

WESTSIDE SWIMMING & DIVING 2020-2021

****Some information is subject to change due to guidelines and rule changes by Richmond County, the Augusta Aquatics Center, and GHSA.**

The Westside swim and dive team will begin practicing on Monday, October 19, 2020. Mondays and Wednesdays will be dry land practices at Westside from 3pm – 4pm. Tuesdays and Thursdays will be at the Augusta Aquatic Center from 3pm-3:45pm.

All interested students **must** turn all required forms and the signed portion of this information sheet to Coach Grant before participating with the team.

All athletes must have a physical. If they have a physical on file with the school for another sport within the last year, they do not need to have another. Please let Coach Grant know if you already have a physical on file. Each athlete is also required to show proof of insurance. Please make a copy of your insurance card and send it to Coach Grant. If you have turned in this paperwork for another sport, Coach Grant needs to know.

STUDENTS CANNOT PARTICIPATE WITHOUT ALL FORMS ON FILE!!!!

ELIGIBILITY REQUIREMENTS

Participants must be able to swim 100 yards and/or 200 yards in their chosen stroke. They must be able to swim 50 yards proficiently in all 4 competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Prior swim team experience is recommended.

Academic requirements are the same as for other sports at WHS. Students must be on track and passing 5 out of 7 subjects the previous semester in order to meet eligibility requirements.

FINANCIAL RESPONSIBILITIES

Swimmers must be prepared to assume the costs of being on the team and participate in fundraisers.

Approximate cost of team suits Male \$40 Female \$55

Fundraisers: The team must pay for meet entry fees, t-shirts, food at the all-day meets, etc. In order to cover these costs, the team may do several fundraisers. More information will be distributed later.

SWIMSUITS

Each athlete will need to go to Augusta Swim Supply on Boy Scout Road and order a team suit. Please order suits by Friday, October 16th to be sure you have the suit for the first meet.

PRACTICE TIMES

The Westside Swim & Dive team will practice at Westside on Mondays and Wednesdays (3pm – 4pm) and at the the Augusta Aquatics Center, Tuesday and Thursday (from 3:00pm to 3:45pm. Athletes will need to arrange their own transportation. Carpooling is suggested. Because practice time is limited to an hour or less, it is necessary for all athletes to be **on time** and ready swim on pool days. For dryland practices, at the school, it is suggested that athletes bring a towel or mat to compete workout on.

RULES FOR LETTERING

1. All missed practices (only 3 are allowed) must be excused. (USA swimmers are exempt from high school practice as long as they are attending their regular team practice).

2. Athletes should display good sportsmanship at all times
3. Athletes must swim in 90% if the regular season meets. (If an athlete qualifies for the state championship, he or she must participate in that meet to letter.)
4. Final say is at the discretion of the coach.

PARENT SUPPORT AND ATHLETIC BOOSTER CLUB

Parents are needed to help out as timers at each meet. If you are interested, please contact Coach Grant at Westside (868-4030, GrantJo@boe.richmond.k12.ga.us). We cannot run swim meets without volunteers!!! If you don't contact Coach Grant, he will probably contact you!

It is expected that our swim and dive team families join the Westside Athletic Booster Club. This group has been very instrumental and supportive in the continued growth and success of our team.

If you would like to receive text message updates and information about the Westside Swim & Dive team, text the code below to 81010.

@c9c4e

**WESTSIDE SWIMMING & DIVING
2020-2021**

I have read and fully understand the expectations and requirements for being a member of the Westside Swim and Dive Team.

Athlete's name (print)

Athlete's signature

Parent/Guardian Signature

Contact Information

Parent/Guardian Name _____

Work Phone Number _____

Home Phone Number _____

Parent Email Address _____

**No student athlete will be allowed to participate without the required documents on file
Required Documents (must be returned to Mr. Grant before practicing in order to participate):**

1. Physical examination
 - _____ a. History Form
 - _____ b. Physical Examination Form
 - _____ c. Clearance Form
2. _____ Proof of Health Insurance (copy of card, etc) (Student must have health insurance to participate in sports. Can be purchased through the RCBOE. Call school office for more details)
3. _____ Richmond County Interscholastic Contract
4. _____ Parent Permission Form
5. _____ Athlete Roster Form
6. _____ Student/Parent Concussion Awareness Form

If the above was already turned in for another sport within the last twelve months, please indicate sport.

7. _____ This form signed by athlete and parent/guardian