

## SWIM TEAM EXPECTATIONS

Welcome to MVRHS Boys and Girls Winter Varsity Swim Team!

Head Coach: Jen Passafiume 978-618-0804 [jenp@ymcamv.org](mailto:jenp@ymcamv.org)

Assistant Coaches: Josh Thomson, Jon Chatinver, Liam Cosgrove

### PRACTICE:

- Please be on time to practice and ready to swim ie: wearing a swimsuit, swim cap and goggles.
- Swimmers are expected to attend all practices and meets.
- Communicate with me ahead of time if you will miss a practice or a meet for any reason.
- Be respectful to teammates and coaches.
- Arrive to school on time as that will affect your eligibility to attend practice or a meet that day.
- Put in your best effort in practice, and always ask one of the coaches for extra help when needed.

### MEETS:

- Please make sure to plan ahead for any travel days. Swimmers are responsible for any missed work.
- Have your team suit, cap, and goggles.
- Pack water bottles, snacks, and towels as well.
- Make sure to arrange pick up at the VH terminal after a travel meet.
- For any weekday travel meets: 7th and 8th graders must arrange early dismissal at their schools, and be transported to the ferry to meet the team. MVRHS students will be dismissed at 12:30 and have a bus that will bring you to the ferry.
- Always be respectful of all swimmers on any team, coaches, and officials - Good Sportsmanlike behavior is always expected. Do not argue with an official about a call that was made.
- CLEAN LANGUAGE! This is a DQ'able offence so make sure to keep it clean on the pool deck.

Swimmers are to follow both MVRHS and MIAA sports rules.

There is ABSOLUTELY NO HAZING/BULLYING ALLOWED.

Consequences may be dismissal from the team for this type of behavior.

**Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco MIAA Chemical Health Policy**

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

**First violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

**Second and subsequent violations:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year) If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence. Prior to any chemical health violation a student’s request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.