

# LBJ Swimming & Diving Team

## Basic Team Information

<b><u>Practice Location</u></b> East Communities YMCA 5315 Ed Bluestein Austin, TX 78723 512-933-9622	<b><u>Coach Contact Info:</u></b> Chloe Cardinale <a href="mailto:chloe.cardinale@austinisd.org">chloe.cardinale@austinisd.org</a> 214-500-9341
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### **Practice/Meet Attendance:**

***\*\* All swimmers must attend a minimum of 3 days practice and all meets to be on the team***

- Unless otherwise noted, practice starts promptly at 6:00am. This means that everyone should be arriving at the pool by 5:50am and be prepared to jump into the water at 6:00am. Swimmers who are chronically tardy to practice will not be allowed to continue to participate. An occasional tardy can be overlooked, but chronic tardiness is simply a lack of planning and shows a lack of respect for your teammates and your coach. We have a limited time in the water and must use it as efficiently as possible.
- Any team member who has a practice percentage below 60% at the time that the entries for a particular meet are due will not be entered in that meet (or excused from school to participate when applicable).
- This is a cumulative attendance percentage throughout the seas and only includes regularly scheduled practices.
- When/if optional practices are offered (over school holidays, etc), absences will not be counted against any swimmer but these may be used to help replace an absence and bring up a swimmer's attendance percentage.
- Swimmers will be given a monthly practice calendar and advance warning when meet entries will be turned in.
- Any case where practice is cancelled or delayed (due to weather issues, pool maintenance or Coach illness, etc). will not be held against a swimmer who is absent that day.

## **Equipment /Dressing Out:**

- All swimmers are expected to have an acceptable “training” suit to practice in, goggles, and cap, if necessary, every day. Bikinis, cut-offs, etc are not acceptable practice or meet attire.
- Each swimmer will be issued a team swim cap (latex), parka, and bag. Additional silicone caps may be purchased through the booster club. The park and bag will need to be returned at the end of the season in reasonable condition. Failure to return the team parka or bag will result in a financial obligation equal to the new value of those items on their school record.
- All swimmers are required to purchase the “team suit”.
- All swimmers and divers are required to purchase a team polo shirt. The Booster Club subsidizes these to keep the price affordable for all. On meet days (or sometimes the day before), everyone is required to wear their polo.