



## Coaches

Head Coach - Matt Goldberg  
[mgoldberg@concordcarlisle.org](mailto:mgoldberg@concordcarlisle.org)

Diving Coach - Kim Donovan, [kimdono@gmail.com](mailto:kimdono@gmail.com)

## Assistant Coaches

Jerry Moss, Cathie Petersen,  
Janet O'Shea, Jenny Wolf, & Kristen Brozowski

## Captains

Iris Chen, Silas Gramaglia, Jenny Li, Livy Poulin, Juliet  
Taylor, & Vy Vo

## Required Items: team suit, team cap, team shirt

The team shirt is the same as last year. If you have one from last year in good condition, you don't need a new one. If you don't have one, or yours is in need of replacing, please order one. We are using a similar style suit and cap as last year so former team members need not order new ones if they have items that fit and are in good condition.

Also, everyone will need their own swim fins for training. You can get them fairly inexpensively at the Maynard Outdoor Store. I found these on Amazon for about \$21.



## Optional Items:

Backpacks are available from the suit vendor (Varsity Sports), sweatshirts and other apparel from a different vendor. The important point is that all of these items are *optional* and you may choose to order all, some or even none.



## Concord Carlisle Swimming & Diving Team Rules

1. Concord Carlisle Swimming & Diving is a varsity sport, which requires a commitment to the team, the team's goals, and to each other. We expect that family and academics take precedence over CCSD. But, if you have too many other commitments that take precedence over the team, then maybe CCSD isn't right for you.
2. Be on time to all practices and meets. Dual meets typically take 2.5 - 3 hours, plus travel time to away meets. The Relay Carnival, DCLs, Sectionals and States typically take longer.
3. We travel to and from competitions together on the bus. If you should need to arrive late to or leave early from a meet, a parent/guardian must make the request 24 hours in advance by email to Mr. Haley ([bhaley@concordcarlisle.org](mailto:bhaley@concordcarlisle.org)) and cc Coach Goldberg.
4. We practice during December vacation. These practices are important. Don't miss them. This year States is on the first weekend of February break. It has happened in the past that States got cancelled due to snow, and athletes needed to train through February break as well.
5. Practices during Midyear Exam week are OBHR (optional but highly recommended). Missing training that late in the season *will* affect your end-of-season performance. Exercise is also a great stress reducer!
6. This year we are anticipating a very large team. To manage the large numbers and not overcrowd the training lanes, there will be 8 practices per week. On Mondays and Wednesdays, some swimmers will practice in the afternoon, others will practice in the evening.
7. If you must be late to practice for academic reasons, please arrive with a note from the teacher. If you arrive late or need to leave early, talk to a coach before entering the water or leaving the pool deck. If you can reasonably anticipate the need to miss a part or all of practice, let Coach Goldberg know ahead of time. But remember, when you miss practice, you lose that opportunity to train and you may not progress as much as you had hoped.
8. Complete the Season Conflicts form on Google Classroom. The earlier that the coaches know that you will miss practice (hopefully not any meets), the better we can plan.
9. Arrive to meets prepared with your meet suit, goggles, cap, team shirt, a water bottle, and an extra towel and more warm clothing to keep you from getting too cool on the pool deck. Extra goggles and caps in your swim bag are a must!
10. Arrive to practice prepared with your suit (not your meet suit), goggles, cap, fins, a water bottle, and an extra towel (for dryland training on the deck). Keep extra goggles and caps in your swim bag.
11. All school and MIAA rules apply. Know the Chemical Health Policy, Eligibility Rules, Bona Fide Team Member Rule, and Hazing Law (all attached).
12. Respect our surroundings. Always pick up after yourself and your teammates before leaving any pool or locker room. Locker rooms and pools are public places, and know that people will overhear your conversations. You represent the team and the school.
13. Respect the officials. My experience has been that all of our officials have fairness to you as their primary goal. Thank them for their work at the end of the meet.
14. Respect the coaches. I think you'll find that we have an amazing coaching staff with more than 100 years of combined coaching experience. We might not always be right, but we are always thoughtful. Our goals are to help you improve your fitness, technique, speed and sportsmanship.
15. Respect your opponent. Win or lose, you will be pushed to be your best because they are there to compete. Show good sportsmanship. After your race, shake hands and say "Nice job!" and mean it.
16. Respect each other. Cheer your teammates on during practice and races. Congratulate each other on a job well done. Look for compliments *and share them publicly*.
17. Respect yourself. This comes in many forms: good nutrition, plenty of sleep, and proper hydration are included. Work as hard as you can during practice, and challenge yourself during competition. You also need to recognize your own successes, and forgive yourself when you fail to reach your goals.



## **District, State & MIAA Rules**

### **MIAA Rule 62 Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco**

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess (possession includes group possession, e.g., in automobiles, etc.), buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again. Minimum PENALTIES: First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season. Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. For the student, these penalties will be determined by the season the violation occurs. If this offense occurs while the athlete is in season, he or she will be removed from the team for the rest of that season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

### **Practice Schedule Policy**

Practice and game schedules, particularly in the case of winter and spring sports, include school vacation weeks for Varsity and Junior Varsity teams. Students and families should take this into consideration when students decide to try out for teams that have vacation week game/practice schedules. Absence during vacation weeks due to family vacations is considered an excused absence. Students who are absent from practice or games for any reason, including taking a vacation, should not expect to resume their starting positions immediately upon returning. Coaches will determine when a student who has been absent is physically fit to play. Depending upon the length of absence, there is a possibility of the "substitute player" retaining the starting position. All personnel decisions (including playing time) will be made by the head coach in each sport.

### **School Attendance Policy**

Students must be present in school all day (7:35 a.m. to 2:11 p.m.) and attend every class and study hall to be able to practice or play in a game on any given day in season. Exceptions include school field trips, and absences or dismissals approved ahead of time by the administration such as a college visit.

### **Student Eligibility**

59.1 A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.



### **MIAA Bona Fide Team Member**

The Bona Fide rule requires that members of a school team actively participate in all team practices and competitions. Members of a school team are precluded from missing a high school practice or competition in order to participate in a non school event/activity in any sport recognized by the MIAA.

### **Massachusetts General Law - Hazing**

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one, [sic] year, or both such fine and imprisonment. The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. 269:18 FAILURE TO REPORT HAZING. Section 18. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars. 269:19 Copy of secs. 17-19; issuance to students and student groups, teams and organizations; report Section 19. Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team, or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams, or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations. Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its member, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.