

BCS '19-'20 GIRLS SWIM TEAM PRESEASON PARENT MEETING

Introductions

- * Mat Brown-mbrown@birmingham.k12.mi.us
- * Bill Johansson – wjohansson@birmingham.k12.mi.us (248) 203-4476
- * Important team information will be emailed. If you have not received an email, please contact Bill Johansson to get on the team distribution list.
- * Please feel free to call or email us if you have any questions, comments, or concerns.

Team Goals

- * We strive to create an environment where each swimmer can improve, have fun and work together as a team.
- * We strive for individual and team success.

Swim Meets

- * Lineups will be posted and emailed the day before the meet. Please be aware that there may be some last minute revisions. The lineup is not set in stone until it is turned in to the meet scorer.
- * All girls will swim in the meets unless they fail to attend practices.
- * Girls will ride the bus to our away meets. Parents are responsible for the ride home.
- * The girls should be provided healthy snacks before each meet. We need parent volunteers to provide snacks, and coordinate the efforts. Snacks could include things like bottled water, granola bars, fruit, etc. Allergies?

Attendance

- * Swimmers are expected to attend practice 5 days a week. Club swimmers should make arrangements with the coaches.
- * If any practice is going to be missed, please let us know via note, email, or phone call. If a swimmer has unexcused absences they will not be allowed to swim in the meet.
- * This is a very short season, every practice counts.

Parent Volunteers

- * We encourage you to volunteer to help this season. Timing, snacks, and party planners are needed.

Positive Team Attitude

- * During practice and at meets, we expect the girls to be respectful of their teammates and their opponents.
- * We want ALL swimmers to enjoy their season.
- * Social Media policy

Other:

- * Club, outside competitions rules
- * Please be sure that the girls have a combination lock and use it.
- * Q & A

Please do not hesitate to contact us with any questions or concerns,

Bill Johansson
(248) 203-4476
wjohansson@birmingham.k12.mi.us

Mat Brown
mbrown@birmingham.k12.mi.us

BCS Girls swim '19-'20 Schedule (as of 11/14/19)

Mo.	11/18/19	Home	Derby Red	4:15
Mo.	12/2/19	Home	Derby White	4:15
We.	12/4/19	Home	EHMS	4:15
We.	12/11/19	Away	Berkshire Silver	4:15
Mo.	12/16/19	Home	Cranbrook	4:15
We.	12/18/19	Away	Berkshire Black	4:15
Th.	1/9/20	Home	BHMS	4:15
We.	1/15/20	Groves	League meet	TBA

*Parent Meeting – Thursday, Nov. 14th 5:35
(Team suits, swim caps, shirts, etc. will be available for purchase)

*Picture day – TBA

A brief guide to BCS Middle School swimming:

For those of you that are new to swimming - please pack your son or daughter healthy snacks to eat prior to the meet (a banana or small peanut butter sandwich is good). Also, pack a sport drink for them, if they want one.

The meets generally run between 1 to 2 hours (depends on how many people are on the other team).

The events are swum by "heats". In the points heat, the teams are competing for the points used to score the meet. Additional heats are called exhibition - the swimmers strive to improve their times and work toward moving up to the points heat. (For those of you that have attended swim meets - the exhibition heats are a bit different in middle school, as they are generally swam separately by each team - all the BCS swimmers will be in their exhibition heats, then the opposing team will swim their exhibition heats.)

There are 10 events, swam in this order: 200 Medley relay, 200 Free, 100 Individual Medley (IM), 50 Free, 50 Fly, 100 Free, 200 Free relay, 100 Back, 100 Breast, 400 Free relay. There will also be an exhibition heat of 50 Breast or Back (for 6th graders only) right after the 100 Breast.

These pools are in yards - generally outdoor summer swimming is in meters.

Finally - dress in layers, even though it will be the middle of winter - it is usually quite warm in the pool area.

Parents of BCS swimmers:

To clarify the state regulation regarding concurrently competing in the same sport for a non-school sponsored team:

LIMITED TEAM MEMBERSHIP

Section 13 (A) – A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a junior high/middle school athletic team, participates in any athletic competition not sponsored by his/her school in the same sport in the same season, shall become ineligible for a minimum of the next two days of competition and a maximum of the remainder of that season in that school year. **The following exception to this regulation will apply for swimming and track and field:**

- 1. The regulation will apply from the point of the student's first participation in a contest or scrimmage, rather than practice.*
- 2. During the school season, a member of the team in that sport may participate in a maximum of two non-school meets or contests in that sport while not representing his/her school. An event held on not more than three consecutive calendar days is considered a single meet (for the purposes of this section only).*

In summary, no student can swim for an outside team and BCS if they participate in more than two outside meets for that outside team from the date of the first meet until the last meet.

Paul DeAngelis

Deputy Superintendent for Educational Services

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Birmingham Public Schools...

Inspiring learners through educational excellence for a lifetime of global opportunities.

Memorandum

March 11, 2013

To all student athletes and parents/guardians:

In response to a growing concern about inappropriate use of electronic devices and/or social media by students, we must continue our attention on communicating with student athletes and parents/guardians our expectations of exemplary behavior as defined through the philosophy of our athletic program, the District's mission of character education, and Board of Education Policy.

The information below summarizes language from the Student Code of Conduct and Athletic Code of Conduct. Included is a statement that reminds our students to use electronic devices and social media in a manner that is consistent with our expectations of exemplary behavior.

I appreciate your cooperation and support as we continue to address this matter. We believe that educational athletics are an integral part of the total educational program, and competition in educational athletics provides our student athletes experiences beyond the academic curriculum. We expect our student athletes to represent themselves properly at all times, and this expectation comes with the privilege of participating in middle school and high school athletics.

Sincerely,

Mark Morawski, Principal

ATHLETIC DEPARTMENT MISSION STATEMENT

Birmingham Public Schools' Athletic Department supports competition in educational athletics and promotes the development of character in student athletes.

STATEMENT OF PHILOSOPHY

Birmingham Public Schools believes that educational athletics are an integral part of the total educational program. Competition in educational athletics provides our student athletes experiences beyond the academic curriculum. Success in educational athletics is measured qualitatively – through the total experience for our student athletes – not quantitatively – by wins and losses. Success is measured by the development of character, and the essential elements of character are embodied in the tenets of sportsmanship, leadership, teamwork, responsibility, dedication and professionalism. Participation in educational athletics is a privilege, not a right. Participation is reserved for our student athletes who demonstrate a commitment to academics and the tenets of character. Working collaboratively, coaches, administrators and parents will serve as valuable assets in the development of our student athletes.

This combined support of the Athletic Department's mission is critical to helping our students reach their academic and athletic goals.

CHARACTER EDUCATION

Character education is integral to all that is done in school, and most effective when school, home and community work together. The oldest and most critical mission of schools, character education focuses on core human values, including virtue, good habits and disposition. Character education is about ways of being that are constantly practiced and developed to strengthen students from within. The goal is to help students become morally responsible, self-disciplined citizens. It is expected that students will develop:

- A. **Positive Attitude** – Students should strive to be hopeful and confident in their thoughts and actions about themselves, others and the future.
- B. **Honesty and Integrity** – Students should show others, by their just and principled words and actions, that they are deserving of their trust.
- C. **Respect and Kindness** – Students should show empathy and regard for others, the environment and the world around them.
- D. **Responsibility and Accountability** – Students should show that they follow through on commitments and are answerable for their actions and decisions.

CODE OF CONDUCT

Again, participation in extra-curricular activities is a privilege, and the District expects its students to behave in an exemplary fashion at all times. The athletic code of conduct is in effect from the first day a student joins an athletic team. The athletic code of conduct defines expectations for behavior on campus, off campus, 24 hours a day and 365 days a year. Student athletes must make good decisions about behavior and his/her health, or accept the consequences for poor choices, which may include dismissal from the athletic program or activity.

ELECTRONIC DEVICES and SOCIAL MEDIA

"Electronic devices" are defined as, but not limited to: cellular telephones, laptops, pagers, and all other devices, including electronic communication devices (ECDs) and electronic storage devices (ESDs), in which the major purpose of the device is to transmit and/or receive voice, imaging, and/or alphanumeric communications. Board of Education policies detail the appropriate and inappropriate use of electronic devices. "Social media" shall be defined as internet-based applications (such as *Facebook, YouTube, Twitter, Instagram*, etc.) that turn communication into interactive dialogue between users.

Student athletes are cautioned to use electronic devices and social media in a manner that is consistent with the philosophy of our athletic program and the District's mission of character education. Coaches and building administrators shall discipline student athletes who use electronic devices and social media in a manner inconsistent with the philosophy of the athletic program, the District's mission of character education and/or Board of Education policies. Discipline may include exclusion from participation.

The taking, disseminating, transferring, or sharing of obscene, pornographic, lewd, illegal images or photographs, or items that disrupt the educational

process, whether by electronic data transfer or otherwise (commonly called texting, 'sexting', emailing, etc.) may constitute a crime under State and/or Federal law. Any person taking, disseminating, transferring, or sharing obscene, pornographic, lewd, illegal images or photographs, or items that disrupt the educational process will be disciplined, and may be reported to law enforcement and/or other appropriate State or Federal agencies. Staff members shall only engage in electronic communication with students via email, texting, social media and/or online networking media (*Facebook, YouTube, Twitter, Instagram, etc.*), Skype, blogs, etc., when such communication is directly related to curricular matters or co-curricular/extracurricular events or activities with prior approval of the principal. Staff members are prohibited from electronically transmitting any personally identifiable image of a student(s), including video, photographs, streaming video, etc. via email, text message, or through the use of social media and/or online networking media (*Facebook, YouTube, Twitter, Instagram, etc.*), Skype, blogs, etc., unless such transmission has been made as part of a pre-approved curricular matter or co-curricular/extracurricular event or activity such as a school-sponsored publication or production in accordance with Policy 5722