Team will follow the activities policy set forth in the 2022-2023 South Sioux City High School Handbook. That handbook contains policies on athletic participation and drug and alcohol use, bullying, academics, and violence, among other things. In addition to the guidelines stated there, our team will abide by the following policies during the 2022-2023 swimming season.

South Sioux City Swim Team is well on its way to successful season this year. As a coaching staff we are committed to developing a program that the community, district, and students are proud of. This year there will be many new changes from rules, attendance policy, and expectations of the parents as well as our STUDENT athletes.

Covid Policies

We will be following all expected guidelines given to us by the SSC School District and the YMCA. We understand that we will need to be flexible at various times, in order to have the season that we want. It is important to always be courteous to anyone from both organizations that gives us a covid related directive. We understand that practice schedules may change, water time may change, and all swimmers will be expected to social distance from each other at any given time.

Team Goals

- Increase depth and commitment
- Gain experience
- Build young swimmers
- Continue RCC and State Meet successes at the Varsity level
- Qualify team and individuals for the state meet
- TBD Seniors

Training Philosophy

- **“Moderation and Consistency”**
- **Build a Base**
 - The work you do will determine the swimmer you become. We need to be consistently swimming, consistently focused on overall technique and event specific goals. You cannot attain something in February that you ignore in November.
- **Build Strength**
 - Cardinal Power
 - CORE
 - Strength Work 2-3 times a week
 - If you have to miss lifting you will be expected to make it up.
- **Have FUN**

Practice Schedule

- M-F Afternoons, 3:45 to 5:30
- Saturday Mornings, 8-9 AM or 9-10 AM (Times subject to change, via YMCA policy)

Team Rules:

- Players and coaching staff of the SSC Swim team should obey this guideline: Do not say anything about your teammates and coaches that you would not say in front of them.
- Good Sportsmanship and mature behavior will be strictly enforced. The coaching staff will not tolerate profanity or inappropriate gestures toward or near teammates, coaches, opponent, officials, or crowd at any time. The coaching staff and student-athletes of the SSC Swim team will conduct themselves with the highest professional manner. Immature behavior and acts can result in an immediate loss of competition and practice time, change of team assignment and/or removal from the team. Remember, being the member of a team is a privilege, and opportunities to compete are earned.
- Balance your school work, family time, and the demands of swimming as a mature student-athlete. (*See Academic Expectations and Eligibility section*)
- The swim program supports the Training Rules explained in the South Sioux City High School Student Handbook.
- Swim players are responsible for the cleanliness of their team area at practice, at games, and on the bus.

Necessary Equipment

- Swimsuit (1 Piece for girls, Trunks or Jammer for Boys)
- Goggles
- Towel
- Bag (advised)
- Swim cap (if necessary)

Expectations of the Coaching Staff

- All SSC Swim team coaches will follow the Coach/Sponsor Handbook.
- All coaching strategies will have thought out explanations in the team's best interest.
- Respect will be given to all players and parents; no one will be picked on, degraded, or given special treatment.
- Everything said and done by coaches will be only to improve performance and character of players.
- Professional behavior will be exhibited at all time.
- Follow all rules in contract for the duration of the season.
- Respect coaches at all times; eye rolling, attitude, profanity, tardiness, and absences will not be tolerated. (*See Absences section*)

Expectations of Players

- All players will ride the bus home. Players can ONLY be signed out by a parent in person with Coach Vajgrt. The coaching staff will have a check out sheet available to parents at the conclusion of travel meets.
- Injuries: If you are injured during a meet or practice you need to notify a coach immediately. Then you need to see athletic trainer after school to see what steps we need to further do. You will not be allowed to play if the athletic trainer has not cleared you. If you miss practice due to an injury and you have not talked to the athletic trainer it will be an unexcused absence. If you are injured and cannot play you are expected to come to practice because you are part of the team.

Communication

Coaches have complete control of playing and a discipline policy. Coaches are allowed the flexibility to make necessary changes as a team develops. Confrontation or interruptions in the middle of practice or the day of a game will NOT be tolerated. Tardies, unexcused absences and discipline concerns will be documented and result in a player receiving limited playing time, team assignment change, or player removal.

Chain of Command

As coaches, we are faced with difficult decisions every day. We take as many opportunities as we can to communicate with our athletes about how these decisions are made and the different feelings that can come along with these decisions. We are well aware of the excitement and expectations that go along with sports and opportunities that surround them. I hope you can understand that if we had the ability and opportunity to play all of our athletes every game, we certainly would; however, as you know, this is not possible. One thing that we can ensure is that we are going to do everything in our ability to create a positive and supportive climate for our athletes. If you have questions about any of these aforementioned items, please use the following chain of command to allow proper communication to take place

- Student athlete to coach
- Student athlete, parent, to coach
- Activities Director – Jeff Squier
- Principal – David Clausen
- Superintendent – Todd Strom
- South Sioux City School Board

Absences

An excused absence is defined by the following:

1. Illness: Only when the Head Coach receives a communication from a **parent** before practice. Coaches may also ask for a doctor's note before returning to practice.
2. Emergencies: defined as an unforeseen set of circumstances needing immediate attention (flat tire, family death or illness). Student is responsible for communication as emergency.

3. Interscholastic Activities: Players must notify coach before the absence of practice that they are attending the school function. (band, choir, etc.)
4. Qualifying and attending a state/national competition.
5. Work: will be an excused absence as long as Coach Vajgrt has a copy of your work schedule.

Reunions, concerts, and birthday parties, etc. are unexcused absences. It is encouraged that you plan your social calendar around your swim schedule. Failure to attend practice not regulated under the above guidelines will result in a loss of meet time, movement to another team and /or further consequences as identified by the head coach.

Unexcused Absences

- 1st offense: Player will meet with coaching staff
- 2nd offense: Player will meet with parents, coaching staff, player will also be benched
- 3rd offense: Player will meet with parents, coaching for the next competition.
- staff, and athletic director and player will be dismissed from the team, at the discretion of the coaching staff.

Besides for the previous reasons, players will attend practice and competitions with the team. These consequences are based on a per season basis.

Tardy

To be early is to be on time. To be on time is to be late. To be late is to be gone.

Coaches will take attendance daily. We will not tolerate tardiness unless the coach is notified before the tardy occurs. We will accept a note from a teacher excusing the tardy as long as there are arrival and leave times written by the teacher. Practice will start at 3:45 pm every day. Make sure you are changed and at the pool by 3:40.

Unexcused Tardies

- 1st offense: The player meets with coaching staff.
- 2nd offense: The player meets with parents and coaching staff.
- 3rd offense: The player meets with parents and coaching staff, and will miss next competition.
- Continued Offenses: The player will meet with parents, coaching staff, athletic director. The coaching staff will bench the player from competition, and student may be removed from team at coaching staff discretion.

Social Media

- Remember what you post on social media is never anonymous. Do not post anything negative about your team, teammates, coaches, teachers, school, or community. Negative remarks will result in loss of privileges or dismissal from the team.
- First offense: meeting with player and coaching staff
- Second offense: meeting with player, coaching staff, athletic director, parents and one meet suspension

- Third offense: suspension from competition and potential removal from team, at the discretion of the coaching staff.

Drug and Alcohol Policy

- Alcohol, Tobacco, and all illegal drugs are understood to be harmful for high school students and athletes. It is expected that all SSC Swimmers will make a commitment to themselves and their team to abstain from these substances. Any student that places themselves under suspicion or suspension for these substances will be required to adopt a team manager role and earn their way back into competition.

Academics and eligibility

- We recognize and support the fact that we are all students before we are athletes. Before taking time out of practice, we ask that our athletes make every effort to get academic help during WIN time, Cardinal time, and class time which are all built in support systems throughout the school day. If all of those options have been used and further assistance is needed, it is acceptable to arrive late to practice to receive academic help after school if a valid teacher note is provided.
- If you are failing one class you will be allowed to practice but will not play, until you are passing.
- A student with a failing (1) behavior grade is not eligible for competition. Additionally, a student with two (2) behavior grades of 2 are not eligible.

Game day Expectations

- All players and coaching staff will represent SSC Swim Team with good sportsmanship and respect. Parents and families are expected to do the same!

Lettering Policy

- The South Sioux Varsity Letter represents one of the finest traditions in high school sports. The Varsity Letter not only distinguishes the individual as an outstanding student-athlete, but more importantly, it connects that individual to the school history and past letterwinners. The wearer must assume the responsibility to uphold the tradition and distinction of the school. Letters are awarded under coaches discretion to those who meet at least two of the following criteria:
 - Upperclassmen who have demonstrated sportsmanship, maturity, academic responsibility, and teamwork throughout their participation.
 - Swim at the varsity level in all meets
 - **Complete** 95% of team practices.

- Medal at the Conference swim meet.
- Qualify for the state meet.

Locker Room Policies

All athletes are expected to use the boys/girls locker rooms at the YMCA. Regardless of age, membership at the YMCA, or employment at the YMCA, students are expected to use the same locker room. All YMCA rules will be followed, and violation of YMCA policy will be considered a violation of team rules.