

## **Spring 2011**

Chatsworth High School  
10027 Lurline Avenue, Chatsworth, CA. 91311  
(818) 678-3400

**Chatsworth Swimming Program**

**Room: D14**

**Rancho San Antonio**

**Coaching Staff: Ms. Abbene Ms. Yee**

Dear Parents, Guardians and Students,

Welcome to our school! We are looking forward to a most successful year. The major emphasis of this swimming team is to provide students with opportunities to develop connections between the sport of swimming and their experiences with their peers. Students will have a newfound awareness of their body mechanics in the water, while conditioning and maintaining proper physical health.

### **Course Goals and Objectives:**

- To develop efficient and effective motor skills and perceptual abilities related to swimming
- To develop a positive self-image and increase self-esteem
- To develop socially desirable behavior, moral values and good sportsmanlike conduct
- To develop an interest, enjoyment, and proficiency in swimming skills
- To develop cardiovascular and respiratory fitness, muscular strength, endurance, and flexibility
- To acquire and identify values associated with the importance of physical health
- To show respect for the rules and authority by cooperation

In order to guarantee each student the attention, feedback and evaluation that he/she deserves, we will be utilizing the following **rules**:

**Be Early ----- Be Prepared ----- Be Respectful**

Students who follow rules and procedures will be rewarded by the coaching staff. If a student chooses to break a rule, there will be consequences. Most minor infractions will be dealt with in or after class, however if rules continue to be broken, the parent will be notified. If there is a severe violation of the rules, then the student will be immediately ***dismissed from the team.***

### **Grading Policy:**

Students will receive a letter grade of A, B, C, D, or F. Grades are determined by earning points in practice, swimming meets, written assignments, and a final project

#### **Total Points Possible= 200 points**

50% 100 points for Practice  
40% 80 points for Swim Meets  
10% 20 points for Written Assignments,  
form returns

**A= 200-190 points**

**B= 189-160 points**

**C= 159-140 points**

**D= 139-120 points**

**F= 119-below**

### **Class Points:**

- On time for class 1 points
- Not at class= 0 points and a truancy will be recorded

### **Swimming Meets:**

- Each meet= 5 points
- ***NO SHOW***= 0 points

**Work Habits**

E- Excellent, S-Satisfactory, and U-Unsatisfactory.

E -Follows directions and interacts positively 95-100% of time

S- Follows directions and interacts positively 85-94% of time

Subjective to coach evaluation 71-84%

U- Follows directions and interacts positively less than 70% of time

**Baseline Cooperation Criteria**

	5 Week	10 Week	15 Week	20 Week
Absences	1=E, 2=S, 3=U	2=E, 3=S,4=U	3=E, 4=S, 5=U	4=E, 5=S, 6=U

**Required Materials for Practice ONLY:**

<b>GIRLS</b>	<b>BOYS</b>
Swim Cap (silicone is preferable), Goggles	Swim Cap (silicone is preferable),Goggles
Practice 1 piece swim suit, towel	Jammers or Speedos-NO swimming trunks
Water	Water, towel

\*All of the above items may be found at Sport Chalet, Big 5, Sports Authority, or any other sporting goods stores.

In addition, all students will be **required** to purchase a Swim package that includes a competitive swimming suit for **competitions only**, Team Shirt, Team swim Cap, Team Bag  
Additional Items for purchase

Sweatshirt - \$30      Jackets- \$35      Towel- \$15.00  
Extra Caps- \$10      Extra Bungee Goggle Starps- \$2

Practice will be at Rancho San Antonio, 21000 Plummer St. Chatsworth ,5 AM- 7 AM daily

For swimming meets we will need **parents** to attend and participate in their sons/daughters athletic experience. Through **parent participation** it makes the swimming team a much more enjoyable experience for the swimmers as well as the coaching staff. Thank you in advance for all of your support by your attendance and participation at the swimming meets!

If you have any questions please call Chatsworth High School at (818) 678-3400, or you may e-mail our coaching staff:

For Ms. Yee: [myee1@lausd.net](mailto:myee1@lausd.net) or [yeeteacher@yahoo.com](mailto:yeeteacher@yahoo.com)

\*All information will be posted and updated frequently on <http://.yeeteacher.com>

Sincerely,

Chatsworth Swim Team Coaching Staff

**Please complete the tear-off below, and return this to the coaching staff by Jan 15, 2011.**

-----tear off -----

Date\_\_\_\_\_

We have read the goals, objectives, and grading policy for the Chatsworth High School Swim Team. We agree to cooperate in assist our son/daughter to meet these goals, objectives, and standards.

Parent/Guardian Name\_\_\_\_\_ Student Name\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_ Student Signature\_\_\_\_\_