

PORTOLA HIGH SCHOOL



SWIMMING HANDBOOK 2020

www.portolaaquatics.com

GENERAL INFORMATION

HEAD COACH AND CONTACT:

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PORTOLA SWIMMING MISSION STATEMENT:

Building student-athletes to be the best version of themselves as people and as athletes. Success is earned by hard work, perseverance, teamwork, respect, always trying your best, and having fun!

OVERVIEW:

This will be our 2nd year in the Pacific Coast League (PCL). The league consists of Beckman, Irvine, Northwood, University, and Woodbridge. The PCL is a very competitive league consisting of CIF Division 1 schools in swimming.

EVERYONE is expected to attend the League meet at the end of April. Varsity and Junior Varsity teams are expected to compete in prelims and finals. Open is expected to compete in finals.

Individuals and relays that qualify for CIF Division 1 are expected to attend the CIF meet (prelims and finals) in May.

Swimmers will be placed in a group that is best suited for themselves as individuals and the team to succeed. They will be placed accordingly based off experience, stroke technique, competitiveness, schedules, roster limitations, and times taken from the Bulldog Pentathlon meet.

- Varsity – Swimmers must have 2.0 GPA, attend meets, attend afternoon AND morning practices
- Junior Varsity – Swimmers must have 2.0 GPA, attend meets, and attend afternoon practices
- Open – Swimmers must have 2.0 GPA, attend meets, and attend afternoon practices

*Note: There are practices during Spring Break, there are meets scheduled on Saturdays, and there will be a Varsity/JV invite during spring break.

SCHOOL & AQUATIC REQUIREMENTS

- Athletically cleared – Every year you need a new account and new physical
- Suggested Apparel – *Order Online @* CAS Swim Shop www.casswimshop.com Code: **PTHS**
 - Required: Portola team suit from CAS Swim Shop or solid black suit for meets
 - Suggested: Warm-ups, Team bag, Parka
- Optional Apparel – *TBA*

SWIM TEAM POLICIES

1. Be on time. Being on time means 10 minutes early. There is no excuse for being late.
2. Come to practice and meets prepared. Bring goggles, suit, towel, and water or Gatorade – always good to have an extra set of everything as equipment tends to get lost or break.
3. Be respectful to your teammates, coaches, and yourself. You are a representation of Portola and Portola's swim team; good sportsmanship is a must.
4. The use of alcohol or other drugs will not be tolerated.
5. Harassment or belittlement of any member of our team or the opposing team(s) will not be tolerated.
6. Students may be leaving class early to participate in meets. It is up to the students to schedule make-up work with their teachers. Keep ahead in your studies. Utilize your time wisely each day for schoolwork.
7. Students within other PHS programs (ex: band, ASB, clubs, yearbook) are required to fill out the 2-week notice (purple) form and have it signed by both parties when there is a conflict in scheduling.
8. Cell phones are prohibited during practice and meets. Emergencies are the only exception to this rule. When you're with the team, you should not be on your phone. If cellphones become a problem, we will confiscate phones until practice or the meet is over.
9. Attendance is 100% mandatory - including over Spring break.
10. To be eligible, swimmers must maintain at least a 2.0 GPA.
11. "Game Day" shirts are to be worn at school and meets on meet days.
12. Swimmers must notify the coach ASAP if they are missing a meet or practice for any reason.
13. You are not allowed to leave a meet early unless you're cleared by the coaching staff. You must wait until the meet is over or until Portola is done swimming.

Removal of an athlete from practice by the coach for disciplinary reasons is a last resort. In the event it does occur, the athlete will be informed of the reason and the parents will be contacted. The athlete will be on disciplinary probation for the remainder of the season. If he/she is removed from practice a second time for disciplinary reasons he/she will be removed from the team and transferred out of the class. If they are removed past a certain date designated by the Administration, they will receive an F in the class.

MORE SWIMMER EXPECTATIONS/SUGGESTIONS

1. It is the hard work you do in practice after you are fatigued that improves your condition. Force yourself to put in the work when you are tired. Complaining doesn't help you, your teammates, or the coaches.
2. Make it your personal objective to be in better condition than any opponent you will meet. Earn the right to be proud and confident of your condition.
3. Condition is attained by what you do in and out of the pool.
4. Your mental condition will help determine your physical condition.
5. Eat balanced meals at regular hours and avoid junk food.
6. Drink plenty of water, milk, and juices. Stay well hydrated.
7. Practice moderation with good judgment in all ways.
8. Meets can be hours long between the time you get out of class to the time meets are over, bring plenty of water and food with you to school.
9. Stay positive and do your best.
10. Be coachable
11. Never EVER give up – on yourself, on your teammates, on your team, in a meet, at practice, in life ☺
12. Drink chocolate milk! No really... it refuels your muscles if you drink it within an hour after practice.

ATTENDANCE

Attendance is a crucial aspect of being a part of the Portola Swim Team. The success of our program depends upon everyone making the commitment to each other to attend all practices and meets. We all lose if you are not in attendance. We require 100% attendance at all practices and meets. **If you cannot get in the water due to an injury or illness, you still need to attend practice or a meet unless this has been discussed with the coaches.**

If an athlete is going to miss a practice due to a PHS sponsored activity such as theater, ASB, band, yearbook, field trips, etc., the swimmer must notify the coach in writing via "the purple sheet" 2-weeks in advance (unless it is a last-minute activity/event). Failure to notify the coach in advance will result in the missed practice or meet being considered unexcused for grading purposes. **If you are going to be late to practice or a meet for any other reason, you must bring a note from a teacher, doctor, athletic trainer, etc. to your coach.**

Attendance will be inputted into aeries daily. This includes unexcused tardies.

GRADES

You must remember you are a student first, athlete second. It is up to each student-athlete to keep up in their studies. Missing practice because you need to work on a project will not be tolerated.

Per NFHS and CIF rules, student-athletes must maintain a 2.0 GPA to be eligible to participate in sports. Any student-athlete with two or more non-passing grades (D or F) will be suspended from all meets until their grades improve. Practice will still be mandatory unless a proper plan has been discussed with the student-athlete, parents, coaches, and teacher(s).

Your grade in the class will also be based on your attendance. Parents will be contacted after a swimmer has 2 unexcused absences as a warning. This includes meets and practices.

A: 0-3 unexcused absences

B: 4-6

C: 7-9

F: 10 or more

CLUB SWIMMERS:

Training with a club team is only allowed if the swimmer meets all the guidelines:

1. They have at least 2 Top 16 PCL times from last year in 2 different strokes, or 3 times in all freestyle events. These times are listed on the time standards' page below.
2. They attend practice at their club at least 5 times a week.
3. Whenever their club practice does not interfere with high school practice, they are required to be at high school practice.
4. **They attend every high school meet.** Some clubs have a "one meet a week policy", you are still required to attend every meet. Failure to do so will result in an unexcused absence.
5. They attend morning weights.
6. They "check-in" with the coach at the beginning of every high school practice as part of their attendance.

Remember, you are part of the high school team. Please do not make it a habit only showing up for meets. You must be at every practice that does not conflict with club practice.

MEETS:

Attendance is mandatory at every meet you are selected to participate in. The entire team is expected to attend all dual meets unless otherwise notified. Rosters for relay meets and invitationals will typically be Varsity and JV athletes unless otherwise notified. If you're not selected for a relay meet or invitational, you are expected to be at practice.

TRANSPORTATION

All athletes are required to ride the bus to and from away meets. If no bus is provided (Saturday meets will not have a bus), swimmers must arrange their own rides. In addition, many fun and or informative things occur on a bus ride home, which you will not want to miss. If for some reason an athlete needs to be picked up from an away meet, we ask that a parent or guardian of the athlete come and sign a sign out sheet and stating the time they picked up the athlete. These arrangements need to be made prior to the meet starting.

Everyone is expected to behave appropriately and follow the swim team policies, IUSD policies, and bus driver policies during all bus trips. Failure to do so will result in consequences.

TEAM GEAR

Each athlete will be required to wear their team suit and caps to all swim meets, ONLY. You may not compete with any other suit or cap. Wear your team "Game Day" shirts on all meet days to school to show team spirit. They should also be worn at the meet or to school on weeks when we have more than one meet. Please write your name in Sharpie on the tags of the suit and on any other team apparel you have.

PRACTICES

We will have practices Monday-Friday from 2:00pm to 4:30pm. Each athlete should bring appropriate dryland attire and shoes every day to practice. Minimum days will be from 11:30am to 2:00pm.

Varsity will also have morning weights on Mondays and Thursdays from 6:30-7:30am.

SPRING BREAK PRACTICES:

Spring break workouts will be from Monday, March 30 through Friday, April 3th. Our practice times this week are 7:00-10:00am These workouts are mandatory. Your grade will not be "punished" for missing spring break practices, but there will be other consequences. This will subsequently affect your success. There will be a Varsity and JV invitational on Friday the 5th and Saturday the 6th of Spring break this year!

LETTERING

To receive a Varsity letter, an athlete must:

- Swim 80% of the meets on Varsity
- Be in good academic standing – minimum 2.0 GPA at the most recent grading period and have no current grades below a "C" (you are a student first, athlete second)
- Abide by all attitude, conduct, and sportsmanship expectations listed in this handbook, Portola Athletic handbook, and IUSD Athletic Handbook

Scholar athlete patches will be awarded to sophomores, juniors, and seniors on Varsity who have a 3.5 GPA or higher.

PARENT EXPECTATIONS

Parents: your kids would not be here without you. You taught them to strive for excellence in everything they do. In order for your kids to have the best experience possible, feel welcomed to be equally as loyal and committed to the team too!

- Please encourage your child to communicate with the coaches regarding all injuries, issues, etc. – Coaches love hearing from the parents, but it's nice to hear things straight from the swimmer too! And as far as injuries go, the coaches are highly trained on dealing with injuries and accommodating the swimmer. Plus, we have an athletic trainer on staff that can look at your child instead of sending them straight to the doctor!
- Please respect the swimmers, coaches, and officials from the stands
- Please do not attend practice – it can be a distraction to the entire team
- Please support all swimmers in our program in addition to your child – high school swim is a team sport!
- Please volunteer your time when you can at meets and outside of practice – snack bar, booster, fundraising. It is super appreciated!
- If your child is on the team, please encourage them to BE a part of the team. This means showing up on time, not making excuses for them, etc. – Your child will really appreciate it!

PORTOLA SWIM SCHEDULE 2020

Day	Time	Event	Location
1/8	2:00pm	Tryouts	PHS
1/10	2:00pm	Make-up Tryouts	PHS
1/15	Lunch	CAS suit fitting	PHS
1/16	7:00pm	Parent Meeting	PHS
1/30		Last day to order all apparel	PHS
2/10	2:00pm	First Day of practice	PHS
2/19	3:15pm	Bulldog Pentathlon	PHS
2/21	11:45am	Picture Day	PHS
2/28	3:00pm	Irvine City Relays	IHS
3/3	3:15pm	PHS vs Dana Hills	PHS
3/5	3:00pm	Capo Relays Girl's Prelims	CVHS
3/6	3:00pm	Capo Relays Boy's Prelims	CVHS
3/7	10:00am	Capo Relays G&B Finals	CVHS
3/10	3:15pm	PHS vs Laguna Hills	PHS
3/25	3:15pm	PHS vs University	PHS
3/30 – 4/3	7-10am	Spring Break practices	PHS
4/3	3:00pm	JSerra Invite Varsity Prelims	JSHS
4/4	9:00am	JSerra Invite Junior Varsity Prelims	JSHS
4/4	3:00pm	JSerra Invite V & JV Finals	JSHS
4/8	3:15pm	PHS vs Northwood	NHS
4/10	3:15pm	PHS vs Beckman	BHS
4/15	3:15pm	PHS vs Irvine	IHS
4/22	3:15pm	PHS vs Woodbridge	PHS
4/28	2:00pm	PC League Girls V/JV Prelims & Open Finals	IHS
4/29	2:00pm	PC League Boys V/JV Prelims & Open Finals	IHS
5/1	2:00pm	PC League G&B Finals	IHS
5/7	9:00am	CIF Division 1 Prelims	RCC
5/9	11:00am	CIF Division 1 Finals	RCC
TBA	TBA	Banquet (Tentative)	PHS

TIME STANDARDS

Girls

		All-American Auto	All-American Cons	CIF State Auto	CIF State Cons	CIF-SS Auto	CIF-SS Cons	Training Club
200	Medley Relay	1:44.21	1:46.21	1:47.34	1:51.34	1:50.00	2:03.00	
200	Free	1:48.74	1:50.57	1:51.86	1:54.46	1:53.20	1:59.00	2:10.94
200	IM	2:01.51	2:03.64	2:04.75	2:07.84	2:07.20	2:16.00	2:25.12
50	Free	23.20	23.54	23.71	24.27	24.30	25.20	26.06
100	Fly	54.42	55.49	55.60	57.16	56.50	1:00.50	1:04.20
100	Free	50.19	51.05	51.43	52.88	52.60	55.10	58.41
500	Free	4:52.18	4:56.85	4:59.05	5:07.44	5:02.50	5:22.00	5:51.56
200	Free Relay	1:35.36	1:36.94	1:37.22	1:40.30	1:39.60	1:49.00	
100	Back	54.80	55.92	56.44	57.91	58.10	1:02.30	1:07.24
100	Breast	1:02.58	1:03.80	1:04.00	1:05.25	1:04.80	1:10.50	1:17.32
400	Free Relay	3:27.65	3:31.02	3:32.09	3:36.97	3:38.20	4:00.00	

Boys

		All-American Auto	All-American Cons	CIF State Auto	CIF State Cons	CIF-SS Auto	CIF-SS Cons	Training Club
200	Medley Relay	1:33.21	1:34.74	1:35.07	1:37.65	1:37.40	1:47.50	
200	Free	1:38.40	1:40.13	1:39.95	1:42.28	1:42.00	1:46.50	1:53.19
200	IM	1:49.57	1:51.57	1:52.31	1:55.10	1:53.80	2:00.20	2:08.24
50	Free	20.54	20.91	21.09	21.51	21.50	22.20	23.47
100	Fly	48.92	49.95	49.77	50.65	50.50	53.80	55.16
100	Free	44.95	45.73	46.20	46.89	47.00	48.50	50.84
500	Free	4:28.38	4:33.10	4:31.93	4:38.85	4:36.50	4:51.50	5:04.80
200	Free Relay	1:24.80	1:25.86	1:25.73	1:28.16	1:27.50	1:35.30	
100	Back	49.38	50.37	50.39	52.55	52.00	55.50	1:00.79
100	Breast	55.84	56.98	57.04	58.38	58.00	1:01.00	1:04.61
400	Free Relay	3:06.28	3:09.26	3:08.27	3:12.45	3:11.70	3:30.00	

PHS SWIMMING TEAM AGREEMENT

As a student-athlete of the 2020 Portola Swim Team, I have received, read, and understand the information and rules provided in the Portola Swim Handbook. I agree that I will abide by these rules.

Student – Athlete's Name (please print)

Student – Athlete's Signature

Date

As a parent of a student-athlete of the 2020 Portola Swim Team, I have received, read, and understand the information and rules provided in the Portola Swim Handbook. I agree that my student-athlete will abide by these rules.

Parent Name (please print)

Parent Signature

Date