

Jones Payton

Boys Swimming and Diving



RULES, POLICIES, AND GOALS

2017-2018

Please scroll through all pages, this is set up with extra pages for when printed copies will be made.

Jones Payton Swimmer/Diver Information Sheet

(Print Clearly)

Name _____

Year in School _____

Address _____

Phone (____) _____

Parent(s) Name _____

Parent(s) email _____

What are your best events/ dives and times/scores?

1. _____

2. _____

3. _____

Please state your goals for the swimming/diving season. (Please be specific, bold, and realistic)

SWIMMER/DIVER COST 2017-2018

Size (sizes run from 24-40, if unsure ask)

SUIT \$30.00 _____

SHIRT \$10.00 _____

CAPS (2) \$10.00

TOTAL ---- **\$50.00**

Please make check payable to Jones College Prep

Payment is due prior to receiving any team materials

2017-2018 Jones Payton Boys Swimming and Diving

RULES AND EXPECTATIONS

Section 1: Attendance

- Practice and meet attendance is mandatory. If you are sick and cannot attend a practice or a meet it is important that you call, text, or email me as soon as you know that you cannot attend. This is especially important on meet days so that lineups can be altered. You can reach me at (847) 312-1224 or panderson11@cps.edu. Please realize that absences will not be tolerated and if frequent absence becomes an issue, team membership will be reevaluated. If you are injured, you are still expected to be at practice either working on rehab or helping in other capacities.
- An unexcused absence will be one in which neither coach is notified prior to 3:30. If a swimmer has more than three unexcused absences they will be either demoted or asked to leave the team. **Pool space is limited and this will be strictly enforced.**
- It is understood that team members are active participants in a number of activities and do need time to complete school work. That said it is imperative that swimmers manage their time in order to not miss practice. We are only in season for a maximum of 14 weeks and swimmers need to be at every practice in order to improve and contribute. This is no different than if a quarterback was missing football practice or a point guard was missing a basketball practice. We are a varsity sport not a club, and will operate as such. (This policy extends to morning workouts for varsity members)
- Prior swimming experience is a requirement. Due to pool space we do not have room for those unable to swim a full 100.

Section 2: Practice Times and Behavior and Expectations

- Swimmers are to be in workout clothes or swimsuit (depending on coach discretion) ready to stretch at 6:00 a.m. for morning practices (mandatory for varsity only). With building security as such, athletes that are not in the building 10 minutes before the start of practice may not be let in due to the coaching staff heading upstairs with the other team members. Be on time!
- For afternoon practice, we begin at 4:00 unless otherwise instructed. I understand that with the commute this can be dicey but manage your time and plan ahead. . With the time between the end of the school day and practice beginning, swimmers have more than enough time to address washroom related issues and/or have a snack. If you are going to be tardy for any reason please let the coaching staff know.
- See calendar for practice times and dates.
- It is important to remember that we are guests in every facility that we travel to and should take pride in the one we call home. Thus we need to respect all practice, meet, or team related locations. **Absolutely no foul language, damage, vandalism, or any other detrimental activity will be tolerated. Swimmers that cannot adhere to this standard will be removed from the team.**
- All swimmers are expected to have a suit, cap, goggles, water bottle, and towel for every practice. If you do not come with these materials you will be unable to practice. Make sure that you have the appropriate materials with you every day because the coaching staff will be unable to supply you with extras on a day by day basis.
- Only clear liquids are allowed on the pool deck during practice. If you are bringing a non clear liquid please bring it in a non-see through water bottle.
- Due to lack of practice space and time rotating practice days may be implemented for specific groups or levels of the team. This could manifest as a Monday/Wednesday or Tuesday/Friday set up depending on number of team members and ability levels.
- All athletes, regardless of level are to help set up and clean up for each practice. This includes putting in and taking out lane lines, organizing kickboards, cleaning up garbage, or any other directives given by the coaching staff. This is a team effort and does not fall on one class, workout group, or individual.

Section 3: Meets

- Most meets will be on Tuesdays, Thursdays, and Saturdays throughout the season. Depending on where the meet is located athletes will either need to head to Jones or will be given other instructions. Athletes are expected to travel to away meets together on the bus.
- **All meets are mandatory for varsity swimmers. Clubs and concerts do not take precedence. Further, a grade cannot be damaged by a swimmer missing a performance for a meet. Also plan ahead regarding homework, missing a competition for homework is unacceptable and is likely due to poor planning.**
- Saturday meets will fluctuate in time and will be dealt with on a meet to meet basis.
- All swimmers are expected to ride to and from the meet with the entire team. If there is a situation in which a swimmer cannot ride with the team they will need to present a note to me at least two days prior to the meet. (An exception to this rule exists for any diver that may be competing due to their alternate start times.)

- Swimmers should always wear some form of Jones Payton Swimming t-shirt or sweatshirt to every meet. We compete as a team and should dress as such. A football team does not play games wearing different jerseys and neither do we. **Apparel or gear from other teams or clubs will not be tolerated. This means suits, caps and other apparel.**
- Water will be provided at every meet, however all other food and beverages is the responsibility of the individual aside from meets where parents secure alternatives.
- Swimmers are expected to cheer and be involved/engaged during every meet. Athletes are not to be in the stands during competition, nor are they to work on homework or anything else not related to the meet at hand. Again, baseball players sit in a dugout and do not leave the dugout to talk to fans or family during the game.

Section 4: School Expectations

- Swimmers are expected to pass all courses and remain eligible. School should be a priority and grades should reflect this premise. As a team I expect us to have the highest GPA of any other sport.
- Detentions and suspensions will not be tolerated. Swimmers are representatives of this team and should behave as such.
- Swimmers that demonstrate an inability to act in a mature manner will be asked to leave the team.
- Remember, plan accordingly involving your academics. This team is a commitment, but it is one that can be managed along with your grades.

It is my belief that all of these policies are fair, straightforward, and effective. If we are able to adhere to these policies throughout the season there is no reason that we cannot have a competitive, fun, and successful season. If there are any questions or concerns regarding any of the above policies please do not hesitate to contact me at (847) 312-1224 any time.

Introductory Letter

Dear Swimmers and Parents,

Let me begin by introducing myself to all of you. My name is Paul Anderson and I am the new head coach of the Jones Payton Boys Swimming and Diving Team. I cannot express how excited I am for this opportunity, and for what I know will be the first of many successful seasons. This program has the undeniable potential of not only becoming one of the strongest programs in the city, but ultimately the entire IHSA. As a coach I plan to build well rounded student athletes that understand the importance of discipline, goal setting, dedication, teamwork, and a commitment to excellence. I believe that success in the pool or the classroom is not accidental and if we are able to commit to our goals then we will find success.

I know that you will all get to know me in time, but before I have a chance to meet all of you I would like to provide a little background information. First, the 2017-2018 school year will be my second year teaching English at Jones College Prep. I cannot say enough about how much I enjoy the opportunity to work with some of the best and brightest students the city has to offer. The energy and support within the building are exceptional and I intend to bring both of those with me to the pool deck and weight room every day. Before I came to Jones I taught English and coached swimming at Addison Trail for 9 fantastic years. My time at AT taught me how to properly teach, how to coach, and built my love for education and high school athletics. Also, while coaching with ATWB I was awarded the position of Vice President of the Illinois Swimming and Diving Association and am in charge of awards for the All-State Banquet. Further, my time at Addison Trail and with the ATWB Coop teams gave me a great deal of insight on how to run a team that comes from two buildings as well as the benefits and pitfalls that entails. I come to the Jones Payton boys team with a unique skill set that will work well to unify the two buildings into a strong team capable of great things.

From the coaching side, I had the privilege of working with a fantastic coach in Kirk Ziemke (Now the boys coach at Glenbrook North) for 8 years with the ATWB Boys Coop Team. Coach Ziemke showed me a great deal in regards to writing workouts, motivating swimmers, understanding athletes, and working to bring out the best in them. While his assistant we had numerous WSC Gold Conference champions, qualified numerous individuals and relays for the IHSA state meet, had 3 individuals final multiple times at the IHSA state meet, coached numerous All-America selections, and sent numerous swimmers on to compete at the collegiate level.

Along with the boys, I served as the head coach for the ATWB Girls Team for 9 seasons. During my time with the ATWB girls we grew the program from a squad of 16 to a squad of over 40 on an annual basis. My assistant coach Tara Murphy and I qualified at least one individual for the IHSA state meet every year aside from our first year in the program. Further, we qualified at least one relay for the IHSA state meet in every year but two. In my time running the team we broke every school record, won the WSC Gold conference twice as a team. had 9 IHSA All-State individual swimmers, had 9 All-America selections, and even 1 IHSA state champion in 2014. We accomplished all of this while not having a pool at either campus and relying heavily on dryland training, a strategy I intend to incorporate here.

As a club coach, I currently coach the Gold 1 for the Chicago Wolfpack Aquatic Club or CWAC. I joined the CWAC coaching staff in the summer of 2014 and worked with a fantastic coach in David Stephens as the assistant National Team coach for that summer. After returning from the high school girls season I took over the Gold 1 group and have been with them ever since. In the Gold 1 group we work to build on not only stroke technique, but begin to introduce intense training to elite 13/14 swimmers. In my time with the group we have had multiple AG state champions, numerous top 5 and top 10 AG event finishes, and have routinely had swimmers put times in the all time top 100 times in USA swimming history. My time with CWAC has helped me hone my coaching skills further and has been a wonderful experience and it has been a blast to watch the program grow to the point where we have finished in the top 3 in the state each of the past 3 seasons.

I know that this is likely more information than necessary but I hope to at least provide some background into my philosophy, ideas, and hopes for this team. I know that in the very near future we will be competing for City and Sectional titles, while also sending numerous swimmers to the IHSA state meet. While the time standards for this year have not yet been released, understanding just how fast they are is a crucial step. This information will be disseminated as soon as possible

First, I fully understand that these times are fast, but these times are not something to be feared, they are something to strive for regardless of age or ability level. I believe that these times can be used as a benchmark to chart your growth throughout the upcoming season. Some of you will be looking to obliterate these times and score points at the state meet. Others, are looking to get under the standards to qualify for the first time, and others of you can look to them as something to get closer to now as you improve over the years to come. Again, these times are not here to scare or discourage, but to light a fire in you to do what it takes to move closer, and the ultimately past, this high and lofty standard.

The reason that I know we are capable of this is because we have some of the toughest and most driven individuals I have ever had the pleasure to have worked with. I cannot overstate how proud I am and how excited I am for what the next this upcoming season will hold. With that, the truly exciting part is that I do not doubt for a second that this season has a chance to be the most successful one in Jones Payton history. While that is a lofty goal, I am convinced that we can achieve it if we follow a few select principles that will only encourage success: **Set specific lofty goals, do things the right way, and never quit.**

These are the same principles that I have sent out for years but I fully believe that they are the building blocks for being successful in any venture, from the pool to the classroom. The first of these, setting specific lofty goals, is something that we need to focus on at the onset of the season and need to be sure to adjust and add to as weeks go by. Every season that I coach, I reflect upon the previous strategies I have used and things I have learned in order to look forward to the upcoming season and to set my goals for the year. While I have done this now numerous times I have always come up with the same overarching goals:

To have 100 % lifetime best times for every swimmer

Win every meet dual meet we swim

Win every invite we compete in

Win our conference meet

Qualify as many sectional swimmers as possible for the IHSA state meet

Score as many points as possible at the state meet

Win the IHSA state meet

Become a better coach through effort, reflection, training, and education

While not all of these goals are met every year or have ever been met, I firmly believe that they are all possible and important. Also, I am confident that this year we can make a run at establishing a base for all of them. I believe that setting these goals are a major reason that we will have the first individual and relay qualifiers for the IHSA state meet come February.

While these are the goals that I set for this team and myself every year it is important for each individual swimmer to set specific lofty goals for what they would like to accomplish throughout the season. Whether a swimmer is the fastest on the team or someone that is starting out, they need to come up with specific lofty goals that they will accomplish. These goals could be a certain goal time in a specific race, a goal for an end of

the year time, or anything else that the swimmer deems worthy. Regardless of what the goal is, it is important to strive to attain something more than you have ever accomplished, and if you do accomplish it, set another lofty goal and begin to strive for that. This will be a season of firsts and to do something you have never done, you must take on challenges you have never undertaken.

We will use these goals as guidance throughout the season to measure our success and to provide motivation. However these cannot be accomplished without simply asking “am I ready to do more than last year in order to improve”? Growth and success are not accidental and unless all of us are willing to work harder, reflect more, and try new things we are not going to improve and reach our goals. This could mean trying harder at morning practice, having a protein shake after practice, getting more sleep, or all of the above and more. Regardless of what this may mean for each swimmer it is important to remember that unless we push further than we have before it is unlikely to have better results. Insanity is doing the same thing and expecting different outcomes. Thus, it is important to take that next step in order to achieve something greater. Finally, I do not believe that any of these are possible without executing the second principle.

In swimming, like in anything else, there is a right and a wrong way to go about doing things. The issue is that in a sport that has such a razor thin margin of error like swimming it is important to do things the right way on a daily basis. This can mean a lot of things, but more specifically it means things like not taking off a set when it gets tough, making sure to eat right, getting enough sleep, pushing through tough practices, being on time, taking care of school work, listening to the coaching staff, being a good teammate, and any other instance where there is a choice between taking the easy way out and making the right choice. It is important that we all do things the right way so that we are able to look back at the end of the season and know that we gave the 14 weeks of the season our all. There is no feeling worse than missing a time or a goal by a small margin while knowing that there were practices missed, sets taken off, or effort held back that could have made the difference.

This leads to the final principle which is making sure to never quit. There is no denying that the high school swim season is a grind filled with early mornings, late nights, pain, fatigue, soreness, missed social events, and a number of other challenges. All of these issues lead to people wanting to quit on a set, quit on a race, or even quit overall. However, if we are mentally tough enough to never quit, then we will be able to achieve the goals that we have set for ourselves and this team. The rigor and demands put upon all of you are immense and you are all mentally tough enough to achieve great things. Take time to reflect on your output and challenge yourself to never give in.

With that, I thank you in advance for your commitment, hard work, determination, and effort. I know that we are poised for a fantastic year full of fun, accomplishment, and success. That is, if we are able to **WORK!**

Sincerely,

Coach Anderson
(847) 312-1224
panderson11@cps.edu

I have read and understand all rules, expectations, guidelines, and principles of the Jones Payton swim team and knowingly submit to adhering to them fully throughout the 2017-2018 swim season. I also understand that violations to team rules can lead to removal from the Jones Payton swim team

Swimmer: _____ Date: _____

Parent: _____ Date: _____