

**Dougherty Valley High School  
Swimming & Diving  
Team Policy 2020  
Season 13**

Welcome to the Dougherty Valley High School Swimming and Diving Team. The coaches have been spending a lot of time trying to plan a program that is challenging and certainly rewarding for everyone. This information packet should give you the information to be prepared for the season. With the number of swimmers that we have in the program and the limited time that we have to train for our dual meet, league meets, and North Coast Section Meet, it is essential that our program work as efficiently as possible with no wasted effort.

We have structured the team rules and guidelines in conjunction with the Dougherty Valley High School, San Ramon Valley Unified School District and City of San Ramon policies. We will adhere to these rules **WITHOUT** exception. Understanding and abiding by these guidelines will be the responsibility of each team member.

The coaches are aware of the burden and time restraint that school and related activities place upon you. We believe that school is your number one priority, swimming and diving come second. However, it is important that you budget your time wisely so as to not fall behind in your school, swimming or diving commitments. Please do not join the team if you plan to: "sunbathe," show up when you feel like it, get out of P.E., etc...this team has commitment standards that are expected of all team members.

We start our season, **Monday, February 10<sup>th</sup>, 2020**. In order for you, the swimmer, to start in the water you must have ALL THE DVHS ATHLETIC FORMS including your SIGNED PHYSICAL FORM completed and turned into the main office. If you do not have the form, pick up a copy from Mrs. Miller (AD) or the Bookkeeper in the main office or print out from our web site ([www.dvhigh.net](http://www.dvhigh.net) >> Athletics) and return it ASAP. Those without proper paperwork will not be allowed to practice until the paperwork is completed. Swimmers/parent/guardians will also check off during registration this TEAM POLICY, also found at [www.dvhsaquatics.com](http://www.dvhsaquatics.com). Registration with BOTH platforms ([School](#) and Team) must be completed by February 6<sup>th</sup>, 2020.

Your Coaches are excited and look forward to working with all of you this season.

Ethan Schnell - Head Swim Coach  
Cyndi Oji-Marchese – Assistant Coach  
Vicki Bantz – Assistant Coach

**I. Workout Schedule**

All workouts will be held on campus at the Dougherty Valley HS Swimming Facility. We will be splitting the facility with regular city programs on a daily basis, which means that our water time is very valuable. It is crucial that we follow the facility guidelines and make the best use of our limited pool time. The preliminary schedule for the team will be:

<b>Varsity</b>	Practice Time	<b>Junior Varsity</b>	Practice
TBD	TBD	Monday – Friday	TBD
Dryland – TBD	During our reg. practice time	Dryland – TBD	During reg. practice time

If a swimmer is going to miss a practice or a swim meet, it is the **RESPONSIBILITY** of the **SWIMMER** to communicate the reason(s) why they are going to miss a practice in advance with 24 hours notification. It is **NOT** the parents' responsibility. In order to miss a practice, the excuse must be a legitimate reason. See below in the Attendance Agreement Form for more specifics.

**II. Training Expectations**

As mentioned above, we have little time to prepare for the league meets, EBAL Championship Meet, and the NCS Championship Meet. In order to be "in shape" to compete you must consistently train to improve and swim up to your potential. This year we will be strict about workout attendance. Please know that you are expected to be at practice whether it is in the pool or at Dry-land practice. Failure to meet this requirement without an approved/legitimate reason and prior notification to the coaches will result in loss of team privileges (i.e. not swimming in a meet, losing a spot on the Varsity team, and possible removal from the team.)

**Note:** Problems and special circumstances are at the discretion of the coaching staff and will be dealt with on an individual basis. It is up to the swimmer to communicate to the coaches on campus or via email if there is a problem or there is a need to miss a team practice, meet or activity.

### III. Meet Procedures

- a. Meet line-ups will be posted the day of the meet outside Mr. Schnell's classroom door and at the pool for each meet. Swimmers **MUST** inform Coach Schnell, Coach TBD, ASAP if they cannot participate, or are sick prior to a meet. All coaches are on campus, they can be reached by going to their classroom or email: [eschnell@srvusd.net](mailto:eschnell@srvusd.net) or SL. or Cyndi Oji ([COji-Marchese@srvusd.net](mailto:COji-Marchese@srvusd.net)) or [vbantz@srvusd.net](mailto:vbantz@srvusd.net)
- b. Meet line ups will be posted about 2 days or more prior to the meet. Varsity posted outside 2207 and JV Line ups posted by Ms. Oji's room. Any swimmer not listed on the line ups will not travel for that specific meet.
- c. For away meets swimmers will be informed of the release time and departure time in order to meet the bus. Students are not to leave class until the designated release time. **Only those on the travel team will be excused**
  - i. **Note:** If a swimmer or diver fails to report on – time and/or misses the bus the swimmer/diver will be in-eligible to compete that meet (unless prior notification was given to the coaches)
  - ii. **Note:** There will be NO student drivers to team meets.
  - iii. **Note:** All athletes are expected to ride the team bus/car **TO** and **FROM** the meets where / when the team bus is provided.
- d. Upon arriving at the pool, swimmers should immediately get changed and proceed to the warm-up pool for the designated pre-meet warm up. Warm up is essential if you expect your body to perform at race time AND is not an option.
- e. Swimmers are encouraged to see one of the coaches prior to and after each race to discuss race strategy, race evaluation and race comments.
- f. Swimming Down after a race is just as essential as warming up. IF possible, swim down at least 300 yards (12 laps) after each race. Whether you like it or not it is essential if you expect your body to perform in its next race.
- g. Encourage your parents to attend the meets and encourage them to help out with timing or the swim desk. Without your parents support we could not run our meets.

### IV. U.S.S. Training Policy for Year Round Swimmers

- a. The following is the DVHS Swimming and Diving Policy toward USS training and competition during the high school season. All club swimmers must be **UNATTACHED** during the HS season. Any individual issues with this policy should be discussed with the Coaches ASAP to avoid any problems:
  - i. Any swimmers that are attending Sectionals, Junior National or Senior National Championships should train with their USS team up through that national level meet. Or swimmers that practice with the **TOP Senior** group of their respective club team.
  - ii. Any swimmer that practices in a group **BELOW** the **TOP** group, but **ABOVE** pre-senior must attend HS practice **ONCE A WEEK** including a meet (basically February). Any swimmer that is in a **PRE-SENIOR** group must attend HS Practice **ONCE A WEEK** not including a meet during the season (basically once a week in Feb, and 2x a week Mar – May). Any swimmer in a group **BELOW** Pre-Senior must attend HS practice 100% during the season.
  - iii. Swimmers entering the Far Western Championship meet **MAY** enter unattached, **BUT** cannot conflict with a high school league swim/dive meet.
  - iv. All USS swimmers must communicate their individual training plans to Coach Ethan so that there is no conflict with prior training or taper plans.
  - v. All USS meets, except nationals mentioned above, that fall after the start of our dual meet season must be entered unattached.

### V. Team Rules

- a. To be eligible to swim, each student athlete must attain a 2.0 Grade Point Average and preferably NO "F's". If a student has one or more grade marks of "F", that student is ineligible to compete in a meet until that grade(s) has been raised to a passing grade and signed off by your teacher.
- b. All Swimmers must have their proof of insurance and physical on file before he/she start practices. Swimmers will not be allowed to participate until proper paperwork is on file. **NO EXCEPTIONS!**
- c. All swimmers are expected to be punctual to all practices (including those during spring break), meets, and

team activities. BE ON TIME! Practice begins at 328pm according to the coaches watch. Attendance Agreement below:

- i. To be considered part of the DVHS Swimming/diving team, athletes must attend practices (including spring break), participate in meets, and participate in the Championship Meet for their respective divisions (JV or VAR).
- ii. If any athletes have more than 3 unexcused absences or miss more than 1 meet not including their Championship meet (EBAL's for JV or Varsity), they will be released from the team and lose their eligibility.
- iii. The following illustrates the agreement between the swimmer and the team, coaches, and school:

I, the swimmer/diver agree to be at practice Monday – Friday and morning practice depending on which group I am in. I will be ready to swim with appropriate gear and a positive attitude towards my teammates and coaches. I understand that my attendance at practices and swim meets is mandatory. I understand that I have 3 unexcused absences as part of the DVHS Swim/Dive Team, and/or miss more than 1 swim/dive meet for the DVHS Swim/Dive Team, not including championships and upon going over 3 unexcused absences, at that point I forfeit my eligibility on the swim team.

1. Attend all practices, both afternoon and morning for JV and Varsity **INCLUDING** spring break
2. If swimmers miss more than **3** practices, or 1 swim meet they will forfeit their eligibility on the team.
  - a. **Senior group Club** swimmers/divers are expected to be at their own practice and attend all league meets.
  - b. Those that DO NOT swim with a “Senior” or “Pre-Senior” group of the club team must attend HS practice full time
    - i. All Pre-Senior Swimmers must attend HS practice once a week **not** including meets
  - c. AM practices count as a practice (if applicable)
3. Being absent (unexcused) during a week may impact a swimmers participation in swim meets
4. All swimmers must inform the coaches in written form (email) regarding missing a practice in advance (24 hours). It is the *responsibility* of the swimmer, **NOT** the parent. Parents’ notes do not excuse a swimmer. **No exceptions**
5. If swimmers/divers miss their respective championship meets, they are forfeiting their eligibility on the team

I am joining the swim team with the understanding that I want to learn to be a strong team competitor. I understand that the philosophy of this team is that I will put the good of the team before myself. I am on this team to work hard and be competitive.

If I have any extenuating circumstances, I will speak to my coaches directly and discuss the matter prior to any absence. I understand that if I do not attend school I cannot attend practice or a meet on that day.

If one of the following, then swimmer/divers must have the follow upon their return to practice:

**Excused Absences**

Gone from School 50% or more of the day	Must email coaches that specific day before 1200pm (noon), failure to email the coaches could result is absence unexcused
Court Ordered	Must have proof signed by a judge
3 tardies = 1 unexcused absences <i>A tardy is defined as entering the water at 328pm according to the coache’s watch</i>  *Note1: getting into the water over 60 minutes after practice has begun will count as an unexcused absence  *Note2: forgetting your equipment including your swim suit will count as an unexcused absence unless you get your suit and enter the water before 60 minutes have passed, then it shall count as a tardy	All academic commitments should be taken care of during the school day and/or ACCESS PERIOD. If your teacher must have you complete an academic related event after school, the swimmer must inform the coaches 24 hours in advance AND come with a note that day from that specific teacher

**All other absences are considered unexcused**

- d. Adherence to all DVHS school rules, DVHS Student – Athlete Conduct Rules, EBAL, CIF, and NCS rules is required, **ESPECIALLY** regarding the use of alcohol, drugs, tobacco, etc. These rules will be strictly enforced and violations, even by rumor, will be turned over to the school athletic directors and administration for investigation. Possible consequences for violation: dismissal from the team, notice to parents and loss of school privileges (dances, activities, etc.)
- e. Students must ride to the away meets on the bus/car provided by the school. This policy will be strictly enforced. Students **MAY NOT** drive themselves to meets.
- f. Any un-sportsmanlike conduct at a practice, meet, or team activity will result in immediate dismissal from the

team, report to the athletic directors, administration, and parents. **NO EXCEPTIONS!**

- g. Varsity and Junior Varsity workout assignments (lanes) will be based upon each swimmers ability to handle the workload (hard sets, intervals), and commitment level (morning workouts/afternoon workouts.)
- h. Varsity and Junior Varsity meet assignments may change from meet to meet based upon the teams line up, lane restrictions, and team eligibility.
  - i. **Note:** Relay swimmers, events, and/or relay order (dual meets and championship meets) may/could change up until the start of the relay event AND are at the discretion of the coaching staff.
- i. Any swimmer (Varsity or Junior Varsity) may qualify for the North Coast Section Meet, providing that he/she is among the four fastest in a particular event and meets the qualifying standard.
- j. All team members are expected to maintain a positive attitude toward fellow students, teammates, other teams, and coaches. As well, the coaches and administration expect that you represent DVHS in a positive, business like, professional manner. Any bad or inappropriate behavior reflects negatively upon you, your family, the coaches and the school. Inappropriate behavior will be reported to the athletic directors and school administration.
- k. Time Trials at championship level meets are at the discretion of the coach. Swimmers close to qualifying "cuts" may be allowed a second swim; however it is up to the coach and the meet officials to determine this at the meet.
- l. Support and cheer for your teammates, show DVHS Wildcat Spirit! Yell! Have Fun! and give 100% of yourself in practice and at meets.
- m. Time standards will be implemented to aid the coaches in determining [a] a varsity spot and [b] JV travel with the team

#### VI. **Individual Goals**

- a. Learn about the sport of Swimming
- b. Improve personal times by the end of the season
- c. Try new events at meets
- d. Get in shape

#### VII. **Team Goals**

- a. Maintain individual and Team GPA of 3.25 or better
- b. Establish a championship caliber team for this year and future years
- c. Qualify for NCS individually and part of relays

#### VIII. **Varsity Letter Requirements**

- a. Qualify for the finals (Top 16) at EBAL and/or earn an NCS qualifying time or train and compete 80% of the season w/the Varsity team.
- b. Attend a majority of the team events
- c. Follow all team guidelines
- d. Show team spirit
- e. **And/or**
  - i. At the discretion of the coaches, special contributions to the team will be considered as substitutions for the above qualifications