

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 jvarley@djUSD.net 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 the 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.

COVID Guidelines:

All DHS swim participants must adhere to our current COVID guidelines and restrictions and wear masks at all times while on the pool deck. Athletes and coaching staff are required to get a weekly COVID test to participate.

Entering Practice: Before practice, athletes will line up outside the front gate at Arroyo along the socially-distanced markers. A member of the coaching staff will take each athlete's temperature and conduct a short COVID-19 screening survey. Athletes will then be directed to enter the facility and place their belongings at a specified space on the deck. Swimmers will leave their belongings at their space, then bring their practice equipment and water bottle with them to their assigned lanes.

Exiting Practice: After practice, athletes will gather their belongings from their specified deck space and exit Arroyo Pool from the back gate, wearing their masks.

There will be no locker room or shower access before, during, or after practices. Athletes are expected to show up to the pool ready to swim and exit the pool directly after the conclusion of their practice pod. Athletes will be required to get a weekly COVID test through [Healthy Davis Together](#) or at a DJUSD testing site.

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. **Swimmers with 5 or more absences are subject to removal from the team roster.** Tardiness will not be tolerated. Due to COVID procedures, swimmers who show up late to practice may not be permitted to enter the facility. Tardiness may also affect athletes' ability to participate in team competition and/or travel. If a swimmer has a minor injury 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 with a coach. Non-school related activities such as SAT or ACT classes that are not affiliated 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 swimming 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.

Swim Meet Expectations:

Swim meet requests are always due the Friday before the upcoming meet no later than midnight unless notified otherwise. Swimmers can request entries directly on the website "Event Request" Please note: 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 2:00pm and are required to come directly to Arroyo pool to help set up. Warm-ups begin promptly at 2:30pm and meets start at 3:30pm. If athletes are not on time for warm-ups they risk being scratched from the meet. Meets will normally run until 5:30pm.

Away meet rosters will be decided by the coaches for each meet. Athletes are expected to sign up for away meets following the same guidelines listed above. We will usually travel on a team bus or buses to away competitions. All athletes are expected to travel with the team.

ILS athletes are required to participate in ALL League 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).

USA Club Swimmers:

USA swimmers are welcome to train with their club team during high school season, however, if they compete in USA Swimming meets during DHS season (Feb 7 - May 14), **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. Coach Motekaitis, Doughty, Miller, 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 have a consequence. 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 for 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 can be found through the Davis Senior High School homepage or [HERE](#). Bookmark the Swim Team page on your desktop or laptop computer. 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.