

Bella Vista Swim
Student/Athlete Behavior Contract
2025

ACADEMIC ELIGIBILITY REQUIREMENTS: (LISTED FIRST BECAUSE IT IS THE MOST IMPORTANT!)

- All athletes within the swim program must maintain the minimum requirements set forth by the Athletic Department through the California Interscholastic Federation (CIF), as well as follow their associated consequences. These are all outlined in the Agreement for Team Participation you signed in the Clearance Packet. (Minimum 2.0 GPA, no more than one “F”)

PRACTICE/MEETS:

- ❖ **Times:** Start times for practices and pre-meet arrival are firm. Your child should plan on arriving 10-15 minutes before the listed time. Practice times will vary as we will try to accommodate schedules as needed but most practices will be:
Varsity - Mon/Wed/Fri: 5:30-7:15am, Tue: 3:45-5:30pm, Thu: 2:30-4:30pm.
JV - Mon/Wed/Fri: 3:45-5:30pm, Tue/Thu: 5:30-7:15am.
Holidays and testing days there will be adjusted practice times too. All practices will be posted in GameChanger and updated as needed.
- ❖ **Attendance:** All practices and/or meets are mandatory. If any athlete has excessive absences from practices and/or meets, it will likely lead to removal from the team. Any absences from practice or meets should ALWAYS be communicated to the lead coach for that group as far in advance as possible using GameChanger. Do not call the school and leave a message. Do not send a message with a friend. **Excused absences** from practice and/or meets include: special family events like weddings or funerals, an illness that is contagious, or attendance at a tutoring session or doctor’s appointment that cannot be scheduled outside of practice hours. If an athlete is injured we still expect that they attend all practices and meets, as they are still a part of the team. **Unexcused absences** are family vacations, attending a concert or other event with friends or family, or similar activities. If you cannot commit to this team completely, it may not be the right fit for you. **Club swimmers** that are a part of USA swim programs are excused from practice provided they are attending workouts within their club programs. This is done in order to protect the health and safety of club swimmers and avoid overtraining by having to attend multiple practices per day. Club swimmers are still encouraged to attend practice with their teammates whenever they can and must still communicate with their coach about any absences regarding meets.
 - Upon receiving a 2nd unexcused absence, the athlete will be ineligible to participate in relays for the following meet, with subsequent absences carrying the same effect.
 - Upon receiving a 4th unexcused absence, the athlete will be ineligible to participate in the following meet, with subsequent absences carrying the same effect.
 - Upon receiving a 6th unexcused absence, the athlete will be ineligible to participate in meets for the remainder of the season, including championship meets. Further unexcused absences may result in dismissal from the team.

- ❖ **Meets/Relays:** As stated before, attendance at meets is mandatory. Athletes are expected to stay for the duration of the meet and support their teammates. This includes championship meets and invitationals. Athletes leaving meets early for any reasons other than those listed under **Excused absences** will receive an unexcused absence for that meet. All decisions regarding event and relay selection are entirely at the discretion of the coaches. Athletes are encouraged to communicate with coaches about which events they would like to compete in but the final decision rests with the coach.
- ❖ **Attire:** Athletes must wear appropriate attire during practices and meets. During meets, swimmers are required to compete in a speedo, jammer, or 1 piece suit that is either all black or a team suit. Team caps must be worn when warming up and competing. Suits or caps from other teams or programs will not be allowed to be worn during practice or meets.
- ❖ **Capital Valley Conference:** All conference dual meets are held during the week on Wednesday. Meets will start at 4:00pm. Our league consists of the following teams: Christian Brothers, Inderkum, Ponderosa, Rio Americano, Woodcreek, and Vista del Lago. Conference Championships will take place Fri/Sat on April 25th and 26th. There will be a Frosh/Soph and Varsity division.

PARENT EXPECTATIONS:

1. Attend parent meetings as needed
2. Volunteer to assist in fundraising, timing, and officiating/starting for home meets.
3. Work snack bar shifts / assist with setting up and breaking down home meets.
4. Encourage your child to participate in our fundraisers. Remind them that the funds raised are for the team (uniforms, equipment, assistant coaches). Help them take ownership.
5. ***COME TO MEETS TO ENCOURAGE AND CHEER FOR ENTIRE TEAM.***

COMMUNICATION WITH COACHES: Please understand that our entire coaching staff is approachable. Communication is key! Encourage your child to talk to their coach to find out why and what they can do to improve. We require the following format for communication about anything related to any issue on the pool deck:

1. Athlete and Coach of their group. At the end of a practice is most ideal.
2. Athlete and Parent to Coach of the group.
3. Athlete and Parent to Head Coach.
4. Athlete and Parent to Head Coach and Athletic Director, Becky Stewart

Please recognize that the athlete is involved in EVERY scenario. It is crucial that the athletes learn to be an advocate for themselves.

PLEASE NOTE THAT NO DISCUSSIONS REGARDING EVENTS OR RELAYS WITH COACHES ARE ALLOWED TO OCCUR ON MEET DAYS. PLAYERS AND PARENTS MUST WAIT UNTIL THE FOLLOWING DAY. PLEASE ALLOW 24-HOURS BEFORE CONTACT.

BEHAVIOR ON AND OFF CAMPUS: Every member of the Bella Vista Swim Team has a duty to represent themselves, the team and the school in the best manner possible. This applies to your behavior both in school and out of school. You are expected to avoid situations where you might be accused of wrongdoing. Being in the “wrong place at the wrong time” is not an excuse if you chose to be there in the first place.

In-school discipline problems resulting in after school detention, Saturday School or Suspension may result in dismissal from the team. The following violations may also result in suspension or dismissal from the team:

1. Using drugs, vaping or alcohol at any time.
2. Skipping practice or school
3. Dishonesty regarding missing a practice and/or meet.
4. Poor sportsmanship
5. Harassment of another student or team member
6. Any act which in the opinion of the coaching and/or school administration, reflects in a negative manner on the swim team.
7. Electronic communication (text, SnapChat, Instagram, Facebook, Twitter, Tik Tok) should be positive and should never negatively reflect on other teammates or coaching staff. If it is not positive don't post it.

REFUNDS: Our program runs in conjunction with fundraising and parent donations. There will be no refunds on donations if a student quits, is dismissed due to contract violation or is academically ineligible.

By signing below, you affirm that you have read this document in its entirety and fully understand the rules set forth by this contract. You are also stating that you understand that violations of any swim team policies listed above could result in your dismissal from the team. By signing you agree to abide by the rules and consequences of any violation.

ATHLETE NAME (PRINT) _____

I have read and agree to follow all the rules outlined in this Bella Vista Swim Student Athlete Behavior Contract. I also agree to all consequences of any violations to these rules as stated within the contract.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____