



## Belton ISD Middle School Swimming



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### Eligibility

Belton ISD middle school students enrolled in grades 7 & 8 are eligible to participate. This is not a learn to swim program. Swimmers should be able to swim at least 50 yards, or two lengths of the pool, freestyle and backstroke without stopping, as well as demonstrate they have an understanding of breaststroke and butterfly (25 yd each) even if it is not correct. Interested students should ensure middle school swimming is on their schedule for the last period of the day. Participants are not required to have an athletic physical on file.

### At Home Learners

Students who are enrolled in at home learning, will be eligible to participate in middle school swimming, but must provide their own transportation to and from the Swim Center for practice. If a student cannot provide transportation to and from the Swim Center, they may stay enrolled in swim, but MUST attend tryouts the first 4 days of school to stay enrolled. After the tryout period, if they make the team and are at-home learners with no transportation, they will be sent dryland workouts to complete at home. It is highly recommended that at-home learners without transportation, choose a traditional PE course instead of swimming.

### Course Credit

Middle school swimming serves as a PE credit for students. Each completed semester counts as 0.5 PE credits. Middle school swimming is not considered part of middle school athletics, rather a PE alternative.

### Practices

Practices will only take place only on days when Belton ISD students are physically in school. This means that in the hybrid model, there is no practice on Wednesdays. If the district transitions to a different model, we will send up an updated practice schedule.

Athletes will be released from class and board a bus at their home campus and will be dropped off at the Swim Center. Athletes will arrive at the Swim Center and change into swimsuits, caps, and goggles to get ready to swim, or workout gear to participate in dryland/conditioning outside the water. Athletes will have access to changing facilities, but will not have a locker. They will need to bring their swimsuit, towel, cap, and goggles with them each day, and take them home each day. Athletes will enter the water at 3:20pm and practice until approximately 4:15pm. Swimmers may either be picked up from the Swim Center, or board a bus at Belton HS that will take them home.

Tiger Shark Club Swimmers who sign up for middle school swimming must participate in practice in the pool. There will be no study hall option available. Middle school club swimmers may utilize the Off Campus PE (OCPE) program to gain PE credit for participation in club sports. See the campus counselor for more details.

## **Required Equipment**

Athletes must provide their own personal swimsuit, cap, goggles, and towel. Girls are required to wear a one piece swimsuit. Athletes may choose to bring their own mesh equipment bag with fins, kick board, and pull buoy, however, it is not required. Extra training items are available to borrow at the Swim Center. Personal equipment bags may be stored on hooks behind the bleachers, however, Swim Center staff is not responsible for lost or stolen items.

## **Transportation**

Swimmers will be bussed from their middle school to the Swim Center for practice. Practice ends at 4:15pm. Swimmers may ride the bus home after practice or guardians can pick up at the Swim Center no later than 4:45pm. Instructions for identifying the bus number, and drop off time, can be found below. Repeated failure to pick up swimmers in time could result in dismissal from the program.

### **Instructions for Identifying Bus Number Home**

1. Go to the following site: <http://www.infofinderi.com/ifi/?cid=bi5azl2r6zu>
2. Type in the student's home address
3. Enter the zip code
4. In the drop down menu, select BELTON HIGH SCHOOL
5. Click Search
6. The morning and afternoon bus routes are listed. Look at the PM time to determine which bus to board after practice.
7. The bus number is in the lower left hand corner, and are the first numbers before the dash.
8. The approximate drop off time at the students home is listed there.

## **Locker rooms**

Athletes will have access to changing spaces and restrooms, but will not have a locker room to store items. Backpacks, towels and personal items will be left on the bleachers during practice and taken home after each practice.

## **Competitions**

Athletes will not compete or travel to competitions. There will be opportunities during the school year to participate in mock meets, intersquads, and time trials amongst the other Belton ISD middle school swimmers.

## **Tryout**

In order to remain in the swim program, each swimmer will try out during the first week of school. The tryout will consist of an evaluation of each swimmers endurance, stroke technique, and speed. While there is no time standard requirement, swimmers should be able to swim two lengths of the pool freestyle and backstroke. Swimmers who do not make it will be notified privately and parents will be emailed. Students who do not make it will have a schedule change processed with the campus counselor.

## **Grading Policy:**

Attendance will be taken daily upon arrival to the swim center. Athletes will change and sit in their assigned space in the bleachers until they are released to swim or conditioning by a coach.

- Students will receive a weekly formative grade for participation (100pts). Participation includes dressing out and fully participating in swim practices, competition, and conditioning on days they are present at school.

- Each day that an athlete does not participate they lose their daily participation points (20pts). Swimmers who arrive with a nurse/blue slip will not lose points for sitting out. Please see the policy below for more details.
- Swimmers will also have three summative grades (tests) each marking period. These include a variety of tasks such as time trials.

### **Sick Process**

Students are expected to participate when they are at school, however, there are times when students are well enough to attend school, but may not be able to swim or attend conditioning.

- Nurse/Blue slip - required from the nurse if a female swimmer has her menstrual cycle and chooses not to swim. A blue slip will be required each day they sit out. Swimmers with a blue slip will not lose points from their grade.
- Doctors note - if a student is well enough to attend school, but not to swim for an extended period of time, a doctor's note will be requested in order for the student to not lose participation points. This may be something like a musculoskeletal injury, or a disorder/condition which requires extended time off.
- Parent note - a parent note may be sent in excusing a student from participation, however, the note is only effective for 2 days. If the student must sit out for more than 2 days, a doctor's note must be provided, or detailed communication in regards to a treatment plan/future doctor's visits. This is best done by calling or emailing the coach to communicate the situation.

### **Removal from Middle School swim:**

If a student does not participate for a total of 5 days during a marking period, they will be removed from the swim period. This only applies to those who do not have a nurse blue slip/Doctor's note. Parent notes are not a substitute for extended time out of practice. Swimmers are expected to follow the rules of the swim center, lifeguards, and coaches. Swimmers who fail to follow instructions may be removed from the program.