

RALEIGH CHARTER HIGH SCHOOL SWIMMING FAQ



We're so glad that you are interested in swimming here at Raleigh Charter High School! Below are some answers to frequently asked questions. When you get to the end ***click on the link to complete a form to add your name and email to our mailing list.***

Eligibility

In order to swim all swimmers must meet the following eligibility requirements. These rules are not set by our team. They are set by the North Carolina High School Athletic Association (NCHSAA) and by the school. Students who fail to meet all of these requirements will not be allowed to swim.

Attendance:

An athlete must attend a minimum of 85% of their enrolled school days in the semester prior to the start of the season. For swimming that means in the previous spring.

Academics:

An athlete must be passing all of their classes *and* may not have more than 1 D (grade between 60-69). Since swimming is a winter sport this requirement applies to the previous spring semester as well as the fall semester of the current season.

Physical:

An athlete must turn in a completed physical and Raleigh Charter athletics packet prior to the first day of practice. The physical is good for one calendar year. However, the physical must also last the entire season. For swimmers, the physical must last through approximately February 18 of the following year. **Athletes without a physical on the first day of practice will not be allowed to participate either in the water or on land.**

1. When is the swim season?

The regular swim season runs from roughly the first week of November to the end of January. The post-season, which requires qualification times, typically is the first two weeks of February culminating in the NCHSAA 1A/2A State Championship meet.

2. When and where is practice?

Raleigh Charter practices at the Sonner Aquatics Center located at 1013 Jones Franklin Rd. We practice from 6:30-8 am Monday through Thursday. In order to be allowed to swim at Sonner you will need to complete a waiver.

3. Do I need any equipment to swim?

You will need a suit, cap and goggles for the first day of practice. Information regarding team suits, caps and other equipment will be emailed out once we have a list of swimmers interested. (Sign up at the bottom to be added!)

4. Are all the practices required?

Yes. We understand that you are a student first and an athlete second. However, we also expect you to commit to swimming if you choose to swim. All practices are required. While swimming is a “no cut” sport we do expect you to attend practice. Failure to do so may result in coaches asking you to reconsider swimming this year and trying again at some season in the future.

5. I’m a year round club swimmer. Do I have to go to all of the practices, too?

If a swimmer is *actively competing*** with a USA Swimming team and is attending meets during the short course season there are exceptions to the “every practice” rule. ***Swimmers who train, but do not actively compete, with a club team are expected to attend all practices.***

5a. If a swimmer is actively competing with a local year-round club then they are expected to attend the following practices.

- ❖ The first day of practice/tryouts
- ❖ The day of the mock meet
- ❖ The day before any meet
- ❖ Monday, December 16 for an all team practice prior to Christmas break (exception: students in 7th pd Health that have their midterm that afternoon)

All other practices are up to your discretion unless you are a captain. All captains are required to attend a minimum of one practice per week.

6. Are there tryouts?

Yes. While technically swimming is a “no cut” sport we do have to put the safety of swimmers first. Swimmers are required to swim 50 yards, down and back in a 25 yard pool, without stopping, touching the sides or bottom of the pool and performing some kind of turn at the far end and returning to the start end without standing up to rest.

7. How many meets are there? Do I have to go?

There will be anywhere between 5-8 regular season meets and a conference meet that all swimmers are expected to attend. Regional and State championships are by qualification only. All swimmers of every level are expected to attend every meet unless they are ill. If an athlete is too ill to swim in a meet then they should not be at school.

Sign up by scanning the code here:



****What is “actively competing”?**

Actively competing means that a swimmer is competing concurrently with the high school season. This means that the swimmer is competing regularly during the months of October, November, December and January.. Competing in a meet in July does not qualify you as an “actively competing” swimmer. Any swimmer who is competing will appear in USA Swimming’s database as registered competitive swimmers so coaches will be able to keep track of swimmer progress.