

SWIMMING

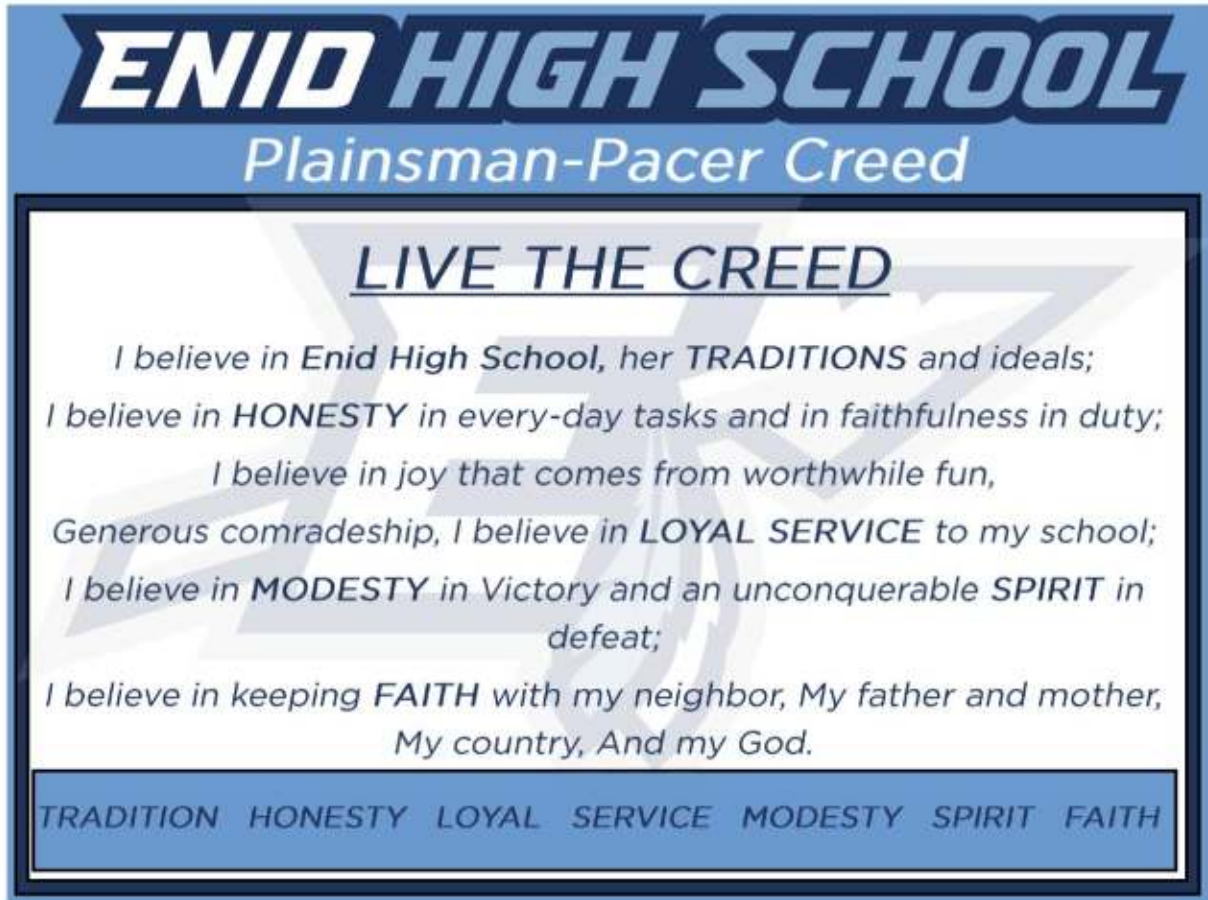


SWIM TEAM HANDBOOK

2021-2022

SWIMMING

LIVE THE CREED



CORE VALUES

MISSION STATEMENT:

WITH THE POINTS OF PRIDE AND THROUGH THE PROCESS OF TRAINING AND EQUIPPING YOUNG MEN AND WOMEN TO COMPETE FOR AND WIN MEETS, THIS PROGRAM WILL PRODUCE YOUNG MEN AND WOMEN WHO HAVE DEEPLY DEVELOPED CHARACTER,



THE ABILITY TO SET GOALS AND EFFECTIVELY PURSUE THEM, AND WHO ARE EQUIPPED AND INSPIRED TO POSITIVELY AFFECT THE WORLD AROUND THEM. WE WILL LIVE THE PLAINSMEN/PACER CREED IN OUR PROGRAM.

CORE VALUES:

RESPECT

INTEGRITY

MENTAL TOUGHNESS

DISCIPLINE

ACCOUNTABILITY

INTEGRITY:

THE ADHERENCE TO MORAL AND ETHICAL PRINCIPLES; SOUNDNESS OF MORAL CHARACTER; HONESTY.

THE STATE OF BEING WHOLE, ENTIRE, OR UNDIMINISHED.

PLAINSMEN AND PACER SWIM TEAM MISSION AND CORE VALUES:

THE ENID HIGH SCHOOL SWIMMER IS:

LOYAL IN SERVICE

CONFIDENT

A LEADER

HONEST

MODEST IN VICTORY

TOUGH

A GOOD STUDENT

UNBREAKABLE, NEVER QUILTS, HAS SPIRIT

FAITHFUL

PASSIONATE ABOUT SWIMMING



A GOOD DECISION MAKER

UPHOLDING TRADITIONS

MENTAL TOUGHNESS:

A COLLECTION OF ATTRIBUTES THAT ALLOW A PERSON TO PERSEVERE THROUGH DIFFICULT CIRCUMSTANCES (SUCH AS DIFFICULT TRAINING OR DIFFICULT COMPETITIVE SITUATIONS IN MEETS) AND EMERGE WITHOUT LOSING CONFIDENCE.

PLAYER CONDUCT POLICY:

DUE TO THE COVID-19 PANDEMIC, ATHLETES WILL BE REQUIRED TO BRING THEIR OWN WATER BOTTLE EVERY DAY. ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICE WITHOUT THEIR OWN WATER BOTTLE. 2 MISSED PRACTICES WILL BE ALLOWED WITH DISCIPLINARY ACTION (BUTTERFLY), THE 3RD ONE WILL LEAD TO FURTHER DISCIPLINARY ACTION (POSSIBLE REMOVAL FROM THE TEAM).

AN ASSUMPTION IS AN IDEA THAT IS BELIEVED TO BE TRUE. OUR SWIMMING PROGRAM WILL OPERATE WITH THE FOLLOWING THREE ASSUMPTIONS IN MIND:

***YOU WANT TO BE THE BEST SWIMMER YOU CAN BE**

***YOU WANT TO BE A PART OF A WINNING PROGRAM**

***YOU WANT TO BE THE BEST PERSON YOU CAN BE**

OUR RULES ARE DESIGNED AROUND THESE THREE ASSUMPTIONS. THE RULES THAT WE HAVE ADOPTED, AS A TEAM, REFLECT THESE ASSUMPTIONS. WHEN MAKING A DECISION YOU SHOULD ALWAYS CONSIDER ITS OUTCOME BASED ON THE FOUR QUESTION TEST.

****NO NEGATIVE TALK ABOUT PROGRAM, COACHES, OR TEAMMATES ON SOCIAL MEDIA WILL BE TOLERATED AND WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TEAM.**

THE FOUR-QUESTION TEST:

DOES MY DECISION ACCURATELY REFLECT THE STANDARDS SET BY OUR PROGRAM?

WILL IT MAKE ME A BETTER STUDENT?

WILL IT MAKE ME A BETTER ATHLETE?

WILL IT HELP OUR TEAM?

DRUG TESTING POLICY:



THE DISTRICT WEBSITE HAS ALL OF OUR DRUG TESTING POLICIES, PROCEDURES, AND FAQs. YOU CAN LOCATE THIS AT:

[HTTPS://ATHLETICS.ENIDPUBLICSCHOOLS.ORG/](https://athletics.enidpublicschools.org/)

PHYSICALS AND RANK ONE:

ALL PHYSICALS NEED TO BE COMPLETED AND RETURNED IN ORDER FOR STUDENT ATHLETES TO PARTICIPATE, INCLUDING PRACTICE..
RANK ONE INFORMATION CAN BE FOUND AT THE FOLLOWING LINK:

[HTTPS://ENIDSCHOOLS.RANKONESPORT.COM/NEW/HOME.ASPX](https://enidschools.rankonesport.com/New/Home.aspx)

DISCIPLINE POLICY:

THE MENTAL STRENGTH AND CHARACTER THAT ENABLES A PERSON TO MAKE THE CORRECT CHOICES REGARDLESS OF THE CIRCUMSTANCES OR INFLUENCES TO THE CONTRARY.

"WE ARE WHAT WE REPEATEDLY DO, EXCELLENCE THEN IS NOT AN ACT, BUT A HABIT." ~ARISTOTLE

PLAYER CONDUCT CONTINUED:

RESPECT: YOU ARE A PART OF A SWIMMING PROGRAM THAT HAS A VERY PROUD TRADITION OF EXCELLENCE IN AND OUT OF THE POOL. YOUR WORDS AND ACTIONS SHOULD REFLECT THIS AT ALL TIMES. YOU SHOULD TREAT EVERYONE IN YOUR LIFE WITH RESPECT AND COURTESY. THIS INCLUDES BUT IS NOT LIMITED TO:

- TEAMMATES
- COACHES
- CLASSMATES
- TEACHERS
- OFFICIALS
- FAMILY MEMBERS
- OPPONENTS
- ENID COMMUNITY
- PERSONAL PROPERTY OF OTHERS

YOU ARE ACCOUNTABLE FOR YOUR WORDS AND ACTIONS AND THEIR IMPACT ON OTHERS.

IF YOU ARE HAVING AN ISSUE WITH A COACH OR TEAMMATE, RESPECTFULLY ADDRESS IT WITH THAT PERSON. IF IT NEEDS FURTHER ATTENTION, BRING THE MATTER TO A COACH, AND SO ON.

SWIMMING

"TALK ABOUT IT WITH SOMEONE THAT CAN DO SOMETHING ABOUT IT" ~BILLY TIPPS

NOT COMPLYING WITH THE ABOVE STATED CONDUCT POLICY (AS WELL AS ALL POLICIES STATED IN THE EPS AND EHS ATHLETICS HANDBOOKS) MAY BE REASON FOR DISCIPLINARY ACTION LEADING UP TO, AND INCLUDING, DISMISSAL FROM THE SWIM TEAM. EVERY SITUATION IS ADDRESSED INDIVIDUALLY AND DISCIPLINARY ACTION IS ALWAYS LEFT UP TO THE DISCRETION OF THE COACHING STAFF.

WE HAVE NO TOLERANCE FOR A LACK OF RESPECT FOR COACHES OR TEAMMATES IN-PERSON OR VIA SOCIAL-MEDIA. STUDENT-ATHLETES WILL BE REMOVED FROM THE TEAM IMMEDIATELY IF THE COACHING STAFF FEELS THAT THIS POLICY HAS BEEN VIOLATED. EACH SITUATION IS ADDRESSED AND DEALT WITH ON A CASE BY CASE BASIS.

ACCOUNTABILITY:

BEING SUBJECT TO THE OBLIGATION TO REPORT, EXPLAIN, OR JUSTIFY SOMETHING; RESPONSIBLE; ANSWERABLE.

"FEEDBACK IS THE BREAKFAST OF CHAMPIONS." ~KEN BLANCHARD

PRACTICE CONDUCT POLICY:

YOU WILL BE ON TIME AND PREPARED FOR PRACTICE WITH EVERYTHING THAT YOU NEED TO BE SUCCESSFUL. BEING ON TIME MEANS BEING IN THE POOL AT THE START OF WARM-UP (3:00). IF YOU ARE LATE, YOU MAY BE DOING A MODIFIED WORKOUT.

THE FOLLOWING CIRCUMSTANCES CONSTITUTE AN EXCUSED ABSENCE FROM PRACTICE:

- NOTE FROM YOUR DOCTOR/NURSE
- EMAIL OR NOTE FROM YOUR PARENTS TO COACH WATTS
- NOTE FROM KAYLA DICKSON, ATHLETIC TRAINER OR NURSE

ANY OF THESE CIRCUMSTANCES WILL REDUCE THE LIKELIHOOD OF SWIMMING IN THE NEXT MEET. THIS WILL BE DETERMINED ON A CASE BY CASE BASIS BY THE COACHING STAFF. COACHES WILL DETERMINE MAKE-UP BASED ON WHAT WAS DONE DURING THE MISSED PRACTICE.

AN UNEXCUSED ABSENCE WILL RESULT IN MAKE-UP RUNNING AND/OR A MODIFIED WORKOUT IN THE POOL. UNEXCUSED ABSENCES MAY RESULT IN A SWIMMER BEING REMOVED FROM THE TEAM.

* IF YOU ARE ABSENT FROM SCHOOL ON A MEET DAY AND DON'T HAVE A DOCTOR'S NOTE, YOU WILL NOT PARTICIPATE IN THE MEET, BUT YOU **WILL** BE EXPECTED TO WORK IT, IF IT IS A HOME MEET.

SWIMMING

EACH SWIMMER AND COACH WILL BE EXPECTED TO GIVE THEIR BEST EFFORT TO BE EXCELLENT IN THE AREAS OF ATTITUDE AND EFFORT.

* IF YOU HAVE ANY PHYSICAL RESTRICTIONS FOR PRACTICING, THE COACHING STAFF WILL NEED A DOCTOR'S NOTE OUTLINING SAID RESTRICTIONS. WE WILL KEEP THE NOTE ON FILE. NO NOTE FROM THE DOCTOR, YOUR EXPECTATIONS ARE THE SAME AS EVERYONE ELSE'S.

MEETS ARE WON AND LOST BECAUSE OF WHAT WE DO AT PRACTICE.

TEAM TRYOUTS:

TRYOUTS WILL BE HELD DURING PRACTICE ON WEDNESDAY, SEPTEMBER 16. WE WILL GO THROUGH AS MUCH OF A REGULAR SWIM MEET AS POSSIBLE. THE TOP 25-30 GIRLS WILL BE CHOSEN TO BE ON THE TEAM (MEANING THE GIRLS THAT WILL BE THE MOST VALUABLE IN CONTRIBUTING TO THE WINNING OF MEETS). IN ORDER TO MAKE THE BOYS TEAM, WE WILL NEED TO HAVE A SPOT IN THE LINEUP FOR EACH BOY. THE MINIMUM REQUIREMENT FOR NEW SWIMMERS IS THAT SWIMMERS CAN SUCCESSFULLY COMPLETE A 100 FREESTYLE AND HAVE A FIRM GRASP OF ALL FOUR STROKES.

PAYMENT POLICY:

ONCE TEAM SUITS ARE ORDERED, A STUDENT IS COMMITTED TO THE TEAM. IF THE STUDENT MAKES ANY DECISION RESULTING IN THEIR REMOVAL FROM THE TEAM, THEY ARE RESPONSIBLE FOR PAYMENT OF THE ORDERED SUIT, IN FULL. (GIRLS, \$66. BOYS, \$22)

RESPECTING TEAMMATES (LOVE) POLICY:

SELFLESS, SACRIFICIAL, UNCONDITIONAL WORDS AND ACTIONS THAT PURPOSE TO BRING OUT THE BEST IN ANOTHER. THERE WILL BE NO BULLYING OF ANY KIND TOLERATED IN THE EHS SWIM PROGRAM. THE EXPECTATION IS THAT IF YOU SEE SOMETHING, SAY SOMETHING! IF SOMEONE IS BEING BULLIED, BRING THAT TO A MEMBER OF THE COACHING STAFF ASAP.

LOCKER ROOM CONDUCT POLICY:

EVERY TIME OUR TEAM EXITS A LOCKER ROOM, IT SHOULD BE CLEAN. THIS MEANS THAT THERE WILL BE NO TRASH ON THE FLOOR, EVERYTHING IS PUT NEATLY IN ITS CORRECT PLACE AND ALL PERSONAL ITEMS ARE TAKEN WITH YOU (OR LOCKED UP). THIS INCLUDES, BUT IS NOT LIMITED TO, THE DENNY PRICE YMCA LOCKER ROOM.

WHEN YOU LEAVE THE LOCKER ROOM AT OUR YMCA AFTER PRACTICE, YOU MUST TAKE YOUR LOCK WITH YOU. YOU MAY NOT LEAVE YOUR LOCK ON A LOCKER AT THE YMCA AFTER OUR PRACTICE IS OVER.

SWIMMING

HORSEPLAY, HAZING, OR BULLYING WILL NOT BE TOLERATED IN OUR LOCKER ROOM OR ANY OTHER LOCKER ROOM.

RESPECT OTHERS' PROPERTY AT ALL TIMES. THEFT WILL LIKELY RESULT IN REMOVAL FROM THE TEAM.

YOU MUST PROVIDE YOUR OWN LOCK TO USE AT OUR YMCA (AGAIN, IT GOES HOME WITH YOU EVERY DAY).

IF YOU DON'T CHOOSE TO USE A LOCKER AT THE YMCA DURING PRACTICE, YOU MUST HAVE YOUR ITEMS ALL STORED NEATLY INSIDE YOUR BAG AND YOUR BAG NEEDS TO BE ON DECK BECAUSE EHS, EPS, AND THE DENNY PRICE YMCA ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

CLASSROOM CONDUCT POLICY:

YOU ARE EXPECTED TO BE IN EVERY CLASS, EVERY DAY, ON TIME. DITCHING CLASSES MAY RESULT IN YOUR REMOVAL FROM THE PROGRAM.

YOU ARE EXPECTED TO BE A RESPONSIBLE MEMBER OF EACH CLASS BY RESPECTING YOUR TEACHERS/SUBSTITUTES, PUNCTUALLY ATTENDING CLASS, TAKING NOTES, ABIDING BY CLASSROOM RULES, DOING YOUR HOMEWORK, PREPARING PROPERLY FOR CLASS AND PARTICIPATING IN CLASSROOM ACTIVITIES. AT NO TIME IS PRACTICE OR A MEET TO BE USED AS AN EXCUSE FOR NOT "GETTING THE JOB DONE" IN THE CLASSROOM.

ACADEMIC INTEGRITY AND HONESTY SHOULD ALWAYS BE EXERCISED. COPYING, PLAGIARIZING, OR CHEATING IS NEVER ALLOWED IN ANY CLASS..

YOU ARE EXPECTED TO BE A LEADER IN THE CLASSROOM, CONTRIBUTING TO THE BETTERMENT OF THE TEACHERS AND OTHER STUDENTS WHOM YOU INFLUENCE.

IF YOU ARE IN ISP YOU ARE NOT ALLOWED TO PRACTICE OR TRAVEL TO MEETS.

FAILURE TO MEET THESE EXPECTATIONS WILL GREATLY DIMINISH YOUR ROLE ON THIS SWIM TEAM AND WILL HAVE CONSEQUENCES INCLUDING "BUTTERFLY WORKOUTS", RUNNING, AND UP TO REMOVAL FROM THE TEAM.

OFF THE "FIELD" CONDUCT POLICY:

YOU REPRESENT THE COACHING STAFF, THIS TEAM, THIS SCHOOL, THE COMMUNITY, AND YOUR FAMILY WHEN YOU SWIM FOR ENID HIGH SCHOOL. YOUR ACTIONS, GOOD OR BAD, AFFECT THE REPUTATION OF ALL THAT YOU REPRESENT. YOU WILL BE HELD ACCOUNTABLE FOR THESE ACTIONS. UNLAWFUL BEHAVIOR, POOR CITIZENSHIP, AND POOR LEADERSHIP WILL NOT BE TOLERATED AND SWIMMERS WHO MAKE POOR CHOICES WILL BE DISCIPLINED BY BEING ASSIGNED CHARACTER ACTIVITIES, MISSED MEETS, "BUTTERFLY WORKOUTS", ETC. UP TO SUSPENSION FROM THE TEAM. DISCIPLINE WILL BE DETERMINED ON A CASE BY CASE BASIS RELATIVE TO THE SEVERITY OF THE OFFENSE. ALCOHOL AND DRUG VIOLATIONS THAT OCCUR WILL RESULT IN MEET AND/OR TEAM SUSPENSIONS.



MEET TRANSPORTATION POLICY:

PLEASE REMEMBER THAT IT IS DISTRICT POLICY THAT STUDENTS **MUST** BE SIGNED OUT WITH THE COACHING STAFF IN ORDER TO TAKE THEIR STUDENT ATHLETE HOME FROM AN AWAY MEET. **ONLY** THE PARENT/LEGAL GUARDIAN OR GRANDPARENT MAY SIGN OUT AND TAKE THE STUDENT FROM A SWIM MEET.

REGIONAL TEAM POLICY:

THE PACERS AND PLAINSMEN REGIONAL TEAM WILL BE THE SWIMMERS THAT WOULD HAVE PLACED IN THE TOP 20 IN THE PREVIOUS YEAR'S REGIONAL CHAMPIONSHIP MEET. THIS, OF COURSE, CAN BE MODIFIED AT THE DISCRETION OF THE COACHING STAFF.

LETTER WINNER POLICY:

IN ORDER TO BE AWARDED A VARSITY SWIM LETTER YOU MUST BE A MEMBER OF THE EHS REGIONAL CHAMPIONSHIP TEAM, DEMONSTRATE GOOD CHARACTER AND LEADERSHIP, CONTRIBUTE TO A POSITIVE ATHLETIC ENVIRONMENT, AND NOT BE CONSIDERED ACADEMICALLY INELIGIBLE AT ANY POINT IN THE SEASON.

Varsity letters are always to be awarded based on the coaches' discretion.

FUNDRAISING PARTICIPATION POLICY:

THERE IS MORE TO FUNDRAISING THAN ACTUALLY RAISING FUNDS. YES, THE FUNDRAISING EFFORTS PROVIDE US WITH THINGS LIKE FOOD FOR THE BANQUET, DISCOUNTED BATHING SUITS, SWIM CAPS, MEALS, AND OTHER FUN THINGS...BUT FUNDRAISING CAN BE ABOUT SO MUCH MORE. **FUNDRAISING** EVENTS CAN BE A **FUN** WAY FOR US TO LEARN ABOUT ONE ANOTHER, BOND, AND LEARN TO FULFILL OBLIGATIONS (GOOD LIFE LESSON).

*SWIMMERS ARE REQUIRED TO ATTEND **ALL** FUNDRAISING EFFORTS AS LONG AS A MINIMUM OF 4 WEEKS NOTICE IS PROVIDED PRIOR TO THE EVENT. ANYTHING A SWIMMER ALREADY HAD PLANNED MORE THAN 4 WEEKS PRIOR TO THE FUNDRAISING EVENT WILL BE EXCUSED IF IT IS COMMUNICATED WITH THE COACHING STAFF 4 WEEKS IN ADVANCE. IF A SWIMMER DOES ATTEND AN EVENT, THEY MAY BE REMOVED FROM THE PROGRAM AT THE DISCRETION OF THE COACHING STAFF. BECAUSE FUNDRAISING EFFORTS ARE WHAT PURCHASE A GOOD PORTION OF OUR GEAR, THE STUDENTS THAT HAVE ACTIVELY PARTICIPATED IN THE MOST FUNDRAISING DAYS WILL CHOOSE THEIR EQUIPMENT/GEAR FIRST DURING CHECK-OUT.



ATHLETICS SUPPORT/PACER & PLAINSMEN PRIDE POLICY:

PART OF DEMONSTRATING LOYAL SERVICE TO OUR SCHOOL MEANS THAT SWIMMERS WILL BE EXPECTED TO ATTEND THE HOME MEETS/GAMES/ MATCHES/ETC. OF THE OTHER ATHLETICS PROGRAMS AT EHS. A MINIMUM OF 6 IS REQUIRED. THE EXPECTATION IS THAT SWIMMERS WEAR THEIR ENID SWIM TEAM SHIRT AND SIT TOGETHER. AS ALWAYS, THE EXPECTATION IS TO BE POSITIVE AND OUTGOING AS YOU SUPPORT YOUR PEERS. #HAVEPRIDE #PLAINSMENPRIDE #PACERPRIDE #POINTSOFPIDE #LIVETHECREED #CHAMPIONSHIPTRAITS



IMPORTANT CONTACT INFORMATION

COACHING STAFF:

LYNDSAY WATTS	LLWATTS@ENIDK12.ORG	(580)977-8271
SAMUEL STEWART	SWIMCOACH2197@GMAIL.COM	(580)603-1067
ASA STEWART	ASAMSTEW2001@GMAIL.COM	(580)603-4645

STRENGTH & CONDITIONING:

TRACY BALDWIN	TRBALDWIN@ENIDK12.ORG
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PARENT LEADERS: NEEDED!

SUBSCRIBE TO REMIND 101: TEXT @ENIDHSSWIM TO 81010

GOOGLE CLASSROOM: STUDENTS ALL HAVE ACCESS TO GOOGLE CLASSROOM. PLEASE ENCOURAGE YOUR STUDENT-ATHLETE TO BE CHECKING THE SWIMMING GC OFTEN, BECAUSE THERE WILL BE ASSIGNMENTS THROUGH THAT PLATFORM.

FACEBOOK: "ENID HS SWIM BOOSTER CLUB" LOCATED AT: [HTTPS://WWW.FACEBOOK.COM/GROUPS/107793102646195/?REF=BR_RS](https://www.facebook.com/groups/107793102646195/?ref=br_rs) THIS GROUP IS FOR DAY-TO-DAY COMMUNICATION. PLEASE HAVE FRIENDS AND FAMILY FOLLOW THE OFFICIAL EHS SWIM PAGE AT:

[HTTPS://WWW.FACEBOOK.COM/ENIDHIGHSCHOOLSWIMMING/](https://www.facebook.com/ENIDHIGHSCHOOLSWIMMING/) *PLEASE NOTE THAT PHOTOS WILL BE PUBLIC AS A RESULT OF YOUR STUDENT'S PARTICIPATION IN EHS SWIMMING. I WILL, HOWEVER, USE COMMON SENSE WHEN POSTING TO THE PUBLIC PAGE.



Enid High School Athletics
Department Information Sheet
For Permanent Records
2020-2021

Sport: **Girls Swimming**

Head Coach: **Lyndsay Watts**

Won and Lost Record (Meets & Invitational Placing)

Won: 4 Lost: 3 Tied: 0

Invitational Places: 4th, 6th, 4th, 1st

Big 10 Conference: 1st

All Conference: Elsa Stewart, Sydney Rogers, KaDyncy Brochu, Gabryela Lara, Emani Panchal, Daniella Sanchez, Kelsey Martin

All Conference Honorable Mention: Jordan Pierce, Audra Hempfling, Sara Garcia

All State Academic Team Honorable Mention

All State:

State Meet Qualifiers:

Elsa Stewart
Daniella Sanchez
Jordan Pierce
Gabryela Lara
KaDyncy Brochu



Enid High School Athletics
Department Information Sheet
For Permanent Records
2020-2021

Sport: **Boys Swimming**

Head Coach: **Lyndsay Watts**

Won and Lost Record (Meets & Invitational Placing)

Won: 6 Lost: 1 Tied: 0

Invitational Places: 1st, 3rd, 1st, 1st

Big 10 Conference Meet: 1st

All Conference Team: Luke Denney, Statton Mantz, Dane Griffin, Weston Stewart, Kade Couchman, Jaziel Estrada, Weston Johnson

All Conference Honorable Mention: Cody Higbee

All State:

State Meet Qualifiers:

Brian Higbee
Luke Denney
Statton Mantz
Jaziel Estrada
Weston Johnson
Weston Stewart
Dane Griffin
Kade Couchman
Luke Rogers

SWIMMING

PARENTS AND SWIMMERS,

DUE TO THE COMPETITIVE NATURE OF HIGH SCHOOL ATHLETICS, WE WILL HAVE TWO SEPARATE TEAMS, REFERRED TO AS VARSITY AND JUNIOR VARSITY (JV). EXPECTATIONS OF SWIMMERS ON THE VARSITY TEAM WILL BE COMMUNICATED AT THE POOL ON 9/15/2020 WHICH INCLUDE, BUT ARE NOT LIMITED TO, ATTENDANCE AT EVERY PRACTICE, MAINTAINING A POSITIVE ATTITUDE, CONTRIBUTING TO THE SUCCESS OF WORKOUTS AND MEETS, NOT FOLLOWING TEAM POLICIES, ETC. SWIMMERS CAN MOVE FROM ONE TEAM TO THE OTHER AT THE DISCRETION OF THE COACHING STAFF, BASED ON ATTITUDE, BEHAVIOR, WORK ETHIC, ACADEMICS, ETC.

Varsity Team	Junior Varsity Team

SWIMMING



WORKOUT SCHEDULE WILL BE AS FOLLOWS BEGINNING OCTOBER 1, 2020:

MONDAY:	2:55-4:30	VARSITY: SWIM	JV: DRYLAND
TUESDAY:	6:00-7:30 AM	VARSITY: MORNING PRACTICE SWIM	
	2:55-4:00	VARSITY: DRYLAND	JV SWIM
WEDNESDAY:	2:55-4:30	VARSITY: SWIM	JV: DRYLAND
THURSDAY:	6:00-7:30 AM	VARSITY: MORNING PRACTICE SWIM	
	2:55-4:00	VARSITY: DRYLAND	JV SWIM
FRIDAY:	2:55-5:15	VARSITY: SWIM	JV: DRYLAND



2021-2022 Swimming Schedule

Date	Opponent	Site	Time
11/2/2021 TUES	BARTLESVILLE	PHILLIPS 66	5:30
11/6/21 SAT	Harrah INVITATIONAL	Harrah HIGH SCHOOL	11:00
11/16/21 TUES	YUKON	Denny Price ymca	5:30
11/19/21 FRI	PCn and Guymon	Denny Price ymca	5:30
12/2/21 THURS	MUSTANG and Harrah HIGH SCHOOL	Denny Price ymca	5:30
12/9/2021 THURS	EDMOND SCHOOLS	MITCH Park YMCA	5:30
12/11/21 SAT	YUKON INVITATIONAL	MITCH Park ymca	11:00
1/7/2022 FRI	PC/BETHANY	Denny Price YMCA	5:30
1/11/22 TUES	PC INVITE	MITCH Park ymca	10:30
1/14/2022 FRI	LAWTON SCHOOLS	LAWTON	4:30
1/18/2022 TUES	BIG 10 CONFERENCE	MITCH Park YMCA	10:30
FEB 4-5	REGIONALS	TBA	TBA
FEB 18-19	STATE MEET	JENKS HIGH SCHOOL	TBA

* SCHEDULE IS SUBJECT TO CHANGE BASED ON THE NEEDS OF EHS AND OTHER SCHOOLS AND GIVEN THE PANDEMIC

SWIMMING

PRACTICE SCHEDULE:

[VIEW FULL SEASON/DAILY SCHEDULE LINKED HERE](#)

AUGUST 18 - 20: MEET IN ROOM 213 AND GO THROUGH THE TEAM HANDBOOK AND GET TO KNOW EACH OTHER.

AUGUST 23 - AUGUST 27: RUNNING/CONDITIONING AT EHS FOR EVERYONE THAT WAS NOT PRACTICING ALL SUMMER LONG

- NEW SWIMMERS/SWIMMERS THAT WERE NOT HEAVILY INVOLVED IN SUMMER CONDITIONING OR ACE WILL RUN AT EHS EVERY DAY THIS WEEK.
- SWIMMERS THAT WERE HEAVILY INVOLVED IN SUMMER CONDITIONING OR ACE WILL SWIM WITH SAM AT THE Y
ALL WILL RELEASE AT 3:35.

AUGUST 30 - SEPT 15: ALL SWIMMERS WILL SWIM DAILY AT THE YMCA FROM 2:50-3:35.

SEPT 15: TRYOUTS (SEE SECTION RELATED TO TRYOUTS)

SEPT 16 - SEPT 30: ALL SWIMMERS THAT HAVE MADE THE TEAM WILL REPORT TO THE YMCA DAILY FROM 2:50-3:35.

OCTOBER 1 - END OF SEASON: STRENGTH/CONDITIONING AND SWIMMING AT DENNY PRICE YMCA DAILY PER THE SCHEDULE
(RELEASE AT RELEASE TIME/PLACE AND PARENTS ARE RESPONSIBLE FOR PICKUP)

SPRING TRAINING: STRENGTH/CONDITIONING AT EHS T, TH (RELEASE AT 3:35). SWIMMING AT DENNY PRICE YMCA W (RELEASE AT 3:35 AND PARENTS ARE RESPONSIBLE FOR PICKUP AT THE Y), RUNNING AT EHS M, F (RELEASE AT 3:35).

SWIMMING

2021-2022 HANDBOOK SIGNATURE PAGE

DUE AUGUST 20TH

I _____ HAVE READ AND UNDERSTAND THE
GUIDELINES IN THE ENID HIGH SCHOOL SWIM TEAM HANDBOOK. I WILL ADHERE TO ALL OF THE
POLICIES WITHIN THE HANDBOOK.

STUDENT SIGNATURE

DATE

I, AS THE PARENT/GUARDIAN OF _____ HAVE READ AND
UNDERSTAND THE GUIDELINES IN THE ENID HIGH SCHOOL SWIM TEAM HANDBOOK. I WILL SUPPORT
MY CHILD IN ADHERING TO ALL OF THE POLICIES WITHIN THE HANDBOOK.

PARENT/GUARDIAN SIGNATURE

DATE

