

FRESHMAN SWIMMING

GUIDELINES FOR SUCCESS

In order to pass this class you must be able to jump in the deep end and swim 50 yards non-stop by the end of the quarter. As freshman swimming students it is expected that your swimming abilities will improve through the length of the class. In order to do that it is necessary for you to participate in class everyday, and to always try to improve your skills. Remain positive, always attempt a skill even when it is difficult. The words, "I can't!" and "I won't!" are never used in class. Instead always say, "I'll try!"

SAFETY 1ST AND ALWAYS-Please follow all the rules; they are made for your safety and the safety of those around you. Swimming has dangers and liabilities associated with physical activity. We are responsible for your safety and the rules are here to keep everyone safe, healthy and able to participate.

1. **DRESS**-Dress out everyday. For girls a one piece racing suit is preferred. For boys swim suit shorts with a built in liner and draw string, jammers or speedo type suits are all acceptable. Gym shorts are not acceptable.
2. **GRADE-A,B,C,D,F** You're grade will be determined after considering the total points from a possible combination of the following list:
 1. **Attendance**-possible failure/drop after any combination of 7 absences or days of non-participation.
 2. **Swimming Skills**-Strokes: front crawl, back crawl, elementary back, side, breast and butterfly.
 3. **Cooper 12 Minute Swim Test**-Standards as well as improvement.
 4. **Daily Participation**-You are required to dress out for class even if you have a physical limitation in order to be eligible to receive credit for that day. 10 points possible on each regular day of class.
 5. **Behavior** and the ability to follow rules and procedures. Know the pool rules and discipline procedures that are covered in class and are posted.
 6. **Written Assignments, Oral Presentations, Tests and Quizzes**- a study guide will be issued for all tests on specifics strokes and drills.
 7. **Diving**-From the deck, starting block and board.
 8. **Snorkeling**-retrieving objects from the pool bottom in both the shallow and deep ends of the pool.
 9. **Improvement**-Stroke efficiency, Cooper 12 Minute Swims and daily participation.
 10. **Pass/Fail Test**-Jump or dive in the deep end and swim 50 yards non-stop without touching the bottom or a side wall.
3. **Showers**-are recommended after the class to prevent skin irritation and suit rot. A swim suit dryer is available by the shower wall-hold the lid down for 10-15 seconds per suit.
4. **Roll / Tardy**-You will have five minutes from the tardy bell to be out on the bench, dressed out and seated. Roll will be taken at that time, 5 minutes after the tardy bell. Tardiness will result in detention and/or a loss of daily points. Tardy 1=free, Tardy 2=20 min., Tardy 3=40 min., Tardy 4=a call home and 1 hour, Tardy 5=a trip to the Associate Principal's office.
5. **Dismissal**-you will have approximately 10-12 minutes to shower, change, etc. However, if the class wastes time you will lose a portion of your shower time. Wait inside the locker room until you are dismissed by the instructor in the hall.
6. **Student Responsibilities**-students are accountable to all teachers and staff, not just your assigned teacher.
7. **Lockers**-Never leave valuables unsecured! Lockers should be locked during class with all valuables secured. You may lock your clothing in the large orange lockers during class but must return your items to your assigned tan locker at the end of class. If you wish you may bring your backpacks onto the pool deck. For the girls, lost locks will result in a \$6 fine.
8. **When you arrive on deck** sit in you assigned seat. The blue tile, ladders, guard chairs and the bulk head are all off limits. **DO NOT** use any of the equipment until you have been instructed to do so.
9. **Towels** will be furnished-one per student per day. If you need an additional towel bring one from home. Pick up your towel and place it in the cart by the door as you exit the locker room. If towels are left on the floor after class, that gender of the class doesn't get towels the next class day.
10. **For safety reasons**, only plastic containers (shampoo, deodorant, etc.) are allowed in the locker room.
11. **Language**-any use of offensive language will not be tolerated.
12. **Physical Limitations and Excuses**-if you have a physical limitation or medical excuse, a note from a doctor is required. If you need to be excused from class for a medical reason, bring a doctor's note stating the limitation and how long you are to be excused. If longer than two weeks you will be checked out of class and into a study hall. If you have to swim before you are able to see a doctor, your parents should write you a note and you will be excused for **one day only**. Should you be sick and unable to swim you should have a note from your parent; again the parent note is **only good for one day**. All parent's notes should have a day time phone number where the parent can be contacted. We strongly suggest you try to swim every day, however, if you are too ill to swim you must dress in a t-shirt and shorts or your swim suit for class. Any non-swimming day must be excused by either a parent or a doctors note, failure to do so will result in a 5% reduction of you current grade for each unexcused day.

I have read the following pool guidelines and agree to follow the procedures in swimming class at G.F.H.S.

Student's Name (Printed) _____ Date _____

Student's Signature _____ Period _____

Parent/Guardian Signature _____

Home Phone Number _____ Parent's Work/Cell Phone _____

(Return this portion to your teacher)

*walking days with a note and days absent from class can be made up in during morning lap swim or at open swim on Monday and Wednesday evenings. Make up consists of 30 minutes of swimming not playing in the pool.

*walking days without a note are unexcused and cannot be made up. You will receive no points for that day and your grade will be reduced by 5%.

- 13. **Tattoos and hair coloring** are not legitimate excuses for missing a day of swimming. Plan ahead and consider your grade and rescheduling before you do either.
- 14. **No food or drinks** in the locker room or on the pool deck. Wait until the bell rings after class to use the vending machines.
- 15. **No chewing gum** in the pool.
- 16. **Hair**-Shoulder length hair should be tied back or in a cap.
- 17. **Swim goggles** are a must; they make a big difference in your swimming skills.
- 18. **Do not leave the pool deck** or locker room without permission from the instructors.
- 19. **Make Up**- Make up work can be done in advance if you know you going to be absent. When you are absent from class you are given the opportunity to complete a make up assignment.. It is you responsibility to find out what we did when you were gone. You will have one week from the day of each absence to complete 30 minutes of swimming and turn in your form for credit. See your instructor if illness prevents you from being able to meet the one week deadline.

SWIMMING MAKE UP WORK

Student's Name: _____	Pool Supervisor: _____
Class Period _____	Time Arrived: _____
Absence Date: _____	Time Departed: _____
Make-up Due Date: _____	Date of Make-up: _____

Swimming is an Activity Class. If you miss swimming class you are required to make-up that class time. Make up work can be completed during the 6:00-7:30 am, Mon. thru Fri. or 7:00- 9:00 pm., Mon & Wed. You **must swim for 30** minutes or longer and have the pool supervisor record both arrival and departure time on the form. You fill out the make up form and return it within **one week** of your absence.

- 20. **Evacuations**-stay in the pool area or in an extreme situation out the south door, to 5th Avenue South and 19th Street corner. Stay together as a class, roll will be taken
- 21. **Secure in Place/Lockdown**-stay in the pool area, be quiet and follow instructions, cell phones will be collected if applicable.

Student Expectations

- 1.Safety always comes 1st
- 2.Dress out everyday
- 3.Listen and follow directions the first time.
- 4.Treat others with respect
- 5.Don't interfere with others learning

Consequences

- 1.Verbal warning
- 2.Detention assigned
- 3.Detention assigned/Parent called
- 4.Referal to Associate Principal

Rewards

- 1.Music
- 2.Organized games/free time
- 3.A fun and enjoyable class
- 4.Happy Teachers/Happy students

Remember in order to succeed in this class you must be in the pool swimming everyday possible. An unexcused day out of the pool means zero points for the day and a 5% reduction in your grade. Make your time in class successful.