



Swimming

Manual

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“....I firmly believe that any man’s finest hours – his greatest fulfillment of all that he holds dear – is that moment when he has worked his heart out in good cause and lies exhausted on the field of battle – victorious.”

-Vince Lombardi

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Swimming Mission

It is our goal to make sure our competitors are given the best chance for success not only in extracurricular activities, like swimming, but in life. We believe this is possible through our work effort, our commitment to the team, and our attitude.

Our effort will be displayed by our willingness to not give up at practice, at competition, and our everyday lives. Without any doubt, our single most important goal must always be to do whatever it takes to be successful. **“Winning isn’t everything, but wanting to win is.”**

Our commitment will be displayed by our punctuality for our practice times, our teammates, and our coaches. Practice will be early in the morning and competitions will have a sequence of events that will require the upmost attention and organization. **“To be early is to be on time, to be on time is to be late, and to be late is to be forgotten.”**

Our attitude will be demonstrated first and foremost by our actions towards one another, followed by ourselves. Swimming is a team sport with individual elements. It is very important that we understand what this means. The **team** performs better when **each individual gives their absolute best**. We will **always** support our teammates and cheer them on during practice and competition. **“When you play one of us, you play all of us.”**

We believe that if these goals are met our athletes will have the tools necessary to achieve ultimate success not just in swimming, but in life.

“It’s a great day to be a Jaguar!”

Student Handbook

MISSION

The mission of Desoto Central Athletic Department is to advance learning, enliven campus environment, develop leadership skills, and foster the personal growth of the student athlete through offering a high quality athletics program. We are dedicated to developing champions for life.

Desoto Central Athletic department personnel shall strive to provide model programs that develop meaningful standards of scholarship, athletic performance, leadership, community service, and sportsmanlike conduct. Through Sports we shall seek to contribute to Desoto

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Central High School's identity of excellence and positive perception in the community. As a department we shall strive for excellence in the competitive environment in accord with our athletic department core values and the philosophy, rules, and regulations of the MHSAA.

VISION

The vision of Desoto Central Athletic Department is to provide the student athlete with opportunities to participate in the premier athletic department in the state of Mississippi. We will compete for state championships in all sports while learning and possessing the skills to become champions for life.

CORE VALUES

Safety - Desoto Central Athletics Department's number one goal is to provide a safe environment for athletic competition.

Excellence –Desoto Central Athletics Department's active pursuit of excellence begins with hard work from our staff. We are dedicated to never let an opponent outwork us. We will carry this philosophy over to our student athletes in the classroom and competition. Our primary focus on academic excellence remains constant as we strive to create these valuable experiences through athletics.

Integrity – Desoto Central Athletics Department vigorously strives to conduct its programs and functions with the utmost level of integrity. Our goals, strategies and decisions are founded on the principles of integrity and honesty.

Sportsmanship – Desoto Central Athletics Departments fields disciplined and competitive student-athletes and teams committed to the highest level of sportsmanship. We are resolved to creating an atmosphere of respect, fairness and graciousness among all of our constituencies including our own student-athletes, coaches, opponents, faculty, staff, alumni, supporters, fans, and neighbors.

Community – Desoto Central Athletics Department constantly aspires to be a just, welcoming and caring environment in the fullest sense. The Athletics Department embraces this responsibility and explicitly seeks to enhance community by means of its interactions, activities and programs.

Opportunity –Desoto Central High School and its Athletics Department are committed to equal opportunity for all which includes nurturing the development of our student-athletes by providing equitable opportunities for academic, spiritual, ethical, social and physical growth. The Athletics Department reflects this commitment in its tryouts, hiring and retention practices, as well as through professional development opportunities for all staff members. We actively promote the benefits of a diverse environment for all student-athletes, coaches and staff members.

Service – Desoto Central Athletics Department is devoted to having all its members, student-athletes and staff, recognize their individual and collective responsibility to providing service to school, our communities and neighbors. Toward that end, all members of the Athletics Department are expected to engage in community service.

INTRODUCTION

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This Athletic Handbook is developed to provide coaches and athletes with a comprehensive guide of the requirements and procedures for participating in athletics at Desoto Central High School. In addition to the requirements contained herein, the athletics program is governed by and complies with all Desoto County district policies as well as the rules and regulations established by the Mississippi High School Activities Association (MHSAA).

PARTICIPATION

Participation in Sports at Desoto Central High School is an extra- curricular activity. It is a privilege not a right to participate in interscholastic athletics at Desoto Central High School. That privilege may be revoked at the discretion of the school. Parents have the right to set academic and behavioral standards above and beyond the school standards for their children. Parents have the right to revoke their child's privilege to participate on an interscholastic team. Working together to develop responsible young people is a team effort, and we need you on our team. Coaches may set rules and regulations that may go above and beyond those listed in our athletic handbook

PLAYING TIME

Desoto Central High School coaches have the sole responsibility for the selection of all team members. The team selection is based on the subjective opinion of the coach who will consider the students' athletic ability, sportsmanship, academics and citizenship when making choices. The amount of playing time, the position the athlete plays and the level that they play (Varsity, JV, and Freshman) is the sole decision of the coach. At the varsity level in particular, the emphasis will be on developing the most competitive team possible given the talent of the athletes. Younger students (freshmen and sophomores) may play over older students (juniors and seniors). There is no guarantee of playing time particularly at the Varsity level. It is possible that students may not play at all. Payment of a participation fee is not a guarantee of any playing time.

DESOTO CENTRAL ATHLETES CODE OF CONDUCT

- conduct yourself in a respectful manner at all times
- treat officials and opponents with respect and dignity
- accept decisions that are made by coaches, officials and school personnel
- exhibit good sportsmanship
- remember that there is no place for "winning at all costs"
- show courtesy to visiting teams and officials
- understand and accept the rules of the sport and abide by the standards of eligibility
- maintain all athletic equipment given to you by the coach
- refrain from making faces or other gestures toward officials, coaches or others
- use appropriate language at all times, profanity will not be tolerated

CHAIN OF COMMAND

Desoto County School Board
Superintendent
Principal
Asst. Principal
Athletic Director
Head Coaches/Parent
Head Coaches/Player

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COMMUNICATION AND CONFLICT RESOLUTION

Athletics can be highly emotional and very time consuming. From time to time conflicts and issues between a student athlete and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as direct as possible that it can be resolved promptly. We will not be discussing “playing time”. Every effort should be made to resolve all issues at the lowest possible level.

The process that should be followed is as shown

1. Athlete contacts the coach
2. Parent of athlete contacts the coach
3. Athlete or Parent contact the Athletic Director (A.D. informs coach of this meeting)
4. Meeting with all parties
5. Parent contacts the Assistant Principal (Parents must notify the A.D. that they will contact the A.P)

In order for the discussion between student or parent and the coach to be productive, the following times to approach a coach should be avoided.

- a. Either prior to or immediately following an athletic contest
- b. During a practice session
- c. During a time when other teammates are present
- d. During a time when it is apparent that there will not be sufficient time to allow a complete discussion

Every effort should be made to set up appointments through school email or voicemail.

ATHLETIC PARTICIPATION

Each student athlete must have all paperwork on file with the athletic director in order to participate in each sport. This includes summer workouts. Each head coach is responsible for getting this paperwork to the athletic director. The paperwork consists of:

- Current Physical
- Parent Consent Form/Medical Form
- Jaguar Expectations Form/Student Athletic Handbook Form
- MHSAA Concussion Form

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LETTERMAN JACKET POLICY

The Head Coach for each sport will make the letterman policy for their program. The head coach will determine who letters and who doesn't letter in each sport. The lettering athlete will have the option to purchase the following items for each year of lettering in the same sport. Seniors who participate in a sport for the maximum number of years will receive a letter their Senior year.

- 1st year letter - letterman jacket
- 2 year letter - windbreaker jacket/Chevron
- 3 year letter - varsity sweater/Chevron
- 4 year letter - varsity blanket/Chevron

Football Play in 16 Varsity Quarters
Volleyball Play in ½ of the Varsity Matches

Cross Country

Swimming Attend at least 3 practices per week and participate in every meet.

Basketball Play in 13 Varsity Games

Soccer Play in ½ of the Varsity Games

Powerlifting Qualify for the Regional/State meet

Softball Play in ½ of the Varsity Games or be on the travel team for 2

consecutive years

Baseball

Track Qualify for the regional track meet/Relays qualify for State

Golf Boys – Compete in the top 5/Girls compete in the top 3

Tennis Compete in at least ½ of the varsity matches

Archery Qualify for the regional/state meet

Varsity Cheer Must maintain at least a 70% in every class. Be on the competitive team.

JV Cheer Complete two years on the JV cheer team

SPORTS FEE

Athletes may be required to pay a sports fee for each sport.

INJURIES

Currently at Desoto Central we have an athletic trainer from Dr. Christian Claiborne (Brooks Turner). His # is (901) 833-0645. If you have questions, please call him. He will be on campus for 20hrs a week and cover all home varsity games. Head Coaches are responsible for all injuries and communicating with the parents.

ATHLETIC INSURANCE

All athletes who participate in a competitive sport in the school district must be covered by an insurance policy. Insurance is required on all athletes prior to practicing or competing in interscholastic sports. An athlete should be covered by the comprehensive MHSAA plan or school day insurance policies for minor sports or have a reliable individual/family policy.

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Varsity football can purchase a separate more comprehensive school plan. Parents must sign an insurance form giving the company's name and insurance number.

ALCOHOL AND DRUG ABUSE POLICY

The athletic department will not tolerate the use or abuse of alcohol or drugs by coaches or student athletes. See jaguar pride and coaches expectations.

MULTIPLE SPORTS PARTICIPATION

Desoto Central High School acknowledges that there are sports whose seasons overlap and some athletes may have conflicts in scheduling. In the case of an athlete who wished to participate in multiple sports and scheduling conflicts arise, it is hoped that the two coaches can arrive at a solution. Coaches must be proactive and put agreements in writing to the athletic director. If no agreement can be reached, then a play-off game would take first priority followed by a district game next and a non-district game last. Athletes are encouraged to participate in as many sports as they wish, and should be able to do so without pressure from any coach to limit participation to one sport. In some cases the athlete will have to choose a sport if they run simultaneously. If one sport is in season, the sport in season will have precedents over the out of season sport. If a sport has an "in school period" and the athlete is in an "after school sport", the athlete can work out during the "in school period" on practice days. If students are in multiple sports, but only one of the sports has an "in school period" students may strength train or condition (no balls) outside of school hours for a period not to exceed 50 minutes. ***On varsity game days the athlete will not practice or participate in any training outside their sport that is playing.***

A student/athlete that quits a sport after the official practice start date, (MHSAA Calendar) will not be allowed to practice or participate in the next sport until the last possible playing date (State Championship) of the sport that he/she quit is over. (Example: John Doe quits basketball late in the season to play baseball. He will not be able to practice or play baseball until after the state championship basketball game is over.) If you have a question about this with one of your athletes and another sport, don't over react. See the athletic director and get a peaceful solution.

SCHOOL ATTENDANCE ON GAME DAY

In order to be eligible to participate in a competition on a school day, an athlete must attend school at least fifty percent (50%) of the academic day on the day of the competition. A school-related absence will not affect this rule.

TRAVEL

Students should travel to all contests with the coach on the bus, and are strongly encouraged to return home on the team bus as well. Athletes will not be allowed to ride with parents to any contest unless approved by athletic director. Coaches may release students to ride home with their parents from contest. Students who are released to their parent after a contest and are traveling back with them should provide their Coaches with documentation for their release 24 hours prior to a contest.

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WEIGHT ROOM

A well-organized weight program is essential to a competitive athletic program. Desoto Central High School encourages all staff involved with the weight program to attend clinics in order to stay current with the latest weight training techniques. All student athletes will be asked to participate in strength and conditioning training.

HAZING/BULLYING/HARASSMENT

It is our belief that being a member of a team should be an enriching and rewarding experience for all student athletes. Any and all types of actions, including written or verbal, which are intended to or cause intimidation, embarrassment, or discomfort will not be tolerated. Such actions will result in appropriate disciplinary action being taken. Examples include, but are not limited to, sexual harassment and racially motivated behavior. Students who feel they are being harassed or bullied should report such immediately to the athletic director.

TRYOUTS

Athletes are not permitted to begin practice until all forms (Physical, Parent Consent, and Jaguar Expectations) have been submitted. Tryout dates will be determined by the head coach. Tryout sessions may vary depending on the number of candidates, weather conditions, facility limitations, etc. Each athlete will be given a fair opportunity to try out.

NCAA CLEARINGHOUSE

All high school students who plan to participate in college athletics at Division 1 or Division 2 schools must be certified by the NCAA Clearinghouse. These forms may be obtained in our guidance office or from the Athletic Director. These forms should be completed by the end of the student's junior year. Any athlete who would like for unofficial transcripts to be issued to college recruiters must have their parents fill out paperwork in the Guidance office.

SUSPENSION/ISS/ALC

Student athletes "suspended" from school, either in school suspension, out of school suspension, or ALC will not be allowed to practice or play in any contest while on suspension. Students will be allowed to practice or participate after school on their final day of "suspension."

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COLLEGIATE ATHLETICS

We believe that participation in collegiate athletics can be a rewarding experience for those students who have the desire and ability to do so. While preparation for inter-collegiate athletics is not the main focus of our high school athletics program, we would like to do what we can to help any of our students who aspire to compete at this next level. While the success of our athletic program is not measured by the number of Desoto Central athletes who compete at the college and university level, we would like to do what we can to assist these students to connect with the program which will be the best "fit" for that student.

REALITY

We advise parents not to have unrealistic expectations for students or to put undue pressure on them to perform. The NCAA reports that only 10% of High School athletes participate in their sport in college. In addition, for every 1000 High School athletes there are only 3 full athletic scholarships available. While athletes from Desoto County exceed these statistics students should not put all of their hope in receiving an athletic scholarship nor should they be so intent on playing a sport in college that they neglect other areas of academic life.

CHECKLIST FOR COLLEGE BOUND ATHLETES

- Read the "Guide for the College Bound Athlete".
- Meet routinely with your counselor to assure your compliance with the NCAA's By-laws.
- Complete a college search in the Guidance area.
- Talk to your coach about your interest in college sports.
- Take the ACT and SAT tests.
- Research the schools you are considering.
- Visit some of the schools you might want to attend.
- Schedule a meeting with your counselor and coach to discuss the college search and selection process.
- Review The NCAA Guide for the College-Bound Student/Athlete
- Register with the NCAA Clearinghouse online.

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Jaguar Expectations

1. All student athletes will be well groomed in a manner that will best represent Desoto Central High School. All athletes will follow the Desoto Central handbook concerning dress code.
2. The student athlete will meet the academic standards set forth by their coach and must fulfill the guidelines of the Mississippi High School Activities Association.
3. The student athlete will address all authority figures with respect in all aspects of athletics. This includes Desoto Central High School staff or any other school's staff.
4. The student athlete will work hard during practice and in the classroom. No excuses.
5. The student athlete will represent their community, school, coaches, and themselves in a first class manner. (Do not embarrass Desoto Central in or out of school)
6. If the student athlete is caught with drugs or alcohol, the athlete may lose the privilege to participate in athletics.
7. All parents must make arrangements concerning transportation after practices and games for their child. Failure to do so may be cause for termination of the privilege to participate in extracurricular activities at Desoto Central High School.
8. All uniforms (including practice gear) issued by Desoto Central High School will be the responsibility of the individual athlete. Lost or damaged uniforms will be paid for by the athlete.
9. Every sport will have fundraisers and everyone will participate. There may be an athletic fee for particular sports the athlete will have to pay.
10. All athletes must turn in the necessary paperwork to be eligible to participate. All athletes will be required to participate in Physical day.
11. All athletes will have an assigned locker to secure their personal property. Keep your belongings locked in your locker. DCHS and DCHS coaches are not responsible for any items lost, stolen, or left in the athletic locker rooms.
12. If you quit a sport after the official start date (MHSAA Calendar) you will not be allowed to participate or practice in another sport until the last possible playing date (State Championship) of the original sport is complete.
13. Quitting a sport that is a considered a "Credit Class" may result in failure of the class and that grade on the student report card.
14. Under no circumstance will a conference between a coach and a parent be held before, during, or after an athletic contest. All conferences should be scheduled through the office during school hours and to not interfere with practice time.
15. Any conference or issue to be resolve must follow the "chain of command" as outlined by our student athlete handbook. We are always happy to discuss how your child may improve their skills.
16. Inappropriate parent behavior may result in dismissal from the team.
17. I will read and abide by the entire student athletic handbook located on our athletic website dcjaguarsports.com

I have read the student athletic handbook and Jaguar expectations. I understand all the rules and agree to abide by the student athletic handbook and Jaguar expectations.

Student Name (Print) _____

Student Signature _____ Date: _____

Parent Name (Print) _____

Parent Signature _____ Date: _____

[Type text]



2013-2014

DESOTO CENTRAL HIGH SCHOOL

ATHLETIC ELIGIBILITY/PERMISSION INSURANCE

NAME _____ **MALE/FEMALE**

ADDRESS _____

HOME PHONE # _____ **CELL #** _____

CITY _____ **ZIP CODE,** _____

SOCIAL SECURITY # _____ **DOB** _____

BIRTH CERTIFICATE # _____

YEAR ENTERED 9TH GRADE _____, **CURRENT GRADE,** _____

I give my permission for the above named student to participate in the athletic program at DESOTO CENTRAL HIGH SCHOOL. I also authorize the athletic staff, in conjunction with local EMS, LICENSED ATHLETIC TRAINERS, and PHYSICIANS, to treat injuries sustained during these athletic activities, whether it be during practice or a game. I understand that these treatments are sometimes needed immediately and in no way are the personnel of DESOTO CENTRAL HIGH SCHOOL or DESOTO COUNTY SCHOOLS to be held liable.

PARENT NAME _____ **HOME PHONE #** _____

PARENTAL SIGNATURE _____

DATE _____ **CELL #** _____

In accordance with the rules and regulations set forth by the MHSAA (MS, High School Activities Association) students must have health insurance to be eligible to participate. If your child does not have health insurance you may purchase school based insurance through the front office. (Insurance info is available upon request) Please provide policy information below.

POLICY HOLDER'S NAME _____

INSURANCE COMPANY _____

POLICY/GROUP# _____

PHONE & CONTACT# _____

*A copy of your insurance card may be substituted for the above info.

*This form, along with a copy of your child's physical exam, will be kept on file for a period of one school year.

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MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.

Concussion Information Form

(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

[Type text]



What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete's safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

[Type text]



Transportation Form

Each parent or guardian is responsible for handling transportation of their child to and from practice/swim meets. Athletes are not allowed to ride with other athletes due to possible safety risks. Carpools with other parents are allowed only by the consent of the parent or guardian of the student transport. If any student breaks this agreement they are subject to dismissal from the team and will be held responsible in the event of an accident. **Safety is our top priority at Desoto Central High School and it is important that we all practice it!**

(Student Print)

(Student Sign)

(Date)

(Parent Print)

(Parent Sign)

(Date)

[Type text]



August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 <i><u>Teacher's First Day</u></i>	5	6	7 <i><u>Student's First Day</u></i>	8 Swim Team Meeting (7:50)	9
10	11 Swim Tryouts 5:30 (DAC)	12 Practice 5:30 (DAC)	13 Individual Run	14 Practice 5:30 (DAC)	15 Individual Run	16 Individual Practice (Swim or Lift)
17	18 Practice 5:30 (DAC)	19	20 Practice 5:30 (DAC)	21	22 Practice 5:30 (DAC)	23 Individual Practice (Swim or Lift)
24	25 Practice 5:30 (DAC)	26	27 Practice 5:30 (DAC)	28	29 Practice 5:30 (DAC)	30 Individual Practice (Swim or Lift)
31						



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September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2 Practice 5:30 (YMCA)TBA	3 Practice 5:30 (DAC)	4	5 Practice 5:30 (DAC)	6 Oxford Meet
7	8 Practice 5:30 (DAC)	9	10 Practice 5:30 (DAC)	11	12 Practice 5:30 (DAC)	13
14	15 Practice 5:30 (DAC)	16	17 Practice 5:30 (DAC)	18 Tunica Meet	19 Practice 5:30 (DAC)	20
21	22 Practice 5:30 (DAC)	23	24 Practice 5:30 (DAC)	25	26 Practice 5:30 (DAC)	27
28	29 Practice 5:30 (DAC)	30				



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October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice 5:30 (DAC)	2	3 Practice 5:30 (DAC)	4
5	6 Practice 5:30 (DAC)	7	8 Practice 5:30 (DAC)	9 Tunica Meet	10 Practice 5:30 (DAC)	11
12	13 Practice 5:30 (DAC)	14	15 Practice 5:30 (DAC)	16	17 Practice 5:30 (DAC)	18 North Half (Flowood)
19	20 Practice 5:30 (TBA)	21	22 Practice 5:30 (DAC)	23	24 Practice 5:30 (DAC)	25 Individual Swim/Run
26	27 Practice 5:30 (TBA)	28	29 Practice 5:30 (DAC)	30	31 Practice 5:30 (DAC)	

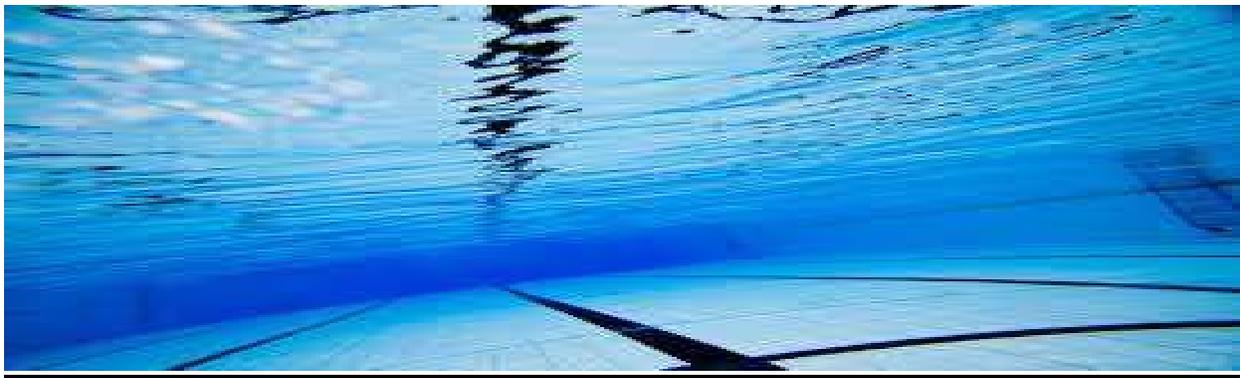


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November 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Practice 5:30 (DAC)		Practice 5:30 (DAC)	1 State Meet (Tupelo)
2	3 Practice 5:30 (TBA)	4 Practice 5:30 (TBA)	5 Individual Run	6 Practice 5:30 (TBA)	7 Rest	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



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Swim Team Schedule

<u>Location</u>	<u>Date</u>	<u>Time</u>
Oxford	Sept. 6 (Saturday)	9:45
Tunica	Sept. 18 (Thursday)	5:00
Tunica	Oct. 9 (Thursday)	5:00
Flowood (North Half)	Oct. 18 (Saturday)	TBA
Tupelo (State)	Nov. 1 (Saturday)	TBA

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Swim Team Rules and Procedures

This is designed to inform, endorse, and insure the safety for all of our student athletes.

1. **Be on time for everything!** You must have prior approval from Coach Clark if you are not present. Do not miss practice without prior approval. **Everyone has two unexcused absence, after that you may be dismissed from the team.**
2. You will be expected to make up any missed practice. When you have an excused absence, you miss conditioning. This is makeup work not punishment.
Excused – 25 Burpies and a 5 minute wall sit Unexcused – 50 Burpies and a 10 min wall sit
Coach Clark has final determination of what is excused or unexcused.
3. Profanity will not be tolerated at any time.
4. All non-swimming caps, bandannas, etc. must be removed when entering a building.
5. Tobacco use of any kind will not be tolerated.
6. Be well groomed at all times.
7. As a safety precaution all jewelry needs to be removed prior to entering the pool or weight room.
8. Abide by all Desoto Central High School policies on campus. If you are in trouble in school, you are in trouble with Coach Clark. **Treat all teachers and staff of Desoto Central High School with the utmost respect.**
9. Treat other coaches, teammates, trainers, and officials with respect.
10. Wear proper equipment/attire to competition, workouts, and all other functions.
11. The use of drugs or alcohol is subject to dismissal from the team.
12. Anyone caught stealing will be dismissed immediately.
13. Never embarrass the swimming program by your actions.
14. Electronic devices are not permitted during training time. (Cell phones, ipod, etc.)
15. Any tattoos must be fully covered in uniform and during school.
16. Hazing/Bullying in any form is not acceptable. Any player found participating in any form of hazing/bullying is subject to dismissal from the team.
17. Other penalties will be determined by Coach Clark.

[Type text]



How to contact Coach Clark

Twitter: @CoachClarkDCDB

Email: William.clark@dcsms.org

If you email be sure to title it as Swimming followed by your first and last name.

This is for your benefit. If something happens and you are unable to make it to a practice, contact Coach Clark at least one hour in advance so that he can respond and confirm that he received your message.