

Big Spring Bulldogs
Swimming & Diving Team
2019-2020



Evan Jarusewski – Head Coach
Christie Katora – Asst Swim Coach
Lauren Livingston – Diving Coach

Program Staff

Head Coach, Evan Jarusewski

ejarusewski@bigpspringsd.org | 720-413-2172 | 717-776-2400 (pool)

- Big Spring Alumni—2008
- Graduate of Penn State University
- Swam for BSAC and Big Spring High School
- Certified Life Guard, First Aid/CPR

Assistant Coach, Christie Katora

ckatora@bigspring.k12.pa.us | 717-385-6898 | 717-776-2400 (pool)

- Graduate of Hood College and Shippensburg University
- Swam competitively for BSAC and Big Spring High School Swimming & Diving
- Assistant Coach Big Spring Aquatic Club
- PIAA Swimming & Diving Official
- Certified WSI, LGI, CPR and First Aid

Diving Coach, Lauren Livingston

Laverytl1122@gmail.com | 205-240-9739 | during practice 717-776-2400 (pool)

- Graduate of Ohio University and Troy State University
- BSAC age group diving coach and High School diving coach for both Big Spring and Carlisle
- Award winner in high school & college, including 6th place finish at Mid-American Conference Champs
- Coaching experience includes high school and collegiate level as well as Learn to Dive Instructor
- Certifications include Life Guard Instructor, WSI, First Aid/CPR
- US Diving Coach certification
- Professional Association of Diving Instructor
- Scuba and Open Water certified

Athletic Trainer – Liz Carns

- ecarns@bigspring.k12.pa.us – ext: 2456 or cell 226-1495

Athletic Director – Mr. Joseph Sinkovich

- 776-2440 or cell 226-1497
- Administrative Assistant – Randy Jones 776-2451

Season Objectives

“Committed to Excellence in Academics, Athletics and Character”

- Each athlete is continually striving to become the very best student, athlete & person they can be.
- Provide clear, effective instruction of techniques and rules for competitive swimming starts, strokes and turns and competitive diving.
- Work with swimmers and divers to set challenging, measurable personal goals in order to facilitate improvement.
- Provide a positive, supportive environment in which we can achieve our individual and team goals.
- Help swimmers and divers “practice with a purpose.”
- Prepare, and strive, to win.
- At season end, know each athlete found competitive swimming and diving to be challenging and rewarding.

Coaching Philosophy

Competitive swimming is a unique sport. By far one of the most physically demanding high school sports. At the same time, swimming is both an individual *and* a team sport. While we are focused on preparing the team for success in competition, at the same time, we work with each individual to help him or her become the best swimmer they can be. *No individual is more important than the team.*

Swimming is more than a sport. It is an opportunity to master important life skills. In the process of becoming a successful swimmer, an athlete must develop and demonstrate -- among other things -- self-discipline, responsibility, self-confidence, goal setting, accountability, teamwork, positive support and an appreciation of the value of hard work. It is hoped the athletes will use these skills to make a positive contribution to their family, school and community.

The Big Spring High School swimming and diving team coaching staff feels strongly that every human being always deserves to be treated with respect and dignity. As such, we will work hard to promote excellence in competitive swimming by creating a positive environment that is challenging and rewarding for each athlete and the team.

Individual Goal Setting

Goal setting is an integral part of athletics, particularly swimming and diving. For those swimmers that turn in a completed goal sheet in a timely fashion, the coaching staff will work with them to help them establish and maintain short-term personal performance goals that are a challenge, yet reasonable. In addition, we will be working, individually and as a team, to set longer term goals that we hope to achieve as a result of our being successful with our short-term individual goals.

Big Spring Athletic Department Athlete Code of Conduct

In order to participate in swimming and diving, each athlete and their parent/guardian must read, understand and sign the Big Spring School District Athletic Department Code of Conduct. All swimmers and divers are always expected to abide by the provisions of the Code of Conduct. Any questions regarding these provisions should be directed to Coach Jarusewski or Joe Sinkovich, Athletic Director.

Swimmer and Diver Behavior Standards

Beyond the specific points set forth in the Big Spring School District Athletic Code of Conduct, each Big Spring swimmer is expected to adhere to the following behavior standards:

- Meet the Big Spring High School academic eligibility requirements.
- Do not do anything to embarrass yourself, your family, or the team.
- To be early is to be on time, to be on time is to be late.
- Treat EVERYONE with respect
- No touching or hazing of teammates or managers will be tolerated.
- Demonstrate a positive, cooperative, patient attitude.
- Put forth your best possible effort.
- Demonstrate self-discipline before, during and after workouts and competitions.
- Enthusiastically support your teammates in a constructive way.
- Do not participate in any harmful, risky or dangerous activities.
- Stand quietly, still and at attention during the playing/singing of the national anthem.
- Do not use profanity. If you're not sure, ask Coach Jarusewski.
- Make good choices regarding your behavior, particularly as it relates to the use of any controlled substances prohibited by law (look-alike drugs, alcoholic beverages, anabolic steroids, drug paraphernalia, etc.) and tobacco products.

Note: If a swimmer/diver does not adhere to these standards, their opportunities to compete in meets may be reduced and/or they may be permanently dismissed from the swimming and diving team.

Equipment & Financial Requirements

- Training gear (suits, fins, goggles, etc.) can be purchased online at a number of sites (www.djsports.com, www.swimoutlet.com, www.metroswimshop.com)
- The team will initially pay for your team suit. Each athlete earns half of the monies they bring in from their fundraising efforts towards the cost of their team suit. Full prices for Girls suits are \$62 (wide strap) and Boys are \$32 (brief) and \$52 (jammer). *These prices are tentative depending upon number of suits ordered.
- Practice swim suit...competition-style one piece...can be purchased from the above websites. Check the grab bag suits for less expensive practice suits.
- A competition swim cap will be provided for the girls and boys who want them.
- Competition goggles...2 PAIRS that won't leak...check with coach or BSAC. They are being sold here at school.
- Towel(s)...to EVERY practice!
- Warm clothing to wear home from practice...seriously consider a HAT
- Bring a small low fat snack for before and after practice
- Bring a water bottle or something to drink to practices. Water will be available on deck at practice and meets.
- Combination lock will be provided for securing your valuables. PLEASE LOCK EVERYTHING IN YOUR LOCKER both during practice and meets.
- All student-athletes must pay a \$25.00 activity fee prior to the start of the competitive season.

Note: If these costs would preclude you from participating, assistance may be available through the Booster Club. Please contact Coach Jarusewski with any questions.

Parent/Guardian Athletic Code of Conduct and Expectations

(The following is based on the BSSD Parent Code of Conduct.)

Interscholastic athletics are an integral part of the total educational program of the Big Spring School District. The goals and purposes of the swimming and diving program include teaching the student athletes the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork and hard work. Additional goals include knowing how to win and lose, increasing the knowledge of swimming and diving, developing a healthy lifestyle and skill development. Our swimming pool is a laboratory for learning. We ask all parents/guardians to support our efforts to help teach the goals of interscholastic athletics. Listed below are the guidelines that we expect all parents, guardians and fans to follow to ensure our swimmers and divers have a positive athletic experience. Parents and other fans that are unable to follow these guidelines may be unable to attend future swimming and diving meets.

- Understand the ultimate purpose of swimming and diving; it exists as an integral part of the total educational mission of the school and ***participation in swimming and diving is a privilege and not a right.***
- Do not force an unwilling child to participate in swimming and diving. Children take part in swimming and diving for their own enjoyment, not yours.
- Support your child by being a positive listener, especially after a tough loss.
- Avoid putting pressure on your child to start, score points, or be the star of the team.
- Support the coaching staff and administration in public around other parents and fans.
- Avoid speaking negatively about the coaches in front of your child. It may create a major barrier in the child's hope for improvement in swimming and diving.
- Serve as a good role model for the students, athletes and other fans. Children often learn best by imitating a good example.
- Contribute to, and support, the Big Spring Athletic Boosters Association by attending meetings and volunteering to help with projects, committees and swimming/diving meets.
- Appreciate the educational opportunity that your athlete is receiving in the swimming and diving program.
- Display excellent sportsmanship at all times. Teach your child to always play by the rules and to be fair and honest at all times.
- Show respect to everyone involved in the swimming and diving program – the coaches, athletes, fans, other parents, officials, security and administrators. Do not publicly question an official's judgment or integrity. Don't complain or argue about an official's calls or decisions during or after a swimming and diving meet.
- Follow the chain of command when you have a concern.
 - 1st ...the athlete should speak directly with Head Coach Jarusewski
 - 2nd ...if you are still not satisfied, a parent should contact the Program Staff, in the following order:
 1. Head Coach—Evan Jarusewski
 2. Athletic Director – Joseph Sinkovich
 3. High School Principal—Bill August
 4. District Superintendent—Richard Fry
- Express your concerns and questions in a courteous and civil manner and please do it at the right time and in the proper setting.
- Avoid constant and chronic complaining.
- PIAA by-laws dealing with athletic courtesy provide that any spectator who continually evidences poor sportsmanship should be requested not to attend future meets.

- Abide by the Big Spring School District Code of Conduct, Drug and Alcohol Policy, Eligibility requirements and team rules.
- Understand, and remember, that the goals of the team and the swimming and diving program are more important than the hopes and dreams you may have for your child.
- Teach your child that hard work and honest effort are more important than winning.
- Be loyal to the school and team; put the best interests of the team above your child's personal glory.
- Teach your child to live and play with class and to be a good sport. A swimmer or diver should be gracious in victory and accept defeat with dignity.
- Support the concept of "being a student first." Commit your child to getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship to a college. Reinforce that colleges and universities will not recruit student athletes who do not have a serious commitment to education.
- Keep swimming and diving in perspective – family, faith, fun and education are far more important.

Academic Eligibility Requirements for the Big Spring Student-Athlete

It is the policy of the Big Spring School District that in order to be eligible to participate in athletics, a student may not be failing two or more subjects (major or minor). The policy is a weekly eligibility. If at the close of school on Thursdays, an athlete is failing or incomplete in more than one subject, the athlete will become ineligible for a minimum of one week (from Sunday to Saturday). If a student-athlete is identified as academically ineligible, they will not be able to participate in swimming and diving competitions until the Monday after they take the actions necessary to get their grades to where they are removed from the ineligibility list. Should an athlete become ineligible for a third time during the season, they will be dropped from the squad. While academically ineligible, a student-athlete may participate in swimming and diving *practices*, but may not compete. They may also NOT travel with the team to away competitions. If at the end of the marking period, an athlete is failing two or more subjects, the athlete will be ineligible for twenty school days.

Rules of Attendance – Excused and Unexcused Absences

It is expected that Bulldog swimmers and divers will attend all scheduled practices and (especially) meets, unless they have an acceptable excuse and have notified a coach well before practice or the meet. The athlete must make every attempt to communicate to (or remind/confirm with) the Coach that they will miss part, or all, of a specific practice prior to the practice...even if it was listed on the Planned Attendance/Absence Form.

Excused Absences are:

- A legal school absence during the day of participation...illness, college visit, etc.
- Receiving academic help from a teacher or counseling during practice...arrive as soon as possible afterwards with an **official** Big Spring High School PASS signed by a teacher or guidance counselor.
- A previously scheduled and documented **out of town** family vacation.
- Necessary doctors' appointments...please try to schedule around practice times.
- Family emergencies...sudden illness, car accident, death in the family.
- Attended a full day of school, but went home sick at the end of the day...please ask a teammate to tell a coach.
- Prescheduled school sponsored activities (i.e. student council, FBLA, Jazz Band, play, field trip, musical activities).

We recognize there are a great number of demands on our student athletes. As such, each swimmer/diver is allowed two (2.0) unexcused absences (that do not fall into one of the above categories) for the entire season. If a swimmer/diver has more than two unexcused absences during the season, their opportunities to compete in meets may be reduced and/or they may be permanently dismissed from the swimming and diving team.

UNexcused absences are when you miss part, or all, of a practice or competition for any reason not listed above. Some examples of unexcused absences are:

- I was working.
- I was attending a party with friends or relatives.
- I chose to sleep in or accidentally overslept.
- My parents were late in getting me to practice.
- My friends/relatives were visiting with us over the holidays and I chose to spend the day with them.
- I decided to go skiing or snowboarding instead of swimming.... see Risky Behavior.
- I had detention or suspension.
- I arrived late or left practice early for any unexcused reason.
- I practiced with my Age Group swimming team instead of the High School team.
- I attended an Age Group swimming meet instead of a High School swimming meet.
- I attended a soccer match or practice.

The consequences for Unexcused absences are as follows:

- ***Practice: Arrive Late or Leave Early, missing less than 50% of practice = 0.5 absence***
- ***Practice: Miss 50% or more of practice = 1.0 absence***
- ***BSHS Meet: Miss any or all = 2.0 absences (and possible limitation on competing in the next BSHS meet)***

Missing a planned high school meet for any unexcused reason is unacceptable. An athlete who misses a high school meet for an unexcused reason will use up all 2.0 days of unexcused absences and the coaching staff may limit their opportunity to compete in the next high school meet.

Athletes are on their honor to report whether their absence was excused or unexcused. Unique, extenuating circumstances may be considered. Coach Jarusewski has final say as to whether an absence is excused or unexcused.

Finally, athletes must be in school by 8:55 AM in order to participate in practice or a swimming meet that day, unless a written excuse/explanation from a doctor, dentist or college (you visited) is provided. **A note from a parent is not acceptable.** If the student goes home sick during the school day, he/she cannot practice or compete that day without a written note from a **doctor**.

Communications

Frequent, open communications between the coaching staff, swimmers and divers and parents/guardians is very important. ***Please be sure to check your email daily.*** As stated above, if an athlete or parent has a concern or question regarding the swimming program, the **athlete** should direct it to Coach Jarusewski first.

Concerns that are not appropriate for discussion and must be left to the discretion of the coach:

- How many opportunities a swimmer or diver has to compete.
- Team strategy.

Appropriate concerns to address with the coach:

- The mental and physical treatment of the athlete.
- What the athlete needs to do to improve.
- Aspects of the athlete's behavior.
- Concerns about the program philosophy or expectations.
- Schedule conflicts...well in advance.

Please do not confront a coach immediately before, during or immediately after a competition

Team Captains and Meet Captains

Swimming and diving Team Captains for the season will be selected from among the juniors and seniors on the team by the Head Coach and the team – with input from the coaching staff.

Team Captains will have demonstrated the qualities of being; a good student, committed to the sport, passionate, trustworthy, knowledgeable, honest, selfless, positive, a hard worker, mature, and other attributes of a great leader.

*In addition, throughout the season, other junior and/or senior swimmers and divers may earn the right to be a **Meet Captain** by exhibiting the above characteristics in such a way that makes them stand out as a leader and role model.*

Swimming & Diving Practice and Meet Schedule

Please see the Big Spring School District (www.bigspringsd.org. ...RESOURCES...Big Spring Athletics and then the swimming and diving tab) and BSHS Swimming & Diving websites (www.swimbigspring.org) for our updated schedule and information.

Championship Meets

There are four levels of post-season championship swimming and diving meets – Polar Plunge, Mid Penn Conference Championships, District III Championships and the PIAA State Championships. Each meet has a different set of criteria for qualification. Please see a coach or the team website for details.

Team Task Leaders or Managers

Specific individuals will be identified by the Head Coach to lead a group of athletes in taking care of regular team management activities, including:

- **Water** – preparation and cleanup of the water, including keeping the water container clean.
- **LANE LINES** – installing and properly removing lane lines as required for practices and meets.
- **DRYLAND EQUIPMENT** – getting out and properly putting away the equipment needed each day (stretch tubes, exercise/stability balls, mats, medicine balls, etc.)
- **TRAINING EQUIPMENT** – getting out and properly putting away training equipment for practice (kick boards, paddles, pull buoys, etc.)
- **MEET PREP & CLEAN UP** – getting out and properly putting away the equipment necessary to run a home dual meet.

Swim Meet Lineup Considerations

The coaching staff will organize a swimming and diving meet lineup with many different factors in mind. First, the needs of the team, attendance & effort at practices, following the team rules, strengths and weaknesses of our competition.

Please do not question a meet lineup for a swimming & diving meet immediately before or after a meet. Wait a day or two, reflect on the above considerations, and then if you have a question or concern, address it with Coach Jarusewski at a practice.

Varsity Letter Criteria

In order to be **considered** for the receipt of a varsity Swimming letter at Big Spring High School, a swimmer must compete in 60% or more of the possible events (4 events per meet per swimmer in a six lane pool) over the entire regular season.

The Bulldog swimming coaches and Athletic Director reserve the right to consider extenuating circumstances (attendance, attitude, cooperation, leadership, effort, illness, respectfulness, points scored, etc.) when awarding a Swimming or Diving Varsity Letter.

Attire for Away Meets

Swimmers and divers need to be mindful when they compete that they represent Big Spring High School, their families and their communities. As such, they are expected to dress neatly and appropriately for all away meets. **No blue jeans, sweatshirts or athletic gear should be worn, unless authorized by the Head Coach.** Dress with pride.

Activity Bus

An activity bus pass will be provided to each member of the team. This pass is to be shown to the bus driver as you board the activity bus for the trip home after practices. Busses only run during school days, not vacation days or weekends. During vacation days and weekends, it is the responsibility of the athlete to get to and from practice. The bus departs from the high school at 5:30. The bus routes are available from Coach Jarusewski.

Transportation Home From Away Meets

We strongly encourage each swimmer/diver to return home on the team bus from our away meets. However, if you must ride home from an away meet with your parent or guardian, you must physically together (swimmer/diver and parent/guardian) hand deliver a written note stating the details and signed by your parent/guardian, to Coach Jarusewski or an Assistant Coach or their designated representative after the conclusion of the meet. The parent then also needs to sign you out on the official sign-out sheet before you may leave. *A swimmer/diver may not ride home from an away meet with someone else's parents/guardians.*

Picking Up Athletes At School After Away Meets

A bus schedule for away meets will be distributed when it is available. Please plan to be parked and waiting in the school parking lot when the bus arrives back at BSHS, so that the athletes, and coaching staff, do not have to wait for you to arrive. It works well for the athlete to call someone via a cell phone on our ride home so you can properly time your arrival.

Non Swimming-related Activities During the Season – Avoiding Risky Behavior

We ask that Bulldog swimmers and divers use good judgment regarding their non-swimming activities during the season. Dangerous and energy-draining activities should be avoided if at all possible. Do not waste/spoil what you have worked so hard in swimming and diving practice to achieve. Swimmers and divers should not participate in “risky” behavior – i.e. snowboarding, skiing, skate-boarding, dirt bike riding, ATV riding, etc. – that may result in them being

Big Spring Swimming and Diving Team Website

Updated information regarding the program will be maintained on the team website. This is the school district website www.bigspringsd.org under the Athletic tab, scroll down to the bottom, on the right under Winter Sports > Swimming and Diving.

Thinking About Swimming in College – NCAA Clearinghouse

If you think you might want to swim competitively in college at either the NCAA Division I or Division II level, please visit www.ncaaclearinghouse.net for very important information regarding eligibility, course requirements, proper procedures, forms, tips, answers to frequently asked questions, etc. If, after viewing this website, you still have questions, please see your high school guidance counselor.

I, _____, have read the Team Handbook, Hazing Policy, Bullying Policy and Athletic Policy established for the Big Spring Swimming & Diving Team for the 2012—2020 season. I understand the information and intend to adhere to all policies as they are written and understand if the policy is not followed, I am subject to the consequences of temporary suspension or expulsion from the team.

Student—Athlete Signature

Date

Parent Signature

Date
