

DHS Swimming Team Philosophy and Athlete Expectations

Welcome to all new and returning swimmers and parents. Please review the following team guidelines carefully and completely. Feel free to email bluedeveliswimming@gmail.com if you have any questions.

Philosophy:

Blue Devil Swimming is a competitive athletic team at Davis Senior High for grades 9 through 12. By choosing to participate, students are making a commitment of their time that requires discipline, motivation, teamwork, and a strong work ethic. Students are acknowledging that they can manage their academic responsibilities and other personal obligations while honoring the expectations and requirements of being on the swim team. By choosing to participate in swimming, an athlete may have to forego other activities that conflict with practices and competitions. There are no tryouts based on athletic performance, however students will not be able to participate if they cannot meet the team's expectations. Being a high-school athlete is a privilege, not a right. And with that privilege comes added responsibilities, above and beyond that of the average student.

Behavior:

Swimmers are representing Davis High School and the Blue Devil Swimming Program at ALL times both during season and outside it. We expect swimmers to behave in and out of the pool with class. During school and on the weekends, swimmers should be courteous and responsible citizens. Swimmers using profanity or exhibiting conduct unbecoming of a student athlete will be disciplined. Profanity communicates a lack of respect and will not be tolerated on or off the pool deck. All athletes will respect themselves, their teammates, and their coaches at all times.

Practice Expectations:

All swimmers are expected to be at every practice **on time and prepared to swim** (with a suit, goggles and water bottle). Athletes will be respectful and set a positive example for the rest of the team. Tardiness will not be tolerated. All tardies will count as unexcused absences. Swimmers with 5 or more absences are subject to removal from the team roster. Tardiness may also affect athletes' ability to participate in team competition and/or travel. If a swimmer has an injury or is sick, and is at practice there will be no penalty. If a swimmer is a "no show" at practice, it will be considered an unexcused absence unless cleared w/ a coach. Non-school related activities such as SAT or ACT classes that are unaffiliated with DHS are unexcused. Missing practice for reasons such as "Grandma's Birthday" and "I had a lot of science homework" are also unexcused. Three or more unexcused absences may result in swimmers losing their eligibility for the following meet, and those following. Again, if an athlete has 5 or more unexcused absences, it will be assumed that swim is not a priority in their life and they will be dismissed from the team. As student athletes, swimmers are expected to manage their time wisely and avoid procrastination. If an athlete plans to miss several practices, they are expected to communicate with their coaches prior to said absences.

Home Swim Meet Expectations:

Swim meet entries are always due the Friday before the upcoming meet no later than midnight unless notified otherwise. Swimmers can request entries directly on the website "Swim Meets → Meet Signup" These are only requests, coaches will make the final decision on each athletes events.

All swimmers are expected to be at every home dual meet **on time and prepared to swim.** Swimmers are dismissed from school for home meets at 2:30pm and are required to come directly to Arroyo pool to help set up. Warm-ups begin promptly at 3:00pm and meets start at 4:00pm. If athletes are not on time for warm-ups they risk being scratched from the meet. Meets will normally run until 6:00pm.

ILS athletes are required to participate in ALL home meets in order to earn class credit.

Conflicts with Practice Time:

The coaches recognize that some athletes may be participating in other school-sponsored extracurricular activities during practice time. Under certain circumstances, with the coach's advance approval, athletes with scheduling conflicts may be accommodated. Early and proactive communication is very important with regard to practice attendance. Study time needs to be well managed. Too much homework is **not** an acceptable reason to miss practice. Contact the coaches if you need to talk about conflicts with practice time (this should be done as early in the season as possible).

Water Polo Players:

Athletes participating in DWPC spring water polo practices will be permitted to miss swim practices on Tuesday and Thursdays when they conflict with DHS workouts. Water polo players must be at 100% of all other practices. Coach Waldthaler and Stapleton are in contact with DHS coaches and will be monitoring attendance at DWPC sessions.

USA Club Swimmers:

USA swimmers are welcome to continue practicing with their club team during high school season, however, if they compete in USA Swimming meets during DHS season (Feb. 4- May 12), they must compete unattached. Club swimmers are encouraged and welcome to compete in all DHS meets throughout the season, but are only required to attend several dual competitions which have been previously established with club coaches. If swimmers choose to swim with their club team during high school season, they're expected to adhere to their club's attendance policies. If they are not able to make their club practice for any reason, swimmers are welcome at any DHS workouts at Arroyo throughout the season. Coach Motekaitis, Doughty, Richardson and Weltz are in contact with DHS swim coaches and will be monitoring athlete attendance.

School Conduct:

Detentions and office referrals are unacceptable and will be dealt with severely. All detentions will have a consequence and repeat offenders show that they are not a person of character, and therefore, not someone we want as a DHS swimming team member. Multiple detentions will result in the athlete's removal from the team. If an athlete is suspended from school or becomes academically ineligible, they will also be subject to removal from the team.

Alcohol and Drug Related Problems:

The use of alcohol and drugs, including vape products, is illegal and WILL NOT BE TOLERATED. Swimmers are expected to be role models on school grounds and off. Athletes in violation will be removed from the team immediately and will be subject to further disciplinary action from the school district (See Athletic Code for more information.)

Communication and Information:

Our team website is www.davishighschoolswimming.com. The team website is where you can find our **meet schedule, sign up for meets, sign up for the team email list and text message updates and print athletic forms**. Updates and announcements will be e-mailed to athletes and parents regularly and posted on the team's website. Students and parents must check their email on a regular basis. The swim team also uses text messages via the Remind platform. **All athletes with phones must be signed up for the swim team's Remind message group and email list in order to be added to the team roster.** DHS swim also has a Facebook and Twitter account: @davishighswim.

Athlete/Coach or Parent/Coach Communication:

PARENTS, DO NOT COMMUNICATE WITH THE COACHING STAFF ON BEHALF OF YOUR SWIMMER.

High school athletes are responsible young adults and are expected to communicate with the coaching staff on their own. If there is an issue that comes up during the season, swimmers should ask to set up a meeting with their coach. If the issue is not resolved, and a parent/athlete would still like to meet with a coach for any reason, please ask to set up a meeting. Short meetings can be held before or after practices. Otherwise, schedule a time to meet with a coach.