

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.


# LAMAR HIGH SCHOOL SWIMMING & DIVING

“THERE ARE NO LIMITS TO WHAT YOU CAN ACCOMPLISH,  
EXCEPT THE LIMITS YOU PLACE ON YOUR OWN  
THINKING.” – BRIAN TRACY



## OUR MISSION


WE FOSTER, THROUGH SWIMMING & DIVING, CITIZENS THAT WILL MAKE A POSITIVE IMPACT IN SOCIETY BY BUILDING A VALUE SYSTEM THAT LEADS TO HIGH LEVELS OF LEADERSHIP & SUCCESS BOTH INSIDE & OUTSIDE THE REALM OF SWIMMING





## OUR VISION

A NATIONAL & STATE MODEL OF EXCELLENCE  
ESTABLISHED THROUGH HARD-WORK, DEDICATION,  
& CHARACTER DEVELOPMENT



# COACHES

- HEAD COACH : LAURA NEVILLE
- ASSISTANT SWIM COACH : ANDREW COUTY
- ASSISTANT DIVING COACH : ANDREW COUTY

# PARENT INVOLVEMENT

- OBJECTIVE : TO GAIN MORE INVOLVEMENT IN DIFFERENT AREAS ( COMMITTEES OF PEOPLE ) TO ALLOW FOR MORE COLLABORATION
- EXPECTATION : UNDERCLASSMEN PARENTS WILL BE INVOLVED
- SENIOR PARENTS : FOCUS ON SENIOR CENTERED ACTIVITIES & WORK AS “CONSULTANTS”. THEY SHOULD ENJOY THEIR STUDENT-ATHLETE’S SENIOR YEAR.
- THIS CONTINUUM ENSURES THAT THERE ARE ALWAYS PEOPLE WE CAN LEAN ON FOR ADVICE/HELP

# OFFICIALS

- WE NEED AT LEAST 4 OFFICIALS TO RUN MEETS.
- PLEASE CONSIDER BECOMING AN OFFICIAL
- UIL SWIMMING OFFICIALS CLINIC TBD

# WEBSITE

- PLEASE USE THE WEBSITE AS YOUR REFERENCE TO ALL IMPORTANT INFORMATION IN REGARD TO THE PROGRAM EXCEPT DAILY PRACTICE WHICH INCLUDES MEET SCHEDULE, PRACTICE SCHEDULES : [HTTPS://WWW.HOUSTONISD.ORG/DOMAIN/19873](https://www.houstonisd.org/domain/19873)

## ATTENDANCE

- **STUDENT-ATHLETES ARE EXPECTED TO BE AT ALL PRACTICES & MEETS UNLESS ARRANGED OTHERWISE. COMMUNICATION IS KEY.**



# PRACTICE SCHEDULE ( JUNIOR VARSITY)

- JV – DURING ATHLETIC PERIOD
- DIVING – DURING ATHLETIC PERIOD

# PRACTICE SCHEDULE ( VARSITY )

- ATHLETIC PERIOD
- THOSE WHO DO NOT SWIM CLUB WE WILL BE BALANCING SOME ADDITIONAL TRAINING HOURS

# PRACTICE SCHEDULE ( DIVING )

- ATHLETIC PERIOD
- SEASON SCHEDULE ON WEBSITE

# MEET SCHEDULE

- POSTED ON WEBSITE ( SUBJECT TO CHANGE AT ANY TIME )
- 2 DIFFERENT SCHEDULES POSTED 1 SWIMMING / 1 DIVING



# ATHLETE EXPECTATIONS

THE NEXT SEVERAL SLIDES WILL GO OVER ATHLETE  
EXPECTATIONS



# INHALERS / EPI'S / GLUCOSE PUMPS

- IF YOU USE ANY OF THE PRODUCTS LISTED ABOVE, WE MUST HAVE ONE TO KEEP THROUGHOUT THE YEAR NO LATER THAN FRIDAY
- MAKE SURE THEY ARE NOT EXPIRED
- IF NOT TURNED IN, THEY CANNOT PRACTICE OR COMPETE. SAME FOR IF THEY ARE EXPIRED.

# TEAM CULTURE

- CULTURE IS VITAL IN SUCCESS SO WE ARE CONSISTENTLY STRIVE FOR THE FOLLOWING IN ACCORDANCE WITH OUR VISION :
- POSITIVE ENERGY
- TEAMWORK
- RESPECT
- INTEGRITY FILLED
- CONSISTENT
- OVERALL EXCELLENCE

# TEAM CULTURE

- BE A GREAT TEAMMATE FIRST & FOREMOST. WE WILL SPEND MUCH TIME DISCUSSING WHAT THIS LOOKS, SOUNDS, FEELS LIKE
- BE RESPECTFUL & SHOW GENUINE CARE TO EVERYONE
- BE ON TIME “ TEXANS TIME”
- HAVE GOALS BOTH SHORT & LONG-TERM & IN THE POOL & OUT OF THE POOL
- STRIVE TO BE YOUR BEST SELF EVERY SINGLE DAY ( ALL OUTLINED IN THE STUDENT – ATHLETE HANDBOOK)



# LAMAR HANDBOOK

- YOU, AS THE ATHLETE, ARE RESPONSIBLE TO KNOW THE RULES; IGNORANCE IS NEVER AN EXCUSE
- EVERY ATHLETE MUST SIGN
- YOU WILL NOT COMPETE UNTIL YOU HAVE SIGNED

# RULES & REGULATIONS

- VAPING
  - MAJOR PROBLEM AMONGST HS STUDENTS IN GENERAL
  - ILLEGAL
  - WILL BE SUSPENDED WITH POSSIBLE REMOVAL FROM TEAM
  - KIDS SENT HOME
- SOCIAL MEDIA
  - MONITOR SOCIAL MEDIA
  - CAN RESULT IN SEVERAL MEET SUSPENSIONS

**AS A LAMAR  
STUDENT-ATHLETE  
YOU REPRESENT  
MANY THINGS :**

YOURSELF

YOUR PARENTS

YOUR FAMILY

YOUR COACHES

YOUR TEACHERS

LAMAR SWIMMING & DIVING

LAMAR HS IN GENERAL

CLUBS & ORGANIZATIONS, AND MORE

WITH THIS IN MIND, OUR GOAL TOGETHER IS TO PROVIDE YOU WITH THE BEST OUTLET TO MAKE THE BEST POSSIBLE CHOICES. IT IS AN HONOR- TO REPRESENT OUR TOP-NOTCH PROGRAM THAT IS STEEPED IN TRADITION. KEEP THAT IN MIND WHEN YOU THINK A DECISION COULD JEOPARDIZE ANY OF THE AFOREMENTIONED PARTIES, BUT SPECIFICALLY THIS ONE. IF YOU THINK THERE MAY BE A REASON NOT TO DO SOMETHING BECAUSE OF THE LIST TO THE LEFT, THEN TAKE A STEP BACK AND DON'T DO IT.

# STUDENT – ATHLETE RESPONSIBILITY

- STUDENT COMES BEFORE ATHLETE
- NO PASS = NO SWIM OR DIVE
- USE STUDY HALL FOR YOUR TUTORING NEEDS
- IF YOU ARE STRUGGLING, PLEASE DISCUSS WITH US. WE ARE HERE TO HELP GUIDE YOU AND WE HAVE ATHLETES IN OUR PROGRAM THAT MAY BE WILLING TO TUTOR AS WELL
- ALL ATHLETES SIGN A CODE OF CONDUCT WILL BE POSTED ON THE WEB SITE
- CONTINUOUS FAILING WILL RESULT IN REMOVAL FROM THE PROGRAM

# COMMUNICATION

- SWIMMERS MUST COMMUNICATE WITH THE COACH IF THEY ARE GOING TO MISS PRACTICE OR MEETS ( EMAIL, TEXT, ETC). ATHLETES ARE RESPONSIBLE TO DO THIS, NOT PARENTS.
- WE ARE TEACHING THEM RESPONSIBILITY.
  - THE REASON FOR THIS IS ABOUT RELIABILITY & CHECKS & BALANCES
  - FAILURE TO DO SO COULD RESULT IN MEET SUSPENSION AND / OR MAKEUP PRACTICES
- PLEASE BE PATIENT IF NO RESPONSE TO AN INQUIRY UNTIL THE NEXT DAY. IF NO RESPONSE THE NEXT DAY, I AM PERFECTLY FINE WITH A GENTLE NUDGE
- WE ARE PARTNERS IN DEVELOPMENT OF OUR STUDENT-ATHLETES AS ATHLETES AND PEOPLE FIRST & FOREMOST

# COMMUNICATION

- ALL ATHLETES ARE ON REMIND FOR INFORMATION
  - SCHEDULE CHANGES WILL BE ANNOUNCED THROUGH REMIND
- FOLLOW ALONG ON SPORTS YOU

# CHAIN OF COMMUNICATION

- PLEASE IF THERE IS ANY ISSUE THAT ARISES OR QUESTIONS THAT YOU HAVE THAT IS SWIMMING & DIVING RELATED CONTACT THE COACH FIRST
  - ADMINS & AP'S WILL NEED TO CONTACT US ABOUT IT ANYWAY & TYPICALLY ARE NOT AWARE OF THE NATURE OF THE PROBLEM
  - WE CAN LIKELY PROBLEM SOLVE TOGETHER
  - THIS TYPICALLY MAKES FOR A SPEEDIER & MORE EFFICIENT PROCESS
- IF YOUR NEEDS ARE NOT MET, PLEASE CONTACT COACH MICHEAL LINDSEY , OUR ATHLETIC COORDINATOR ON CAMPUS BEFORE CONTACTING THE DISTRICT ATHLETIC DIRECTOR

# MEET PICK - UP

- FOR THOSE WHO PICK UP THEIR STUDENT – ATHLETE AFTER MEETS AT THE SCHOOL
  - PLEASE BE ON TIME....WE WILL SEND A TEXT ETA



# HS & CLUB RELATIONSHIP

- WE MUST BE PARTNERS IN DEVELOPING OUR SWIMMERS
- COMMUNICATION IS VITAL
- REGULAR DISCUSSIONS WITH SWIMMERS ABOUT HOW THEY FEEL ( BROKEN DOWN, INJURIES)
- DECEMBER REST / TAPER MEETS
- HS CHAMPIONSHIP SEASON

# LOCKERS

- PLEASE KEEP YOUR PERSONAL ITEMS & BELONGINGS INSIDE YOUR LOCKER LOCKED ACROSS FROM THE POOL
- DO NOT SHARE LOCKERS
- DO NOT SHARE YOUR LOCKER COMBINATION
- PLEASE KEEP AREA CLEAN AND TIDY

# EQUIPMENT

- TEAM EQUIPMENT
  - EQUIPMENT IS IN GOOD SHAPE. LET'S KEEP IT THAT WAY
  - CLEAN UP EQUIPMENT EVERY TIME YOU ARE IN THE POOL
- PERSONAL EQUIPMENT
  - LOCKERS ( KEEP CLEAN & TIDY IF NOT LOSE PRIVILEGE)
- KEEP THE LOCKER ROOM AREA CLEAN
- IT IS YOUR RESPONSIBILITY TO CLEAN UP AFTER YOURSELVES! THIS INCLUDES AREAS AT MEETS, EATING IN THE CAFETERIA , THE BUS, ETC
- LEAVE EVERYWHERE BETTER THAN YOU FOUND IT

# EQUIPMENT

- CLUB ATHLETES ARE PROHIBITED FROM USING OUR EQUIPMENT DURING CLUB PRACTICE, BUT CAN USE DURING HS PRACTICE
- IF YOU SWIM CLUB ONCE OUR PRACTICE HAS ENDED, YOU WILL NOT BE ABLE TO ACCESS THE LOCKER ROOM TO RETRIEVE YOUR BELONGINGS

## DO I NEED A TECH SUIT

ALTHOUGH NOT REQUIRED, TECHNICAL SUITS ARE USED FOR CHAMPIONSHIPS MEETS ( TISCA, DISTRICT, REGION, STATE) BY ALMOST ALL SWIMMERS. WITHOUT ONE AT THE VARSITY LEVEL, YOU WILL BE AT A DISADVANTAGE. THERE ARE MANY AFFORDABLE OPTIONS OUT THERE. PLEASE ASK THE COACH IF INFORMATION IS NEEDED.

## IF I AM ON JV, CAN I MOVE UP TO VARSITY?

- YES, WE WILL EVALUATE SPECIFIC CASES AT THE END OF THE JV SEASON & DETERMINE IF MOVE-UPS ARE WARRANTED
- SEE NET SLIDE ABOUT DISTRICT PARTICIPATION

# HOW THE DISTRICT TEAM IS COMPOSED

- TOP 4 ELIGIBLE SWIMMERS IN THE PROGRAM IN EACH INDIVIDUAL EVENT WITH EACH SWIMMER SWIMMING A MAXIMUM OF 2 INDIVIDUAL EVENTS
  - NOTE: IF THE TOP 16 SWIMMERS EACH SWIM 2 EVENTS, THERE COULD BE A MINIMUM OF 16 SWIMMERS COMPETE AT DISTRICTS
- RELAYS ARE COMPOSED OF THE TOP 4 SWIMMERS OR AT THE COACH'S DISCRETION SWIM OFF'S, ETC MAY BE CONSIDERED

# DISTRICT TEAM COMPOSITION

- ARE ONLY THIS SEASON'S TIMES CONSIDERED?
  - WE WILL LOOK AT A VARIETY OF CONSIDERATIONS: FIRST, IN SEASON TIMES. SECOND, WE LOOK AT PAST PERFORMANCE. THIRD, DID A PERSON TAPER TO EARN THAT TIME- OR WERE THEY SUITED, WHEN SOMEONE WHO HAS THE SAME TIME HASN'T BEEN ALLOWED THAT OPPORTUNITY? ALL OF THIS INFORMATION MUST BE TAKEN INTO CONSIDERATION WHEN COMPLETING A DISTRICT LINEUP.



## IF I DON'T MAKE THE DISTRICT TEAM ...

- OUR COACHING STAFF'S GOAL IS FOR EVERYONE TO GET A "LAST" SHAVED, SUITED & RESTED/ TAPERED SWIM
- WE WILL USE THE LAST DUAL MEET FOR A LAST CHANCE FOR THOSE ON THE "BUBBLE" AS WELL AS POSSIBLY NON TISCA INVITES AND JV DISTRICTS
- WE WILL BE ASSESSING & COMMUNICATING CONSISTENTLY WITH OUR ATHLETES TO BE AS TRANSPARENT AS POSSIBLE

# RELAYS

- IN DUAL MEETS, WE WILL SWIM UP TO 4 RELAYS
- IN CHAMPIONSHIP MEETS:
  - IN MOST CASES ( DISTRICT, REGION, STATE) THERE IS ONLY AN “A” RELAY
  - THIS “A” RELAY IS A TEAM RELAY, WHEN THE RELAY ADVANCES FROM DISTRICT – REGION, THERE CAN BE CHANGES TO THE RELAY & THEN AGAIN FROM REGION – STATE
  - EXAMPLE : SWIMMER A IS ON DISTRICT RELAY & IS OUTSWAM BY SWIMMERS B IN SAME EVENT AT THE DISTRICT MEET; SWIMMER B MAY GET MOVED TO THE REGION RELAY

REMIND CODES FOR PARENTS  
VIA APP TO JOIN CLASS  
VIA TEXT TO 81010

- JV : @LHSJSWIM
- VARSITY : @LHSVSWIM

# MUST BE COMPLETED BEFORE PARTICIPATING IN ANY SPORTS

- PARENT APPROVAL FOR PARTICIPATION IN ATHLETICS
- STUDENT MEDIA & CONSENT & RELEASE FORM
- ACKKNOWLEDGEMENT OF RULES
- ANABOLIC STEROID AGREEMENT/ACKNOWLEDGMENT FORM
- CONCUSSION ACKNOWLEDGEMENT FORM
- SUDDEN CARDIAC ARREST AWARENESS FORM
- PRE-PARTICIPATION PHYSICAL FORM
- HISD INSURANCE WAIVER \$ 35.00 ( NO CHECKS) AND / OR INSURANCE WAIVER ( NOTARIZED, COPY OF DL , AND COPY OF INSURANCE CARD
- PAPF ( PREVIOUS ATHLETIC PARTICIPATION FORM ) IF NEEDED

THANK YOU & TIME FOR ?????'S