

Marcus Aquatics Athlete and Parent Handbook

Mission Statement

The mission of the Marcus Aquatics Program is a highly successful High School Aquatics Program that cultivates a safe and disciplined learning environment that teaches young adults, through Aquatics, high character values that they will need to live productive and successful lives in and out of the water.

Athlete Expectations

As a member of the Marcus Aquatics program, you are expected to represent yourself and this program in a positive way. Members of our organization understand that not only will they be judged by their actions and choices, but so will their teammates, their family, their coaches, and Marcus High School as a whole. We will carry ourselves with pride in what we do, and how we do it.

Character and Conduct

All members of our program are expected to be leaders by example in their classrooms, in the pool, on social media, and in the community. Members must understand that they represent something bigger than themselves. Conduct on social media deemed detrimental to the team by the coaching staff will be treated the same as any other behavioral misconduct.

Communication

Athletes are expected to know where to be and when to be there. As young adults it is your responsibility, not your parents, to know what is expected of you and when. Coach Dion will communicate with athletes directly in one of three ways.

1. At practice – being at practice is the number one way for you to know what is going on
2. Weekly email to athletes with the upcoming weeks schedule (Sent EVERY Sunday)
3. Remind – If there is something that needs to be communicated out quickly, a Remind Message will be sent out

Academics

Marcus Aquatics Athletes will . . .

- Be model students in the classroom
- Be respectful to fellow students, teachers, staff, and administration
- Seek out and attend tutoring with the classroom teacher if not maintaining a passing grade.
- Failing grades or unacceptable conduct will be addressed on an individual basis. This may include mandatory tutorials, conditioning, and being pulled from competition.
- Failing classes in multiple 9-week terms will lead to removal from the team.
- Be expected to handle their academic responsibilities before or after school, not during practice time. Be sure to communicate with your coach and teachers to work out a plan.

Practices

Attendance at every practice and program event is expected for every member of our program. The coaching staff prepares every practice with a goal in mind that includes every athlete on the team. Being on time and ready to practice is also expected. As a coaching staff, we understand there are times when student-athletes are not able to participate or be present at practice. If so, the following is expected:

1. You are expected to be at the pool ready to practice by the time the coach sets.
This time will be consistent and clearly communicated.
2. If you cannot physically participate in practice, you are still expected to attend practice encouraging your teammates and getting mental work in. If treatment is required you are expected to first report to your coach and let him know you are heading to treatment.
3. If you cannot be present at practice, you are expected to communicate with Coach Dion before practice begins. Coach will decide if the absence is excused or not.
4. Unexcused absences will be determined by the coach and can cause you to miss competition.

Injuries

If injured in practice or competition, you are expected to attend therapy or training sessions with our school trainers.

A plan will be formulated that is expected to be followed during practice time. You are expected to attend morning therapy or training sessions, as well as sessions before or during practice. Missing your required therapy is looked at as the same as skipping a required practice.

Locker Room and Pool

- You are expected to clean up after yourself in the locker room, in the gym and on the pool deck.
- NO TECHNOLOGY ALLOWED OUT IN THE LOCKER ROOM!!!

Social Media Guidelines

- No member is allowed to speak for the Marcus Aquatics program on social media sites. You speak for yourself, but you do not speak for the program. Coach Dion speaks for the program.
- Be positive. It is the expectation that members will use social media to promote our program, celebrate its achievements, and uplift your teammates.
- Social media being used to facilitate anti-social, inappropriate, abusive, racist, threatening, and illegal behavior or actions will absolutely not be tolerated.
- Cyber-bullying will be treated the same as hazing, as well as physical and verbal bullying. Punishment will not be different just because it was done over social media.
- **KEEP IT SIMPLE!!!** Anything that would be consider inappropriate or wrong in person, is also inappropriate and wrong on social media. Consequences will therefore, also match, whether the violation is in person or on social media.

Transportation

- All players are expected to ride the bus to and from competitions.
- Certain exceptions may be made during tournaments. Special circumstances deemed appropriate by Coach Dion may also lead to exceptions.

LISD ATHLETIC CODE OF CONDUCT

Participation in extracurricular activities is considered a privilege and high standards are expected from all participants as it pertains to grades, behavior in and out of school, attendance, work ethic, and commitment. Any behavior that is deemed unbecoming of an athlete or participant will be subject to punishment by the coach or sponsor of the activity. They will be held accountable for all of actions.

It should be noted that the LISD student code of conduct and local school policies regarding appropriate behavior shall always be applied first and foremost when violations occur at a school, contest/event, traveling to and from a contest/event, or when the students represent themselves as a part of a school team, organization, or school group.

The district standards are set as a minimum expectation, but campuses may choose to establish more stringent guidelines, deemed as necessary.

Contests are defined as games, or meets, not scrimmages or a practice event

1. Use and/or possession of **Alcohol** will not be tolerated

- 1st Offense: removed from competition from ONE contest for extracurricular activities with one event and/or performance per week or TWO contests for activities with multiple events per week. School staff counseling is required.
- 2nd Offense: removed from competition for the next 45 school days. School staff counseling is required. Reinstatement will require approval by coach/sponsor
- 3rd Offense: Student will no longer be permitted to participate in any extracurricular activities for one school calendar year. Reinstatement will require approval by coach/sponsor

2. Use and/or possession of **illegal drugs** will not be tolerated

- 1st Offense: removed from competition from TWO contests for extracurricular activities with one event and/or performance per week or FOUR contests for activities with multiple events per week. School staff counseling is required.
- 2nd Offense: removed from competition for the next 45 school days. School staff counseling is required. Reinstatement will require approval by coach/sponsor
- 3rd Offense: Student will no longer be permitted to participate in any extracurricular activities for one school calendar year. Reinstatement will require approval by coach/sponsor.

3. Use and/ or possession of **Tobacco/Vaping** will not be tolerated

- 1st Offense: removed from competition from ONE contest for extracurricular activities with one event and/or performance per week or TWO contests for activities with multiple events per week. School staff counseling is required.
- 2nd Offense: removed from competition for the next 45 school days. School staff counseling is required. Reinstatement will require approval by coach/sponsor
- 3rd Offense: Student will no longer be permitted to participate in any extracurricular activities for one school calendar year. Reinstatement will require approval by coach/sponsor.

4. **HAZING**: Hazing is defined as any intentional, knowing, or reckless act occurring on or off campus directed against a student that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated to, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. Hazing will not be tolerated by the district.

- 1st Offense: **removed** from competition from **TWO contests** for extracurricular activities with one event and/or performance per week or FOUR contests for activities with multiple events per week. School staff counseling is required.
- 2nd Offense: **removed** from competition for the **next 45 school days**. School staff counseling is required. Reinstatement will require approval by coach/sponsor
- 3rd Offense: Student will **no longer be permitted to participate** in any extracurricular activities for one school calendar year. Reinstatement will require approval by coach/sponsor

5. **Charged with a felony**

- Suspended from the non-curricular program until the case is adjudicated.
- If convicted of the felony student will be removed from the program indefinitely.

6. **Any activity or conduct that the coach, director, and principal deems harmful or detrimental to the reputation of the program can be subject to disciplinary action under the Extracurricular Code of Conduct.**

Once a participant has been removed from the program, the coach and administrator shall review the case as to whether to allow the participant back into the program, after the 45 days or more, for a probationary period. Penalty can carry over from year to year until the time is served.

PARENT EXPECTATIONS

Parents are a critical part of the Marcus Aquatics program. By establishing understanding and trust between coaches and parents, both are better able to accept the actions of the other. This provides a positive experience for everyone, most importantly the athletes.

Parents should expect the following communication from their athlete's coach:

- Expectations the coach has for your athlete as well as other athletes on the team.
- Locations and times of practices and competitions
- Team requirements, special equipment needed, school and team rules, and off-season plans and expectations

Appropriate concerns to discuss with a coach:

- The mental and/or physical treatment of your athlete
- Concerns about your athlete's behavior
- Concerns about your athlete's academic situation

Issues NOT appropriate for discussion with the coach:

- Strategy, approach, playing time, meet lineups
- Any situation that deals with other athletes
- Opinions on what you feel is best for the team

Conferences

There are situations that may require a conference between the coach and parent. These are encouraged when appropriate, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedures will be used to resolve the issue:

- Contact the head coach to set up an appointment time
- Think about what you expect to accomplish as a result of the meeting
- Stick to discussing the facts, as you understand them
- Do not confront the coach before, during, or after a practice or competition. These can be emotional times for both the parent and the coach. Meetings of this nature do not normally promote resolution of the situation.

As a parent, it is important to model good sportsmanship.

Athletes compete, Coaches coach, Officials officiate, and Spectators cheer.

Below are the UIL Behavior Expectations of Spectators

Respect – treat people with respect all the time and require the same of your children.

Class – live and cheer with class; be gracious in victory and accept defeat with dignity; compliment extraordinary performance; and show respect for all competitors.

Disrespectful Conduct – don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials – treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

Respect Coaches – treat coaches with respect at all times; recognize that they have team goals beyond those of your child. Don't shout instructions to players from the stands; let the coaches coach.

Self-Control – exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.

Privilege to Compete – assure that you and your child understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school and family with honor, on and off the field of competition.

There is no such thing as a "right" to attend interscholastic athletics. As such, parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors. Keep in mind that you are a guest of the school, whether home or away, and that while winning is certainly, an admirable goal, it is hollow if it comes at the expense of morals, ethics, and common sense.

MARCUS AQUATICS

I understand this Signature page must be signed, filled out and return in order for my athlete to be part of the Marcus Aquatics program.

I have read, understand, and will abide by all policies and rules in the Marcus Aquatics Handbook.

Parent: _____ Print

Parent: _____ Signature

Athlete: _____ Print

Athlete: _____ Signature