INSTRUCTOR: Jennifer Higginson  
PHONE: (949) 582-4667  
E-MAIL: jhigginson@saddleback.edu  
OFFICE HOURS: M/W 10:30am, T/TH 12-1pm or by appointment!  
CLASS TIMES: Spring 1:30-4:00pm  

“Students with disabilities who may need accommodations in this class are encouraged to notify the instructor and contact Disabled Student Services & Programs (DSP&S) early in the semester so that reasonable Accommodations may be implemented as soon as possible. Students may contact DSP&S in person in Room 113 or by phone at (949) 582-4885 or (949) 582-4833 (TTY for deaf).”

COURSE DESCRIPTION:  
Intercollegiate competition in the sport of swimming and diving. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to compete at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

GRADING:
- 35% ACTIVE PARTICIPATION
- 20% SKILLS
- 20% ASSIGNMENTS
- 5% Health & Wellness Assignment 1 (Due Monday January 31)
- 5% Health & Wellness Assignment 2 (Due Monday Feb. 28)
- 10% Completed Handbook (all handouts & assignments)
- 25% WRITTEN EXAMS (TBA)

ATTENDANCE: Tardiness or absences must be approved by the teacher in advance!

SWIMMING ATTIRE: Swim suits must be worn by all. No jean cut offs. Long hair should be tucked up into a cap or at minimum tied back. Goggles are suggested for the warm-up swim but not required. Warm towel.

RAINY DAYS: Class will be conducted regardless of weather!

LOCKERS: Please see locker room attendants for locker (women=Kathy Fernandez 8-4, men=Lyle Fossum 6-1, Efren Malagon 1-5)
RULES & REGULATIONS:
Compliance with all rules and regulations in the Saddleback College Catalog including student conduct, and academic honesty will be both expected and required. For a summary of the code, please refer to the Student Handbook available to you at registration or in the counseling and matriculation office.

**** All athletes are expected and required to practice good sportsmanship and positive social behaviors while representing Saddleback College at ALL times!

If this is not followed, the athlete will be dropped from the team immediately.