

VIKING SWIMMING HANDBOOK

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Valencia Viking Swimming Handbook
www.valenciavikings.com/swim

- I. Eligibility
 - a. 2.0 GPA and passing at least 4 classes
 - b. Have a physical and proof of insurance papers on file with the Athletic Director as well as a signed CIF Code of Ethics paper.
 - c. The day of the game – be in school and attend every class (unless granted permission to miss a class or classes by a proper school administrator).

- II. Academics
 - a. Coaches will not intercede for athletes in matters of failing grades or eligibility.
 - b. You represent your teammates and the coaching staff when you are in the classroom. The coaching staff will reserve the right to suspend/remove athletes from competitions based on behavior in the classroom.

- III. Campus and Community Conduct
 - a. As a member of our team, you are expected to conduct yourself in a manner acceptable to faculty and administration, including any communication on the internet or cell phone.
 - b. Show a respectful and appreciative attitude toward custodians, secretaries, and other school personnel.
 - c. Do not use profanity, sarcasm, or put-down humor.
 - d. Be positive in all comments to the media (even about opponents, especially about opponents).
 - e. Any actions detrimental to the good name of Valencia High School, either on campus or off..., will be grounds for suspension or dismissal from the team.

- IV. Competition Behavior
 - a. You are expected to show respect to all opponents, coaches, officials, and fans, regardless of the circumstances.
 - b. When you finish your races, communicate immediately with your coach. Then interact with your teammates in an encouraging and helpful manner.
 - c. You can interact with your parents after the meet, not during. We will have a team area, you will be expected to be in it or cheering for your teammates at all times.

- V. Game Day
 - a. Be on time for all team meetings, bus departures, meals, and other team functions.
 - b. Make sure you have all the proper equipment and attire for the game at school.
 - c. For meets we host, you will wear you team t-shirt to school for all classes.
 - d. For meets when we are the visiting team, you will wear your team polo shirt to school for all classes.
 - e. After the competition, help with all clean-up and equipment break-down until you have been given permission to leave by the coach.

VI. Locker Room Behavior

- a. No cell phone usage is permitted in the locker room. Use of phones in the locker room will result in suspension/expulsion from the team.
- b. Do not leave equipment bags, backpacks, etc... in the locker room. The general public has access to the locker rooms and many things are stolen every year. Keep all gear in a team area.
- c. It is recommended that athletes go directly home after practice and use their own showers. The locker rooms at the SCAC are not adequate to hold the number of swimmers that are present at one time. Nothing good ever comes from a crowded, unsupervised space.

VII. Training Habits

- a. Any use of drugs (other than medically prescribed), alcohol, tobacco, or steroids, will not be tolerated and can lead to suspension or dismissal from the team.
- b. Injuries and Illnesses
 - i. Report all injuries and illness to the coach immediately. If there is a medical emergency at the swimming facility, notify the lifeguards immediately.
 - ii. Avoid skiing, snowboarding, or other dangerous physical activities until the season is over. You have a responsibility to your teammates, coaches, and school to do all you can to remain as healthy as possible.

VIII. Practice

- a. Never dive into the water unless asked to do so by a coach. There are many spinal injuries every year across the United States because of swimmers diving into an incoming swimmer. There is a possibility of serious neck injury whenever diving headfirst into a swimming pool.
- b. You are expected to attend practice every day. If you are a club swimmer, your high school coach needs to be provided with the phone # and e-mail address of your club coach. I will be communicating with them often to ensure you are fulfilling your commitment to the team.
- c. Do your best at all times regardless of your perceived strengths and weaknesses, role on the team, relay involvement etc...
- d. Be on time. You should be suited, capped, and goggled before you walk up to the pool edge. Failure to be on time will result in not practicing that day and maybe the next.
- e. Do not leave practice for a drink or bathroom break without asking the coaches first.

IX. Varsity Letter Award

- a. Swimmers must earn no less than 32 points combined from Varsity Duel Meets and from League Finals and/or CIF Championship.

X. Care of team equipment and swimming facilities

- a. Students are responsible for equipment. You break it you buy it. If you are the last person to use a training tool, it is your responsibility to make sure it gets to storage.

XI. Parent Responsibility

- a. Read team rules and expectations (this document). Help your student adhere to them. Your understanding and support of these rules and expectations is expected and appreciated.
- b. Parents are not allowed on the pool deck during practices.
- c. Parents are not allowed to communicate to students during a meet.
- d. Encourage your student to talk directly to the coach about needed information, problems, questions, etc.
- e. Keep a "team-first" attitude. Root for all students on the team.
- f. Support the position and authority of the coach.

XII. Diving team

- a. There is always a risk of injury in the sport of diving. You are never to use the board or any team equipment without direct visual supervision of a coach.

XIII. Grading Policy

- a. Attendance will be taken officially for a grade starting the 1st week of February
- b. The grading policy is based on attendance of practice and meets. A practice is valued as 1 point for attendance. Meets are valued at 5 points.
- c. -0 to -4 = A
- d. -5 to -9 = B
- e. -9 to -14 = C
- f. -15 to -19 = D
- g. -20 or lower = F

I have read the Viking Swimming Handbook and understand its contents and am aware that there is a possibility of removal from the team for breaking school/team rules:

Print Swimmer's name: _____

Swimmer's signature: _____

Parent's signature _____