

Wildcat Swim & Dive
2009-10 Team Rules & Expectations

- 1) **The team comes first.** No team member is more important than another. Decisions by the coaches are made & will continue to be made to do what's best for the team.
- 2) **Be accountable.** Understand that you will be held accountable for your actions – both good & bad. Remember that, “a man may make mistakes, but he isn't a failure until he starts blaming someone else” (John Wooden).
- 3) **Be positive.** You will never be asked to do something the coaching staff doesn't think you can do, so the phrase “I can't” needs to be left at home. Since excuses fuel failure, start making positive thinking a healthy habit.
- 4) **Set goals.** Your #1 goal should be to improve. Make sure your goals are specific, challenging, realistic, measurable, & stated in positive terms. Avoid outcome-orientated goals, such as winning districts. That's a great goal, but you can't control the actions of others. When you set outcome orientated goals, you either succeed or fail.
- 5) **It doesn't take talent to be on time.** Make sure you're where you're supposed to be when you're supposed to be there.
- 6) **Communicate.** Know what's going on by checking the team website & your e-mail on a regular basis.
- 7) **Pay attention.** Listen when the coaches or your teammates are speaking. You may miss something important.
- 8) **Take care of your health.** Eat right, dress warm, & get enough sleep. Bring healthy snacks to the meets & practice. What you eat after meets/practice is as important as what you eat afterwards. No candy, junk food, soda, or anything with caffeine or other stimulants. Follow common-sense guidelines for avoiding infections. The use of drugs & alcohol are unacceptable. Don't use them & don't attend events where they may be present. Don't put yourself or your team in jeopardy.
- 9) **Manage your time effectively.** Time management skills can be learned. Take advantage of your time off during the weekend to get your homework done, to study, & plan ahead for you classes. Out of all the high school sports, we have to least amount of scheduled practice time & these times are not adjustable, so plan accordingly so that you can be at practice.
- 10) **Be at all scheduled practices.** Absences from any practice will be classified as excused or unexcused.
 - a) Excused absences: Any absences that are related to school, family, or religion. Absences due to illness or injury are addressed in the sections listed below. Absences should be cleared with the coaching staff before you miss practice, not after. Even if absences are excused, meet participation & lettering may be affected.
 - b) Unexcused absences: Anything other than what is listed above. Without exception, an unexcused absence will prevent you from participating in the next meet. Three (3) unexcused absences will result in dismissal from the team.
 - c) Illness: If you are absent from school due to illness, your absence from practice (that same day) will be excused. If you miss practice because you went home sick after dismissal (i.e., you were in school), you will need a doctor's note to excuse that absence. (Note: If you come to practice & don't participate, you'll receive ½ credit for attendance.)
 - d) Injury: Any injury sustained due to our sport – swim or dive – that results in you not being able to practice or compete will not hurt your chances of earning your varsity letter. Any injury sustained outside practice or competition due to your involvement in another sport or activity may affect your chances of earning your varsity letter.
- 11) **Club team members:**
 - a) To abide by the Northern Region rule, team members who also participate on a club team during the season must participate in at least one (1) of their scheduled high school practices per week. There is no exception to this rule. The rule is stated as follows: *To qualify to participate in a regular season meet, each athlete must have attended one practice conducted since the previous regularly scheduled Northern Region meet. To compete in the first meet, each athlete must have attended one practice within the previous five days.*
 - b) The coaching staff asks that all club swimmers are in attendance on Wednesdays (& any other days they wish).
 - c) If you continue practicing with your club team during the season, you must complete a confirmation of attendance form & get your coach to sign it. This form will be due to the coaching staff by Friday before the end of the school day.
 - d) As a club athlete, you know that both swimming & diving require practice. It would be ideal for all club athletes to come to as many practices as possible – especially those that don't conflict with their club practice schedule. Your goal should be to get in the water or hit the boards as much as possible during the season so that you are well conditioned & ready to go when we get to Districts.
 - e) Please discuss your club schedule & your plan for the season with the coaching staff as soon as possible.
- 12) **Practice attendance will affect meet eligibility.**
 - a) In order to maintain your eligibility to compete each week, you must be at practice.
 - b) The philosophy behind this policy is that if an athlete is not practicing he/she is unprepared, not ready to compete, & risks injury. Plus, it is not fair to those who manage their time effectively, balances his/her responsibilities of being a student-athlete, & puts the team first to put them second to those who do not.

- c) The rules are as follows:
 - i) 1 excused absence = possible limitation to one individual event & relays
 - ii) 2 excused absences = no individual events – only relays
 - iii) 3+ excused absences = no participation, but you are still required to be in attendance
 - d) Please schedule appointments (doctor, dentist, etc.) around practices as our time is limited & thus, very valuable.
 - e) Please do not miss practices for any type of “adventure vacation” where injury is a possibility – this only hurts the team.
 - f) There are practices over the winter holiday break. Please be in attendance.
- 11) Team suits, caps, & attire shall be worn at all meets.**
- a) You must wear the team suit & cap when competing.
 - b) Each team member will be issued a team parka & bag. These are part of your uniform, so wear/bring them to meets.
 - c) Wear swim & dive team or school attire when at meets. Please leave your other team sport apparel at home.
- 12) Be at all scheduled dual meets, Districts, & Regionals.**
- a) All team members are expected to attend dual meets, Districts, & Regionals. This applies even if you are not participating. You must get prior approval from the coaching staff to miss one of these meets.
- 13) Fundraising:** All team members are required to participate in all fundraising activities.
- 14) Captains:**
- a) There will be three senior captains selected before the 1st meet – two swimmers (one boy & one girl) & one diver.
 - b) During the week of each meet, two additional meet captains will be elected. The rules for nomination & selection:
 - i) Candidates must be nominated before the spaghetti dinner on Thursday. In order for nominations to be valid: the candidate must have had attended all practices that week & a specific reason must be given for the nomination.
 - ii) The team will vote for the meet captains during dinner. Captains will be announced on Friday before the meet.
 - iii) If there are no nominations offered, the coaches will choose the meet captains.
- 14) Earning a varsity letter.** Varsity letters are awarded to those who:
- a) Demonstrate good sportsmanship & a high level of respect towards teammates, coaches, officials, & opponents.
 - b) Swimmers: (1) Earn at least 90% of the available practice points – 2 pts. for each swim practice & 1 pt. for each dryland practice. (2) Participate in at least three (3) events in all seven (7) dual meets & at least one (1) event at Districts.
 - c) Divers: (1) Earn at least 90% of the available practice points – 2 pts. for each dive practice & 1 pt. for each dryland practice. Participate in six (6) of the seven (7) dual meets & Districts. Since we are only permitted four (4) entries per individual event at Districts, participating in districts may be waived if you have a full 11 dive list but are the 5th diver.
 - d) Attend all meets – including Districts & Regionals – whether participating or not. Attendance at States is encouraged.
 - e) CVHS rules: Maintain academic eligibility (pass 5 of 7 classes) uphold the CVHS Extracurricular Participation Policy.
- 15) Team members who excel will be recognized at the end of the season.**
- a) High Point Award – Given to the team member who accumulates the most points by virtue of his/her performance in the various meets over the course of the season.
 - b) Most Outstanding Award – Given to the team member who achieves an elite level of performance by qualifying for districts, regions, & states, breaking team records, or receiving post-season accolades.
 - c) Rookie of the Year – Given to the “most outstanding” 1st year team member.
 - d) Most Improved Award – Given to the team member who shows the greatest level of improvement (time, ability, sportsmanship, etc.) from the start of the season to the end of the season.
 - e) Coaches’ Award – Given to the team member that displays an unequalled level of sportsmanship, spirit, & leadership.
 - f) Iron-Man Award – Given to the team member who has the best record of attendance at practices & meets. There may be multiple team members recognized with this award.
 - g) Scholar-Athlete Award – Given to the team member who carries the best overall GPA during the season.
 - h) 3.0 & 3.5 certificates – Each team member who maintains an above-average GPA during the season will be recognized.
- 16) Odds & ends:**
- a) No cell phone use during meets. The only exception would be in case of emergency.
 - b) Everyone must ride the bus to/from meets unless given permission by the coaching staff to ride home with a P/G.
 - c) Spectators (your classmates) need to stay in the stands. If they’re not a member of the team or working the meet, they should not be on deck.