

# ABILENE HIGH/ COOPER HIGH/ ATEMS



## TEAM MANUAL

2017-2018

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## INTRO

This handbook was designed to exhibit the standards and expectations for swimmers on the Abilene High, Cooper High, and Atems Swim Team. An outline of the season, schedules, and procedures are listed to help students and parents gain a better understanding of this year's season. Please read carefully and use this guide throughout the season. For any further questions, please contact the head swim coach. Being a part of a team is not a requirement for graduation, but it is a choice, an honor and privilege. Student athletes are held to higher expectations.

## QUALIFICATIONS

Swimming is a physically and mentally demanding sport that requires the following:

- Swimmers must be physically able to participate at an advanced level of swimming, including dryland (swim at least 25 yards continuously).
- Swimmers must be mentally able to handle to practice hours, training, and time commitment.
- Swimmers must have a high character standard than an average Student Athlete.
- Swimmers must bring equipment for in and out of water (goggles, practice suit, towel, and tennis shoes); swimmers are responsible for the gear issued to them. Swimmers are responsible for replacing gear if lost or damaged.
- Swimmers are expected to be alcohol and drug free. Violation of this expectation will result in suspension from meets or removal from team.
- Swimmers participating in other U.I.L. activities must present a season schedule to the head coach at the beginning of the year. All conflicts must be resolved at least 2 weeks ahead of time.
- Swimmers are expected to show leadership, honor, respect, and commitment to the schedule and each other.
- Swimmers must meet all U.I.L. requirements for participation and school standards established by A.I.S.D.
- Swimmers are expected to follow these rules and guidelines presented.

## TEAM GOALS

Together, each team will exhibit the qualities of a TEAM. These qualities include leadership, respect, dedication, and the best interested of the Team. By being a part of the Abilene High, Cooper and Atems swim team, each swimmer is committing to the season. As a student athlete, swimmers will be on time, exceed guided expectations, progress and reach their personal goals while building a higher character in and out of the water.

## PRACTICE SCHEDULE

Morning group must report to pool by 6:30am; practice starts at 6:45am. Swimmers are responsible for their transportation to practice in AM. Practice is mandatory. Location is at McMurry Universities Pool.

### **AM Group**

M-F 6:45-8:15am

### **PM Group**

M-F 3:00-4:00pm

Bus Schedule: TBA

## DRYLAND SCHEDULE

Morning group must report to pool by 6:30am; practice starts at 6:45am. Dryland practice is mandatory.

### **AM Group**

M/W 6:45-7:15am

### **PM Group**

W 3:00-4:00pm

## TRAVEL

There will be away meets. Swimmers are required to wear the proper attire issued to them while traveling. All athletes will depart and return on school approved transportation (bus). PARENT may email head coach before meet if a swimmer is riding home with them after a swim meet.

## ATTENDANCE STANDARDS

- Practice is mandatory.
- Swimming is treated like any other class; attendance, tardies, and excused/non-excused absences will be reported.
- Tardy will be reported and have consequences.
- A doctor/trainer note must be provided for any excused absences.
- Prior notification of another U.I.L. activity must be made with coach to be excused.
- Non-participation in practice will be counted as an absence unless swimmer has nurse/doctor/trainer note.
- Exceeded unexcused absences will result in dismissal from the team.

## MEET ELIGIBILITY

Attendance/tardies, injury can prohibit a student from participating in a swim meet. Number of entries are limited in most meets, there are qualifying time standards in some, therefore not every swimmer may be eligible to compete.

## ACADEMICS

Student athletes are students first, but by participating on the team, swimmers must be mentally able to balance both school work and the swim schedule. If a student frequently schedules tutoring during practice or early leave from practice to study, resulting in too many absences, the student may need to consider dropping swim to focus on their academic success.

Attendance and participation will make up the weekly swim class grade; swim meets will be a major grade.

## LETTERING STANDARDS

A swimmer must participate in at least 5 swim meets to be eligible for a letter. Dismissal, quitting, and/or grade ineligibility can prohibit lettering.

# MEET SCHEDULE 2017-2018

Day	Date	Opponent	Location	Time
Saturday	September 30 <sup>th</sup>	G.C.I.S.D. Pentathlon	LISD Eastside Aquatic 5729 Memorial Dr.	@ 10:30AM
Saturday	October 7 <sup>th</sup>	Midland Invite	Midland	TBA
Saturday	October 14 <sup>th</sup>	Wichita Falls Dual-Meet	N. Texas Rehab Center 1005 Midwestern Pkwy	@ 2:30PM
Saturday	October 21	Abilene Invite	McMurry University	TBA
Friday/Sat.	October 27 <sup>th</sup> -28 <sup>th</sup>	San Angelo Inv.	San Angelo Central	TBA
Saturday	November 18 <sup>th</sup>	Pecos Inv.	Pecos High School, Pecos	TBA
Saturday	December 9 <sup>th</sup>	Lubbock Dual	Pete Ragus Aquatic Lubbock	TBA
Friday/Saturday	January 5 <sup>th</sup> -6 <sup>th</sup>	Andrews Inv.	Andrews High, Andrews, Tx	TBA
**Thursday	January 18 <sup>th</sup>	District 6A Champs (AHS)	Midland	TBA
Friday/Saturday	January 19 <sup>th</sup> -20 <sup>th</sup>	District 5A Champs (CHS)	Andrews	TBA
Friday/Saturday	February 2 <sup>nd</sup> -3 <sup>rd</sup>	Region Champs	Pete Ragus Aquatic Lubbock	5A- AM; 6A PM
Friday/Saturday	February 16 <sup>th</sup> - 17 <sup>th</sup>	State Champs	University of Texas Austin	5A- AM; 6A- PM

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## NUTRITION GUIDE

### Carbs (Starches)

Whole wheat bread  
Baked potato/ sweet  
Whole wheat pasta  
Spaghetti  
White/ brown rice  
Baked/ refried/ white/ red beans  
Oatmeal  
Pancakes  
English Muffins  
Corn  
Peas

### Fruits

Strawberries/ blueberries/ all fresh fruit  
Fruit Juice  
Bananas/ apples

### Fluids

Water  
Skim, 1 %, 2% Milk  
100 % Fruit Juice  
V8/ Sparkling Water

### Other

Cereal (Special K, Cheerios, All Bran, Corn Flakes)  
Vegetables (Broccoli, Green Beans, Tomato, Cabbage, Cucumber, Romaine, Spinach)  
Soups/ Hummus/ Healthy choice popcorn

### Protein Foods

Chicken Breast (skinless)  
Turkey Breast/ Lean Ground Turkey

Lean Roast/ Deli Meat

Salmon/ Baked, grilled, boiled fish

Eggs

Almond Butter

Veggie Burger

Low Fat Cottage/sliced cheese

### **Healthy Fats**

Olive oil, nuts, seeds, avocado, reduced fat dressing

### **Food to Avoid**

Butter, bacon, coconut oil, coffee creamer, fast food, soda pop, carbonated beverages, pastries, cakes, cookies, chips, candy, high fat meals, whole milk, salt

**Every swimmer is unique to their caloric intake for high performance. The next page shows an example meal plan.**

Tips:

- Keep water/ Gatorade on you at all times including during practice.
- Eating carbs the night before the meet is helpful, but don't overload too much.
- Make healthy choices when eating out.
- Try and stay away from energy drinks and pop.
- Do not skip meals.
- Eat a light snack before practice/ eat replenish after.
- Stick to a routine and fuel your body.



## **Sample Meal Plan**

Breakfast	1 egg plus 2 egg whites 2 slices of wheat bread w/ 1 tsp margarine 1 Banana
Lunch	4-4 ounces of sliced lean beef 1 slice cheese 2 slices of wheat bread/ lettuce/ tomato 1 cup of juice 1 cookie
Snack	Nature Valley Granola Bar/ Fresh fruit/ water
Dinner	4-5 ounces of Grilled Fish 1 cup of salad w/ vegetables 2 tlbs light dressing Med. Sweet Potato 1 cup of juice and water
Snack	1 serving whole wheat crackers/ string cheese/ water

# SAFETY

## **What is Sudden Cardiac Arrest?**

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

## **What are the symptoms/warning signs of Sudden Cardiac Arrest?**

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

**\*\*ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.**

## **Definition of Concussion?**

"Concussion" means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may:

(A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and

(B) Involve loss of consciousness.

Symptoms reported by athletes may include: headache; nausea; balance problems or dizziness; double or fuzzy vision; sensitivity to light or noise; feeling sluggish; feeling foggy or groggy; concentration or memory problems; confusion.

For more information about safety, visit the Team website.

# EVENT CALENDAR

Blue-Swim Meets / Green- Team Bonding

\*Dates/Times are Subject to Change

*August 28<sup>th</sup> – Swimmer Meeting @ Schools (Forms)*

*August 29<sup>th</sup>- Meeting @ McMurry (Equipment/lockers/goals)*

*August 30<sup>th</sup>- First Day of Practice (Must have all paper work filled out)*

*September 4<sup>th</sup>- Labor Day (No Practice)*

*\*September 7<sup>th</sup>- Parent Meeting @ Abilene High Cafeteria @ 6:30pm*

*\*September 9<sup>th</sup>- Team Bonding Activity @ Abilene State Park @ 10:00am*

*September 29<sup>th</sup>- First Pasta Dinner*

*September 30<sup>th</sup>- G.C.I.S.D. Pentathlon*

*October 7<sup>th</sup>- Midland Invite*

*October 14<sup>th</sup>- Wichita Falls Dual*

*October 20<sup>th</sup>- Pasta Dinner*

*October 21<sup>st</sup>- Abilene Invite*

*October 27<sup>th</sup>/28<sup>th</sup>- San Angelo Inv.*

*November 4<sup>th</sup>- Team Bonding Activity for Community*

*November 17<sup>th</sup>- Pasta Dinner*

*November 18<sup>th</sup>- Pecos Inv.*

*December 8<sup>th</sup>- Christmas Party*

*December 9<sup>th</sup>- Lubbock Dual*

*\*Holiday Practices TBA*

*January 5<sup>th</sup>/6<sup>th</sup>- Andrews Inv.*

*January 17<sup>th</sup>- Pasta Dinner*

*\*January 18<sup>th</sup>- District 6A AHS Champs*

*January 19<sup>th</sup>/20<sup>th</sup>- District 5A CHS Champs*

*February 2<sup>nd</sup>/3<sup>rd</sup>- Region Champs*

*February 16<sup>th</sup>/17<sup>th</sup>- State Champs*

*February- Swim Banquet TBA*

# Parent Notes

## Team Bonding (subject to change)

- Yoga Class
- Martial Arts Team Exercise
  - Zumba Class
  - Camp Butman
  - Mud Run
- Hiking at Abilene State Park
- Volunteer event (Animal Shelter)

Team bonding gives the swimmers a chance to connect outside of the pool atmosphere.

## Pasta Dinners

Pasta dinners are a great way to have team bonding time and fuel up for the meet the next day. Will pass out parent sign-up sheet to host dinners:

September 29<sup>th</sup>

October 20<sup>th</sup>

November 17<sup>th</sup>

December 8<sup>th</sup> Holiday Party

January 17<sup>th</sup>

## Pictures

Break out your crafty side! If you like capturing the moment behind lens, please share your pictures to my email to be put on the website!

These will also be used to make a video featuring the swimmers at banquet and collage pictures for each swimmer.

Send pictures to: [Kelly.mcnamee@abileneisd.org](mailto:Kelly.mcnamee@abileneisd.org)

## CONTACT ME/ TEAM WEBSITE

**Information about the season will have updated information about practice, meets, and forms.**

**<https://www.abileneisd.org/Domain/3486>**

**Also join us on Remind App:**

**<https://www.remind.com/join/7kf6d3>**

**Join our Facebook page to stay updated too!**

**<https://www.facebook.com/abileneswim/>**

### **Head Coach McNamee**

Email: [kelly.mcnamee@abileneisd.org](mailto:kelly.mcnamee@abileneisd.org)

### **Assistant Coach Holbrook**

Email: [april.holbrook@abileneisd.org](mailto:april.holbrook@abileneisd.org)

Welcome to the Abilene/Atems/ Cooper Swim Team!