Rancho Bernardo High School
Swim & Dive 2022

Coaching Staff
Head Coach/Varsity Coach – Tim Oelgoetz
Asst. Coaches – Samantha Morris and Mary Kate McDonough

WELCOME
Another season is here and it's time to get back into the "swim" of things. I just want to let you know that I am very excited about coaching you guys this season. RB Aquatics has been regarded as an elite program for as long as it's been in existence, and I expect this year to be no different. In my 27 years at this school, I have been a part of 6 CIF Championships and 9 League Championships. Without your hard work, positive attitudes, and dedication none of this would have ever been possible. The focus of this team has always been one of excellence built on accountability. We have always held each other accountable at each and every practice for our actions in and out of the pool. I expect this season to be no different. As coaches, we will show up to practice prepared with imaginative workouts that will challenge your mind and body, along with a lot of motivation. You, as the athlete, must show up with good spirits and the will to train and work smart. By doing this, we will continue to achieve what are hearts desire: **EXCELLENCE.**

This season will last 12 weeks, taking us through CIF Championships. In order to accomplish our goals as individuals and as a team, I have summed up the issues that I feel are important for this team to succeed. Please, Read it! Keep in mind as you go through this that situations will come up for individuals and that we as a coaching staff will deal with those on an individual basis.

TEAM PHILOSOPHY
High school sports provide students with an opportunity to grow both in their selected sport, as well as grow as an individual. Something valuable can be learned from each win, loss, accomplishment, setback, and situation that arises during the course of the season. Athletes in sports should not only learn the sport, but should also use the athletic experience as a learning tool, in which athletes gain beneficial skills applicable to life.

TEAM RULES
1. Be Respectful – this includes respecting teammates, coaches, opponents, officials, and yourself.
2. Be Ready – This includes being on time and ready to work hard and learn at practices and meets.
3. Be Responsible – Take accountability for your actions. Know what is expected of you and follow through.
4. Be Committed – You decided to try out for this team. You are making a commitment to yourself, your teammates, your school, and your coach. Follow through with your commitments to the team.
5. Be Coachable – This includes taking corrections, while maintaining a positive attitude. This also includes following the rules, maintaining a good work ethic, and being open to learning.

All swimmers and divers are held to the same rules and standards.

EXPECTED COMMITMENT
You are making a choice to try out for an athletic team. As part of making this decision, you are committing yourself to the entire spring season. This includes attending all practices, all meets, fundraising events, and any other team events that may arise. All other outside commitments must not interfere with your team – including other extracurricular activities, work schedules, etc. You must be able to commit without any outside interference.

Also note that athletes are expected to attend practices and meets regardless of rain, temperature, and general weather conditions. This is a part of participating in an aquatic sport. Do not assume that practice is cancelled due to inclement weather. In such cases in which a practice is cancelled, this will be communicated by the coaches.

PRACTICE LOCATIONS/TIMES
Practices will be held at the Rancho Bernardo High School Pool. All practices are mandatory and attendance will be taken at each practice. Absences and tardies may result in suspension or removal from the team. Practices will still be held even if it is raining. Some dates or times may change depending on meet schedules and other issues. Please refer to the calendar online at www.broncoswimanddive.com for practice times.

MISSING PRACTICE/TARDINESS
If you know that you will need to miss a practice or will be tardy, please let your coach know ahead of time. A parent note or teacher note (email is fine) is required for all tardies and absences. If missed practices and tardies impact your commitment level to the team, as determined by your coach, you risk your spot for competition participation and risk being removed from the team.

PRACTICE GROUPS
Athletes will be placed into practice groups based on skill level, learning rate, attendance, attitude, and work ethic. The placement is solely at the discretion of the coaches. Athletes can be moved between groups at various points in the season, as well as moved between novice, junior varsity, and varsity.

TICKET TO PLAY
All athletes must turn in a ticket to play prior to participation. No students will be allowed to participate without having a ticket to play. No exceptions!!

HAZING
No hazing of any kind will be tolerated. Participation in hazing will result in immediate dismissal from the team, as well as disciplinary actions as outlined in the Athletic Handbook and CIF rules.

TRYOUTS
Tryouts will be conducted during the first month of practice. Everyone will be evaluated based on his or her current ability. These evaluations will be to qualify for Varsity. All four competitive strokes will be looked at and then you will go through an interview process with the coaching staff to determine your commitment in order to succeed at the Varsity level. **All returning automatic CIF swimmers will be grandfathered onto the Varsity team.**

For all new swimmers to the school, and all club swimmers who wish to be on Varsity, you must bring me a copy of your meet times *(practice times are not valid)* and then I will determine if you're on Varsity based off of your times compared to the CIF times. Upon completion of these two methods, the remaining Varsity spots will be determined on what's best for the team. After the first month of the evaluations an individual may still move up to the Varsity level if it is in the best interest of the team and the athlete. The coaching staff will determine this.

If you were on Varsity last year, I can't promise that you will be on Varsity this year due to it being a new team. What I can promise is that the best interest of the team will always be looked after in every situation.

ATTENDANCE
You are only as good as what you put into something. It doesn't matter if it's homework in relation to test taking, or practices in relation to swim meets. It will always hold true. If one doesn't practice, then one doesn't progress and get better. Because of this, attendances at practices are a must and a vital part of the success of this team at meets. Please refer to the practice schedule for times and days. **Practices are mandatory at all levels.**

1. All Junior Varsity Club swimmers will be expected to swim with the team every day. Not participating with the high school team will result in not swimming in the meets.
2. All Automatic CIF Varsity Club swimmers are expected to swim with the high school team the day before all competitions and any additional required practices. All other members of the varsity squad are expected to swim with the team every day as outlined under the practice schedule. Not participating with the team on these days will result in not swimming in the meets and immediate dismissal from the team. The Head Coach reserves the right to change or add practices.
3. All Club divers are expected to dive with the team the day before all competitions and any additional required practices. Not participating with the team on these days will result in not diving in the meets and immediate dismissal from the team. The Head Coach and Diving Coach reserve the right to change or add practices. To qualify for the Varsity level you must be able to perform all (5) required dives as well as 4 optionals.

VARSITY LETTERS
Varsity letters are earned. The following are considered when determining whether or not an athlete will receive a letter.

1. Earn a minimum of 10 points in individual events at dual meets or at least 1 point in an individual event at the Palomar League Championships.
2. Must be in good standings on the team (including eligibility with regards to grades) and finish out the season at the Palomar League Championships and CIF's.
3. Attend at least 85% of practices.

BRING TO PRACTICE
The following are items to bring to each practice:
1. Appropriate swim attire that will stay on the body while swimming and diving.
2. Water to stay hydrated.
3. Tennis shoes and workout clothes.
4. Towel (and shammy for divers).
5. Warm clothes to put on after swim/dive practice as it will be cold when practice ends.

Divers may also bring wetsuits/sweatshirt/shirt to be worn when learning new dives, but cannot be worn in the pool otherwise.

DUAL MEETS AND INVITATIONALS
These are great opportunities to show off how good you're getting. Swim meets give you something that practices can't, race experience. The more race experience you have, the better racer you become. Because of this, **meets are not optional.** Everyone must be prepared to swim in every meet because you are a part of this team. Everyone must attend every meet throughout the season. Please refer to the calendar for exact dates, times, places, and opponents.

Coaches will entertain changes in the line-ups, but all coaching decisions are final. Any athlete who disputes an event in which they have been entered and fails to swim the event will be subject to disciplinary action. All athletes must wear team apparel on and during all competitions.

Seniors are not allowed to compete at the JV level. There may be competitions in which seniors compete as exhibition or do not compete at all depending on open varsity spots. Being a senior does not guarantee a swimmer or diver a varsity spot. The decision is at the coach's discretion. Competing at the varsity level is earned through skill level, sportsmanship, work ethic, and attendance.

Diving: Only 6 varsity divers (3 boys and 3 girls) and 6 JV divers (3 boys and 3 girls) can represent our school per dual meet. In certain circumstances, additional divers may compete in a dual meet as an "exhibition diver." At invitational competitions, our team can be represented by an unlimited amount of divers.

Swimming: Only 6 varsity swimmers (3 boys and 3 girls) and 6 JV swimmers (3 boys and 3 girls) can represent our school **per event** (50 free, 200 IM, etc.) in a dual meet. In certain circumstances, additional swimmers may compete in a dual meet as an "exhibition swimmer."

CHAMPIONSHIP MEETS
DIVING:
Palomar League Championships is an 11 dive meet. Only 4 girls and 4 boys are allowed to enter from each school. Divers will be chosen at the coach's discretion. Previous scores, work ethic, commitment, and attendance will be taken into account when selecting the divers who will represent the school at League Championships.

For CIF Section Championships divers must qualify by achieving one of the following:
1. A score at or above 250.00 points at an 11 dive meet.
2. A score at or above 185.00 points at a 6 dive meet.
3. A score at or above 145.00 points at a 6 dive meet is a "consideration score," and can be submitted to CIF. After taking the divers who qualify automatically, the next highest scoring divers will be accepted into the meet. Obtaining a consideration score does not guarantee competing at CIF.

In addition, in order to be eligible a diver must have competed in at least 7 meets (not including Palomar League Championships) prior to CIF. Only 4 girls and 4 boys can represent each school at CIF Championships. If there are multiple divers who earn a qualifying score, participation will be determined by highest scores; however, divers with attendance, work ethic, or other issues may risk losing his/her entry in CIF.

CIF State Championships will be hosted at Clovis West Aquatics Complex in Clovis, CA. Divers will have to qualify. After combining the scores for Division I and Division II diving finals, the top four boys and top four girls will qualify to the state championship meet.

SWIMMING:
For Palomar League Championships only 4 girls and 4 boys are allowed to enter from each school **per event** . Swimmers will be chosen at the discretion of the coaches. Previous scores, work ethic, commitment, and attendance will be taken into account when selecting the swimmers who will represent the school at League Championships.

For CIF Section Championships swimmers must qualify by achieving a qualifying time. Swimmers who achieve an automatic time are eligible for CIF. Swimmers achieving a consideration time may be eligible for CIF depending on final cut off times issued from CIF the week of CIF Championships.

In addition, in order to be eligible a swimmer must have competed in at least 7 meets (not including Palomar League Championships) prior to CIF. Only 4 girls and 4 boys can represent each school at CIF Championships **per event** . If there are multiple swimmers who earn a qualifying score, participation will be determined by the coaches.

CIF State Championships will be hosted at Clovis West Aquatics Complex in Clovis, CA. Swimmers will have to qualify. After combining the times for Division I and Division II swimming finals, the top three athletes in each event will qualify to the state championship meet. A swimmer may also qualify by meeting a specified cut off time to be determined later in the season by CIF State.

TEAM FUND-RAISER – SWIMATHON/DIVEATHON
The Swimathon/Diveathon will be held on Saturday March 5, 2022 from 8:00 – 10:30am. Every year we must fundraise for equipment that is needed throughout the season. This fundraising also goes towards banquets, pull bouys, stop watches, kick boards, timing system equipment, backstroke flags, pace clocks, coaching stipends, etc. If we want something for the program and the student-athletes, then we must fundraise for it. Everyone will be expected to participate with the fundraising. You will be encouraged to raise as much as possible. The goal for every athlete is to raise at least $100.00. *More information will be in the handout at the first practice. This team event is mandatory and only the Head Coach can excuse anyone from this event.*

ATHLETE DONATION FOR COACHING STIPEND
We are asking for $50.00 per family to help offset the additional coaches' stipends. We are only given 1.5 stipends by the district and we need a minimum of 3 coaches to run a full program, but preferably 4 coaches. If everyone gave $50.00 we will still not cover the 2.5 full stipends, but it will offset the amount we have to pay from fundraising during the swim-a-thon/dive-a-thon. Last year we spent $5000.00 in coaching stipends. Please show your support for the program.

ATHLETIC TRANSPORTATION FEE
As a result of recent budget reductions at both the state and local levels, District funding for athletic transportation has been eliminated. We believe strongly that the safe transport of our student-athletes to their contests is our #1 priority. Although the District has the available school bus fleet resources, the cost for these services falls upon our athletic department.

Each athletic program will be financially responsible for the total number of athletes participating in all levels of the program, to cover transportation expenses. For example, if the Swim/Dive Team has 85 athletes participating x **$20.00 per athlete**, then the program will be invoiced **$1700**.

Parents can contribute to the transportation fund by writing a check payable to **RBHS** and submitting it to the coach. The Swim/Dive Program will be billed for the total amount within 3 weeks of the final roster selection.

ELIGIBILITY
As a student-athlete, school studies are your priority. Make sure that you are maintaining your grades and can be organized enough to handle both your studies and participating in sports. Please refer to the Rancho Bernardo Athletics Handbook for specific eligibility requirements. If you have any questions, please feel free to contact the Athletic Director, Tracy Stowe.

PARENT INFORMATION NIGHT
Parent meeting will be announced at later date.

PARENT PARTICIPATION
Swim & Dive meets cannot be run without help. When our school is hosting a meet, we must provide an announcer and scorekeeper for the diving portion of meets. The swim portion of the meet will need timers, runners, scorekeepers, and computer volunteers. We will also need snack bar volunteers for the duration of the meet.

Parents are expected to volunteer at swim and dive meets. We CANNOT run meets without help!

Thank you for allowing your student to try out for the swim and dive team. The student athletes and coaches appreciate your support of the team and our goals. Please feel free to ask any questions.

GO BRONCOS!!