



2021 - 2022

CREEKVIEW HIGH SCHOOL
SWIM/DIVE TEAM
HANDBOOK

COACHES

Head Coach:	Nina Lim	xxx-xxx-xxxx ext xxxx limn@cfbisd.edu
Assistant Coach:	Amy Weltman	weltmana@cfbisd.edu
Assistant Coach:	Barry Ray	rayb@cfbisd.edu
Diving Coach:	Eric Ognibene	ognibene@cfbisd.edu

* Email is our PRIMARY source of communication-If you are not receiving emails-please email Coach Nina at the above address and your name will be added to the group list.

IMPORTANT WEBSITES/LINKS

- RANK ONE
 - <https://www.rankonesport.com/content/>
- CHS ATHLETICS
 - <https://cfbsports.rankonesport.com/Website/Sports/27fa2cdb-c361-4ef3-a04d-c9b1d00ed611/186>
- UIL SWIMMING / DIVING
 - <https://www.uiltexas.org/swimming-diving>
- UIL PARENT MANUAL
 - https://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_20-21.pdf

TENTATIVE MEET SCHEDULE

DATE	MEET	LOCATION	START
SEPT 28	QUAD MEET	CFB	DIVE: 5PM / SWIM: 6PM
OCT 19	CFB V LEWISVILLE	CFB	DIVE: 5PM / SWIM: 6PM
OCT 26	CFB V BURLESON	CFB	DIVE: 5PM / SWIM: 6PM
NOV 6	NON - TISCA	CFB	DIVE: 5PM / SWIM: 6PM
NOV 11	CFB V BRYAN ADAM	CFB	DIVE: 5PM / SWIM: 6PM
NOV 18	CFB V THE COLONY	CFB	DIVE: 5PM / SWIM: 6PM
DEC 2	CFB V IRVING *SENIOR NIGHT*	CFB	DIVE: 5PM / SWIM: 6PM
DEC 9 - 11	TISCA	CFB	DIVE: 5PM / SWIM: 6PM
JAN 7 - 8	NYC	CFB	DIVE: 5PM / SWIM: 6PM
JAN 21 - 22	DISTRICTS	HPISD	TBA
FEBRUARY 4 - 5**	REGIONALS**	LISD - EAC	TBA
FEBRUARY 18 - 19	STATE ***	AUSTIN	TBA

**UNCONFIRMED DATES

*** MUST QUALIFY

CREEKVIEW SWIM TEAM MISSION & GOALS

The mission of the Creekview High School Swim Team is to provide a competitive swim team environment that teaches and trains high school athletes at all levels, emphasizes strength of character, resilience, perseverance and team unity as means to help the individual swimmer reach their fullest potential in and out of the water.

My personal vision for this team is to develop well-rounded men and women through the means of competitive swimming. I believe in developing the whole athlete to promote the growth of the individual to adulthood.

My goal for each athlete will be specific to them and their goals in this sport, not just overall best times and placing. I am also aiming to have 75% of the team accomplish the following:

EVENT	WOMENS	MENS
200 MEDLEY RELAY	UNDER 2:30	UNDER 2:20
200 FREESTYLE	UNDER 3:00	UNDER 2:50
200 IM	UNDER 3:00	UNDER 2:50
50 FREESTYLE	UNDER :33	UNDER :30
100 BUTTERFLY	UNDER 1:45	UNDER 1:30
100 FREESTYLE	UNDER 1:30	UNDER 1:20
500 FREESTYLE	UNDER 6:30	UNDER 6:20
200 FREE RELAY	UNDER 2:25	UNDER 2:15
100 BACKSTROKE	UNDER 1:30	UNDER 1:20
100 BREASTSTROKE	UNDER 1:45	UNDER 1:30
400 FREE RELAY	UNDER 4:30	UNDER 4:15

CHS SWIM TEAM CODE OF ETHICS

Welcome to the Mustang Swim Team. You will be considered a “student-athlete” throughout your duration of the year. In this handbook you will be reviewing information regarding expectations and rules that you will be expected to adhere to as a member of this program.

Some unlisted expectations are the following:

- You are a representative of the school through this program. Behavior that would not be tolerated on campus, during a class day, will not be tolerated at practice or during meets.
- As an athlete, you must pay close attention to your health. Consider the foods and drinks you consume and how they may affect your performance. As you are participating in a vigorous activity, please ensure you are appropriately hydrated and fed for the practice. Refer to the info below for appropriate hydration.
- Communication is key in being successful, not only in sport, but also in school, relationships and life. If a skill is causing you discomfort physically, please mention it to me so we may discuss the ailment and refer you to the athletic trainer. If you want to know why we are doing a certain drill or activity, ask and I’ll answer so long as it does not take away from the practice.

PRACTICE SCHEDULE

In-Season

August 11th through February

2:15 PM - 4:15 PM Monday through Friday

Off-Season

February to May

2:15 PM - 4:15 PM Monday through Friday

Please be aware that you will have 10 minutes to get ready when you walk through the doors. Those that drive should be here before the bus or you are counted tardy.

GRADES

You are a student athlete and therefore a student first. Your grades are a priority and determine if you are eligible to participate in meets. If you fail a 9 weeks period, you will not be able to participate in meets. If you are struggling with maintaining passing grades in your classes, then swimming needs to be the least of your concerns, and you may want to consider changing your schedule. This class is graded based on your participation, if you don't do what is required of you, then your grade will be lowered.

For example; did not dress out for practice -10 points off and will work out in school clothes, tardy to practice -10 points off, tardy to a meet -10 points off or miss any meet -20 points off your final grade. Continual problems will lead to your removal from the team.

TUTORIALS

You will be permitted to attend 3 tutorials per 9 weeks without being marked absent. **You must have the teacher email me at limn@cfbisd.edu by 2:00pm or you will be counted absent.**

STUDY HALL TAKEN AT THE POOL WILL RESULT IN A LOSS OF 5 POINTS.

LOCKER ROOMS

Everyone will use the locker rooms under the stadium. The restrooms on the deck will be used with permission only. Locker rooms will only be used at the beginning of practice to change into your necessary suit. Please be aware that these locker rooms must be emptied out on game days otherwise locks will be cut and everything will be tossed into lost & found.

DRIVING

You may only drive if I have a driving policy from you, signed by you and your parents. This form can be found at the bottom. If another swimmer/diver will be riding with you they need to sign the paper as well as their parents.

EQUIPMENT CHECK OUT/IN PROCEDURES

Everyone will be given the following equipment: bag, parka and sweats. These are expected to be returned washed and cleaned at the end of the season. The equipment you may keep are the team suit, cap, goggles and team shirt..

If you lose your bag, parka, warm up jacket or pants you will be expected to pay for them. Costs are listed below.

Bag: \$45.00

Parka: \$100.00

Warm Up Jacket top: \$35.00

Warm up Pant bottom: \$35.00

You are responsible for all equipment issued to you. You are, additionally, responsible for all other equipment needed (shorts, shirts, running shoes, practice suits, etc.). Ensure that you bring all equipment with you at all times; we may change routines at any time. **TEAM SUITS ARE NOT TO BE WORN AT PRACTICE - ONLY MEETS.** Bring your own suit to practice. Do not wear jewelry during practice as it may tarnish or ruin your items. It is also a CFBISD athletics rule.

FUNDRAISERS

Fund-raisers are how the swim team pays for awards, record board, banquet, senior scholarships, etc. We will be having several fund-raisers throughout the season. Your participation is mandatory. The more you earn per fund-raiser, the less fund-raisers we have to do. **Seniors must attend/participate in all fund-raisers in order to be eligible for the Senior Scholarship. You are not excused unless there is another school activity (note from the teacher/coach) or you are sick and have a note from the Dr.**

COMMUNICATION OF PARTICIPATION

You will have plenty of time in advance to make arrangements for the swim meets and will be expected to attend. You do not skip this class to make up missed material in other classes. If you are not feeling well, **STAY HOME but you will be counted absent unless you have a Dr's. note, trainer's note or nurses note. A parent's note will not be accepted.** If you come to practice you will be expected to participate with everyone else. Your participation in practice and at swim meets will directly affect your grade and lettering. **Failing to swim an assigned event at a meet will result in a meet suspension - this means missing your event in any way is a meet suspension..** If you have any problems or concerns throughout the season, please call me at (972) 968-5667.

PDA- PUBLIC DISPLAY OF AFFECTION

Students must remember that the rules at school also apply at the Natatorium, aside from the dress code. Any public display of affection including kissing, touching, holding hands, sitting on each other's laps, or inappropriate comments are strictly prohibited and punished by detention or suspension.

TEAM MEMBERSHIP

All team members will be current Creekview students and in the swim class for the last period of the day unless you have a conflict in your school schedule and can only come after school, **for example; Orchestra, Band, Choir or a required class. Not included in that is your electives. There are several electives that you can now take online, consider those so you may be enrolled in the class.**

If this occurs you must follow all the guidelines and conditions as stated in the handbook. In order to compete, all swimmers must be passing ALL classes assigned.

Divers will be expected to swim at the swim meets if the coach needs you.

MEET CONDUCT

On days of meets, you are expected to wear our team T-shirts / Warm up Jackets. During the meets, you are to stay with the team and cheer on your fellow swimmers for the full duration of the meet. Pre-Meet Cheers are expected as well as Thank You/Goodbyes to visiting teams. Please do not spend time wandering around the pool, Your parents must stay upstairs in the stands, unless they are volunteering with the meet, until the meet is over.

Pay attention to the events and ensure you are behind the block 2 heats prior to your actual heat/event. You are expected to warm up/cool down between races and display good sportsmanship by remaining in the pool during your event until the last swimmer of your heat finishes. Congratulate other swimmers and come speak to me after your race for feedback. Please also visit me prior to your race to discuss race strategy/plan.

ATHLETIC TRAINING

In the instance that you feel discomfort, strain, or any similar ailments, you may visit the athletic trainer. To visit the athletic trainer, please inform me and I will email the trainer to let them know to expect you the following morning. As practices are held in the afternoon, you will only be able to attend in the mornings before the beginning of your class.

LETTER POLICY

Earning a letter in Swimming/Diving is an honor. Therefore it is not taken lightly and is not obtained by all who try. There are three ways to accomplish earning a letter jacket on the team:

1. Qualify for TISCA. Either by the DD in diving or time standard in swimming for the current year, individually or relay.
2. Swim/Dive at the regional meet. Relay or individual. This means you finished in the top six places at the District meet in any event.
3. Seniors who have not received their letter jacket before their senior year will receive their jacket if they have participated their entire 4 years. These team members must have remained academically eligible every grading period and contributed in a positive way to the team.
4. Exceptions will be made for transfer students as long as they were on the swim team from their previous school. Consideration will be given if the previous school did not have a swim team.

*Returning earners will receive a pin for each additional year they letter.

*****SIGN THE FOLLOWING DOCUMENTS AND EMAIL BACK TO ME*****

MUSTANG SWIM TEAM CODE OF ETHICS AND DISCIPLINE MANAGEMENT PLAN

I have read and understand the conditions of Athletic participation in the MUSTANG Swim Team Program, and I agree to abide by its terms/consequences.

MUSTANG Athlete Signature

It is understood that my daughter/son will be expected to follow these rules if he/she is to remain an active member of this program.

MUSTANG Parent(s) Signature

DISTRICT DOCUMENTS THAT MUST BE SIGNED & RETURNED TO PARTICIPATE. PLEASE DOWNLOAD, SIGN, AND RETURN VIA EMAIL.

CONSENT OF ATHLETIC ASSUMPTION OF RISK: [LINK](#)

CFB PARENT MEDIA CONSENT AND RELEASE: [LINK](#)

CFB CONSENT TO STUDENT ACTIVITY: [LINK](#)

CFB ATHLETIC DRIVING: [LINK](#)

- [Acknowledgement of Rules \(Spanish\)](#)
- [Steroid Notification/Agreement Form \(Spanish\)](#)
- [Concussion Acknowledgement Form \(Spanish\)](#)
- [Sudden Cardiac Arrest Awareness Form \(Spanish\)](#)
- [Pre-Participation Physical Evaluation \(Spanish\)](#)

MUST BE SIGNED OFF BY PHYSICIAN, P.A., CHIROPRACTOR OR NURSE PRACTITIONER