

Player & Parent Handbook



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Individual and Team Conduct

As a member of the Woodcreek High Swim and Dive team, you represent your team, your coaching staff, your parents, your school, and the district with your words and actions both on and off the pool deck. As such, you are expected to act with honor, integrity, respect and humility as long as you are part of the Woodcreek swimming program. These expectations and others will be gone over during parent and swimmer meetings.

Respect and Team Rapport

Respect of the coaching staff, officials, opposing swimmers, spectators and each other is expected by all members of the Woodcreek High swim and dive team. This includes the things we say to each other on and off the deck, in and out of the water and the tone with which we say it. The “heat of the moment” is not an excuse.

Sportsmanship

You are expected to be a model of sportsmanship, fair play, and integrity. The coaching staff will not tolerate any inappropriate behavior or unsportsmanlike conduct by ANY of its participants; including spectators, parents, athletes, or students. Unsportsmanlike conduct including but not limited to berateing an official for calls/DQs you do not agree with, refusing to shake an opponent's hand, cursing, etc. We honor the meet, our opponent, and ourselves by focusing on our attitude and effort level which are within our control. Coaches will also model respectful behavior.

Violations of sportsmanship, respect, team rapport will be handled based on the severity of the circumstances and in accordance with Woodcreek’s student handbook.

Offseason

In general, to maintain the highest level of competition, swimmers are expected to stay in shape during the offseason. Nothing can replicate what we do in the water as a result, if and when you can get in the water take advantage. By no means will club athletes be favored solely because they swam club; however, club swimming will help work on the tangible skills to make swimmers more competitive. The following are guidelines and expectations broken down by specific points in the offseason.

Summer/Fall

There is a non-contact period that begins in July and ends in late September. There will not be organized practices through Woodcreek as a result. We strongly encourage our athletes that are not involved in Fall sports to swim club, rec, or swim on your own. If you need more information please speak with the coaching staff.

Winter

The expectation for all swimmers who intend to swim varsity the following year enroll in 4th period for the following spring semester. Registration for classes for the upcoming year takes place during January. You should be preparing for the next year as a result. All Athletes enrolled in 4th period PE during the winter (January) will go through leadership workshops, team building activities, and dry leading up to our first days allowed in the water (February).

4th Period PE

We strongly encourage all Athletes wishing to swim varsity to enroll in 4th Period Athletic PE, regardless of ability or club affiliation. Varsity coaches will only be on deck during 4th period and will have limited availability after school. Varsity relays will practice exchanges during 4th period the day before the meet. Students not enrolled in the class will not be allowed in the water during 4th period for liability reasons. Club swimmers please see the Club swimming policy section for more information and clarification. Freshman swimmers are not expected to enroll in Athletic PE and if the class interferes with your A-G requirements then a conversation needs to be had with the Head Coach.

Team Membership

All those that come out for Swimming will have a spot in the program. However, swimmers will be selected for Varsity or Junior Varsity based on merit and their willingness to accept their roles within the team. Any selection or movement is done for the individual development of the athlete and their overall contribution and betterment of the team.

Any swimmers who, as determined by the coaches, are unwilling to commit to their team roles and/or are not in the top 20-24 swimmers based on skill level may be written out of the meet or moved down to Junior Varsity.

Club Swimmers

“The whole is greater than the sum of its parts”

put simply

“the needs of the many outweigh the needs of the few”

As a member of the WHS swim team you are expected to adhere to all team and individual expectations. If you choose to swim for Woodcreek High School then you agree to be PART of the team. Your experience is highly valued and as a team we expect you to be a leader for our inexperienced and younger swimmers.

BYLAW 600:

You are permitted to compete with your Club team at meets as an “unattached” swimmer. The expectation is that you communicate with the WHS coaching staff if there are conflicts with upcoming meets. The WHS coaching staff includes Club swim and Club water polo coaches who are familiar with the community of coaches. If we need to advocate on your behalf please reach out.

Tryouts

Additional consideration for Varsity selection will be an athlete's willingness to place team success over individual success, ability to be coached, and dedication to the overall program and all of the expectations set forth in this handbook.

Banquet

Banquet is our time of the year to celebrate the season’s accomplishments both team and individual. Banquet date will be **TBD**

Attendance Policy

ALL meets and practices are mandatory. Including those that fall on 3 day weekends, ski-week and Spring Break. Absences are strongly discouraged as it disrupts the team dynamics, chemistry, and drills.

Excused Absences

Excused absences are a result of illness, injury, or family emergency ONLY. Studying will not be deemed as an excused absence. We understand that academics comes first for our student-athletes because we are a staff of teacher-coaches. Learning proper time management is a responsibility of the student-athlete with help and guidance from the teacher-coaches. Excessive excused absences will affect playing time due to the amount of concepts missed during practices.

The swimmer must notify the head coach 24 hours in advance by email. You may email as long as the email includes an introduction, body, and closing with your first and last name.

Unexcused Absences

An absence is unexcused if the swimmer does not notify the coach before the absence occurs, or does not provide the proper written documentation indicating the reason for the absence signed by parent/guardian or medical doctor.

Penalties for unexcused absences will be as follows:

- 1st absence – Warning, but is documented
- 2nd absence – Athlete does not suit up for the next meet, but is required to be on the deck. Coaches will communicate with parents/guardians about attendance.
- 3rd absence – Athlete will not suit up and will have a coordinated meeting with Head coach/Assistant coaches/Parent/Athlete

- 4th absence -- Athlete has made the choice to not prioritize being on the swim team and will be asked to not come back and try again next year if they desire. Will not be entered into any meets the rest of season, will not be recognized at the banquet.

Tardiness

Swimmers are expected to be on time and ready to begin promptly at the start of each and every practice/meet.

Practice Day 15-20 Minutes before practice. (Ex: 5:45am practice show up at 5:30am)
meet Day 1 hr before meet. (Ex: meet begins at 5pm show up no later than 4pm)

If a swimmer is running late, they must contact the coach directly. Unexcused tardiness for practices/meets will be penalized. If you are more than 30 minutes late without it being pre-excused, it will be viewed as an unexcused absence and may result in personal consequences including but not limited to coaching check in, extra swim set, etc...

Vacations

Swimmers are expected to attend practice during Ski-Week & Spring break and any three day weekends during the season.

SKI Week:

Due to how close Ski-week is to the start of training and the first meet, practices will be everyday and mandatory. When ski -week begins we will have had 2 weeks of practice (10 sessions), athletes who miss the entire week will effectively be as out of shape as day 1 assuming they are at practice the monday following the break. As of 2024, athletes **MUST** contact their coaches **ASAP** to make them aware of their absence. Coaches will determine if the absence will count as excused or unexcused. If an athlete misses 50% of Ski week practices **without** telling their coach, they will not swim in the following dual meet or invitational. We are hoping this will encourage athletes to communicate with their coaches about absences.

Only three excuses will be accepted:

1. Family requirements with prior notification (two weeks).
2. Religious commitments with prior notification.
3. Illness

Dress Code

We are a team; we will dress as one to play as one. On meet days, swimmers will wear a team shirt on meet day, preferably from that season. Prior to the first gear distribution all team members will wear all-black clothes to meets. Coaches will inform you when we can wear team gear to meets.

Facilities

We are fortunate at Woodcreek to have a great pool and weight training facilities. With that privilege comes a responsibility to leave them in better condition than when we arrived. When we are visiting another venue we must also maintain this value and leave other pools, hotels, weight rooms, locker rooms, bathrooms etc, in better condition than when we arrived.

Practices

Practices will be approximately two hours in length, Monday-Friday and will consist of pool time and conditioning in the weight room on occasion. Anyone not directly affiliated with the WHS' swimming Program will not be allowed in the pool or weight room while practice is taking place.

Meets

Varsity swimmers will be present for JV meets and JV swimmers will stay until the conclusion of the Varsity meets for both home and away meets. swimmers are required to attend and support their teammates, even if they are not playing in the meet. However, if one team has a conflict of meet schedule (e.g. both teams are in a tournament in different locations etc.) the expectation is that we are all supporting our other programs.

If a swimmer forgets their uniform (Suit) on meet day, they must sit out the meet.

**** PARENT VOLUNTEERS****

We have the luxury of one of the best facilities in the State, as a result we host a lot of events. Unlike other sports on campus, teachers are not assigned to help in any way with our events. We have to be completely self-sustaining. We ask that parents volunteer for 2 out of 3 of our big swim meets that we host and as many of our home dual meets (3) as possible. We have a volunteer coordinator who will make sure you know what you are doing. Dual meets are on Wednesdays and begin at 4pm.

Major invites that we host

- | | |
|---|-------------|
| 1. WHS invite (1000+ athletes) 2 days | MARCH 15-16 |
| 2. NorCal Champs (Trials/Finals) 2 days | APRIL 5-6 |
| 3. CVC Championships (Trials/Finals) 1 | April 19-20 |

Coach Availability

Coaches will not be available for individual meetings before or after meets, and will not meet with parents to discuss entry changes, *please see the playing time section.*

Coaches will be available or can make themselves available to the swimmers if they want to set up a personal conference outside of practice to speak freely about issues or concerns, or things that they can work on. Parents can request a conference with a coach, only after the swimmer has already met with the coach.

Please do not be discouraged from introducing yourself on deck or speaking with any coach. If the conversation needs more consideration a coach may ask that a meeting be set up to continue the conversation started on the deck.

Staff

Head Coach

Sierra Buell
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Athletic Director

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JV Coach

Kelli Leffel
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Dive Coach

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Swimmer & Parent Contract

Please sign this page after reviewing the swimmer/parent handbook together with the athlete and at least 1 parent or guardian and present it to the head coach on the first day of tryouts.

1. I will be on time for all meets, practices, and meetings.
2. I will bring my best attitude and effort level everyday.
3. I will accept my role on the team and be a good teammate.
4. I will respect my teammates, the coaching staff, and myself at all times.
5. I will lead by example on and off the pool deck.
6. I will contact my coach if I am unable to attend a practice or meet.
7. I will contact my coach if I am running late to practice.
8. I will practice and exhibit good sportsmanship and leadership.
9. I have read and agreed to all expectations and standards set forth in the swimmer/parent handbook.
10. (PARENT) I have read and understand the player/parent handbook and I will commit to 2 out of the 3 major invites as a volunteer.

Print Athlete name

Print Parent/Guardian Name

Signature

Signature