

Granite Bay High School Swim Team

JV & Varsity Team Syllabus 2024-2025 Season

Welcome

We are excited to welcome you to the Granite Bay High School Swim Team. This season marks an important transition as it is our first season without our former head coach, and with that, the coaching staff is committed to rebuilding Granite Bay Swim and Dive. We're committed to reestablishing the high standards and team values that were fundamental to our program in previous years. While some expectations may feel different, these aren't entirely new; rather, we're returning to a foundation of commitment, discipline, and teamwork that has long defined Granite Bay's footprint in the swimming community. The coaching staff is committed to setting a standard of excellence, both in and out of the pool. While we honor the legacy of our past, we are embracing this opportunity to grow and improve as a team.

The purpose of this syllabus is to provide you and your family with information regarding our team's expectations, policies, and goals for the upcoming season. Swimming at Granite Bay is not just about competing; it's about developing lifelong skills in discipline, teamwork, and personal growth. As a team, we are entering this new chapter with renewed focus, and we hope to build on the foundation laid by previous teams, while embracing the changes that will move us forward.

We appreciate your commitment to the program and look forward to working together to create a strong, unified team that is prepared for the challenges ahead. Let's make this season one to remember. Go Grizzlies!

Swim Coaches and Administration:

- **Head Coach:** Sean Greeley
 - Email: sgreeley@rjuhsd.us
 - Phone: 916-813-7498
- **Head Coach:** Emma Hansen
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- **Assistant Coach:** Michael Hansen
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- **Assistant Coach:** Heidi Sherman
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 - Phone: 916-301-1417
- **Assistant Coach:** Max Maksimovic
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 - Phone: 916-201-5677
- **Athletic Director:** Tim Healy
 - Email: thealy@rjuhsd.us

Team Goals

1. **Skill Development:** Improve each swimmer's technique, endurance, and racing strategy.
 2. **Team Unity:** Foster a positive, supportive environment between JV and varsity swimmers.
 3. **Competition:** Excel in league meets, with a focus on teamwork and personal bests.
 4. **Character Development:** Encourage discipline, perseverance, and sportsmanship.
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Practices

- **Athletic P.E. :**
 - In-water Training
 - M, T, Th, F / 2 pm-4:30 pm
 - W / 2:15 pm-4:30 pm
 - Weights
 - T, Th / 6:30 am- 8:00 am
- **After School:**
 - In-water training
 - M, T, W, Th F / 4:15 pm-6:00 pm
 - Dryland Training
 - T, Th / 3:30 pm - 4:15 pm
- **ALL ATHLETES**
 - In water training
 - F / 6:00 am - 8:00 am

Practice Attendance & Gear Requirements

As this is our first season without the former head coach, we are in a transitional period. Practices and team operations will run differently than in the past, with new guidelines in place to ensure athlete development and team success.

1. **Practice Attendance:**
 - Athletes must maintain a **90% attendance rate** to be eligible to swim in meets. Falling below this threshold at the time of a meet may result in ineligibility to compete.
 - **Punctuality is essential:** Athletes must be fully in the pool at the designated start time. Being on deck or preparing to enter the pool does not count as being on time. **Failure to be in the water on time will be counted as a late.**
 - **Three late arrivals** will require a makeup practice on a **Wednesday morning** to maintain attendance eligibility.
 - Makeup practices are available on **Wednesday mornings**. These are mandatory for athletes needing to meet attendance requirements.
2. **Dry Land Practices:**

- Participation in dry land practices is required for all athletes, both during **Athletic PE weight training** and **after-school dry land sessions**. You must maintain a **90% attendance rate** in both dry land and swim practices. Attendance will be closely monitored to ensure full participation.

3. Gear Requirements:

- All necessary swim gear (**fins, paddles, buoy, snorkel, kickboard, water bottle, gear bag**) is required on the first day of practice. If you do not have all your gear, you will be **turned away** from practice.
- If you need resources or other assistance in obtaining any equipment please speak to your coaches before practice in February begins. On the Granite Bay aquatics website linked below, there is a tab for all required gear and where to purchase. Please have all of the necessary equipment **PRIOR** to the first practice on February 10th.

<https://www.gomotionapp.com/team/rechsgbhs/page/swim-team/required-equipment--apparel>

4. Tech Suits for Championship Meets:

- While not a requirement, purchasing a **tech suit** is highly recommended for all athletes in their shave and taper meet. If athletes have questions about which meet is their shave and taper meet, they can talk to their coach about their goals. Tech suits can significantly impact performance at the end of the season, and having one will prepare you for the highest level of competition.
- For those looking for tech suits, both **new and used** options are available. Coaches can provide resources or recommendations on where to purchase them, including places to find **used suits** at a lower cost.

5. Ski Week and Spring Break Attendance

- To maintain consistent training and preparation, athletes are highly encouraged to attend a total of 5 practices across Ski Week and Spring Break. This means athletes may choose how to distribute these five practices over both weeks. This flexibility is provided to help accommodate family plans while ensuring our team's dedication and fitness remain strong during these breaks.
- Ski week and spring break practices will be held from 7-9am Monday-Friday. There is an optional weights option on Tuesday and Thursday that will count as a makeup practice for all athletes!

Competitions

Both JV and varsity swimmers will compete in league meets, invitationals, and dual meets throughout the season. All meets and practice schedules will be posted on:

<https://www.gomotionapp.com/team/rechsgbhs-9718-del/page/home>

Meet Expectations:

Swimmers must arrive on time, wear team apparel, and be ready at the edge of the pool to warm up at the given time with the team. Attendance will be taken at the time of warm up start time, and athletes will be marked absent and unable to participate in the meet if they do not warm up with the team. If there is an issue

getting to the meet on time, please communicate with your coach BEFORE you will be late. There will be no penalty to those who communicate their needs prior to the meet.

Beyond punctuality, we expect athletes to actively cheer for teammates and uphold strong sportsmanship at all times, showing respect for coaches, officials, and competitors alike. This means encouraging one another, celebrating successes, and maintaining a positive attitude through challenges. Each swimmer's contribution is vital, and building each other up is key to our team's strength and success.

Team Cool Down:

At the conclusion of each meet, attendance at the team cool down is **mandatory**. This time is essential for helping our bodies recover, reducing the risk of injury, and fostering team camaraderie. All athletes are expected to participate and support their teammates during this critical recovery period. Team cool down will also be included in your attendance grade. It may make you ineligible for the following year if you do not participate.

Transportation:

Transportation to meets will be provided for marked competitions on the website. Swimmers are expected to ride with the team unless prior arrangements are made. Some meets require you to arrange your own ride (local meets). Athletes may ride with parents, carpool, or find other arrangements to get to the warm up on time. Please make sure you refer to the website about what transportation will be offered for each meet.

Club Swimmers' Meet Participation:

Club swimmers are strongly encouraged to attend designated meets identified as key competitions by the coaching staff. These meets are vital for the team's success and offer valuable opportunities for swimmers to compete at a high level. While attendance at these meets is not mandatory, participation is highly recommended and will be considered in eligibility decisions for team privileges, such as travel and relay assignments.

2025 Key Meets

- **Friday, April 3:** Granite Bay vs. Davis vs. Whitney at Granite Bay (**Senior Night**)
- **Friday, April 10:** Jesuit vs. St. Francis vs. Oak Ridge vs. Granite Bay at Oak Ridge
- **Friday & Saturday, April 25–26:** SFL Champs at Granite Bay

Tech suits will be discussed with each swimmer on an individual basis and may be required at these meets at the discretion of the coaching staff. This approach ensures swimmers are prepared to perform their best while supporting the team's goals. Athletes and families needing guidance on tech suits, including where to purchase new or used options, are encouraged to reach out to the coaching staff for assistance.

Team Policies

1. Conduct:

- Swimmers are representatives of Granite Bay High School and are expected to behave accordingly, both in and out of the pool. Bullying, inappropriate language, and poor sportsmanship will not be tolerated.

2. Eligibility:

- All swimmers must maintain academic eligibility as per school and CIF regulations.

3. Injuries:

- Swimmers must report any injuries immediately to the coaching staff. Participation in practice or meets with an injury is at the discretion of the coaching staff and athletic trainer.

4. Communication:

- We will use Remind for updates, schedules, and announcements.
 - Parents and swimmers can reach out to the coaching staff via email with any concerns.
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Team Apparel

All swimmers are required to wear the team suit and cap at competitions. This year, we will have a meet cap that all athletes must wear during their individual and relay races. Additional team gear (shirts, jackets, etc.) will be available for purchase.

Parent Involvement

We encourage parents to get involved in supporting the team, whether through volunteering at meets, fundraising, or attending events. More details about volunteer opportunities will be shared at the parent meeting.

Parent Discretion & Team Decisions:

As we navigate this transitional season, it is important to emphasize that all team-related decisions—including travel arrangements, relay selections, hotel room assignments, and which athletes are chosen for specific meets—are made by the coaching staff with the best interests of the team in mind. We understand that parents want the best for their athletes, but these decisions are based on performance, team dynamics, and logistical factors that align with the overall goals of the program.

We ask that parents respect the professional judgment of the coaching staff and refrain from attempting to influence or change these decisions. Our priority is to create a fair, competitive, and unified environment for all athletes.

Should any concerns arise, we encourage open communication, and we are happy to address any questions or feedback at appropriate times, but final decisions regarding team operations rest with the coaches.

Let's have an amazing season—Go Grizzlies!

My signature below signifies that I have read and agree to the 2025 GBHS Swim/Dive Team policies and procedures.

Signatures

- Student-Athlete: _____ Date: _____
- Parent/Guardian: _____ Date: _____
- Print name: _____ Date: _____

Please have this form signed by the first day of practice to be eligible for the team. This includes Athletic PE, After School, and Club Athletes. If this is not completed, you will not be able to compete or practice until it is signed by all parties above.