**BHS Boys Swimming 2018-2019**

Coaches:

Mike Hill – hillm@bsd405.org

Michael Liu – liumic@bsd405.org

Katryna Cutler – (tba)

**Practices: At Edgebrook Swim and Tennis Club**

4:00pm- 6:00pm Monday-Friday (except meet days, see schedule)

10:00am-12:00pm Saturdays (unless otherwise announced)

Our “home” pool is Mary Wayte, on Mercer Island

**Team Requirements:**

* To be a member of this team, you must make no less than 50% of team functions IN PERSON throughout the season
	+ A combination of meets and practices
* Attendance will be taken daily
* Progress will be checked after weeks 3, 5, 7, and 9 (at coaches discretion)
	+ If you are at below 50%, coaches will discuss your options with you
		- This includes dismissal from the team
* Attendance guidelines (changes at coaches discretion)
	+ Absences
		- You must email the coaches BEFORE PRACTICE, NO LATER THAN 2:00pm THE SAME DAY, notifying us of your absence
			* This earns you HALF-CREDIT for the practice
		- For FULL CREDIT, you must email the coaches NO LATER THAN 11:00PM THE SAME DAY, telling us what you did
			* With a parent cc’d to the email
				+ Must be exercise, must include aerobic activity
				+ Must include something swim-specific (chin-ups, lat-pulls, triceps, abs, etc.)
		- If you are planning on making up practice on your own on the morning of the day you will miss, you must email us THE NIGHT BEFORE
			* Bottom line, you must email us BEFORE you miss
			* The easiest way to ensure full credit for attendance is to show up for practice
* **Eligibility:** In order to be eligible to compete, by WIAA rule, you must have attended 10 practices – MEETS CANNOT COUNT in this case
	+ **You must attend these practices in person, in full**
	+ 50% Rule (WIAA) – you must have your eligibility completed by half-way through the season in order to be eligible for post-season competition

**Varsity Letter Requirements**

* 90% attendance, regardless of ability, times, points, grade level, etc.
* Post-season qualifier (District or State) **AND** 50% attendance
* Score 15 points in meets over the course of the year, AND 50% attendance

**ABSOLUTELY NO HAZING OF ANY KIND**

* Failure to comply will result in immediate dismissal from the team
	+ If the entire team gets kicked off, and we forfeit the season, so be it. THAT IS **YOUR CHOICE**