

# SWIM and DIVE

## Program Goals, Philosophies, and Procedures

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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
First, to ensure each athlete is challenged appropriately – in and out of the pool – so that they are able to reach personal best times or dive scores by the end of the season. Second, to improve each athlete’s leadership skills; these include consistent work ethic, active team building, and empathy.	To promote a daily, incremental approach to improvement, and to gain self awareness. We want each athlete to become mature enough to assess, adjust and attack their own fears regarding practice and competition.	To compete each year for titles at the Conference, Sectional, and State level; to enjoy a large majority of personal best efforts each season. Building a team atmosphere that promotes the individual and team to thrive and succeed not only from athletes but their families.

TEAM PHILOSOPHIES		
VARSITY	JV1	
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success. Varsity team members are to regard themselves with respect to their teammates and as leaders to JV1/JV2.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should participate in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.	

## TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills &amp; Talent</i>	<i>Attitude &amp; Work Ethic</i>	<i>Potential</i>	<i>Team &amp; Program Needs</i>
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<b>ATHLETE RESPONSIBILITIES</b>	<b>PARENT RESPONSIBILITIES</b>	<b>COACH RESPONSIBILITIES</b>
If necessary, to race 5 events at the start of the season – <b>1 x 50 of each stroke</b> along with <b>1 x 100 freestyle</b> – so all athletes can be ranked by time in each event. After summing the cumulative results, <b>the top 48</b> will earn a spot on the team. In addition, up to <b>6 divers</b> will earn spots.	To help all athletes maintain good physical condition and work on skill improvement during the off-season as well as foster camaraderie for the team to thrive in and out of the pool. Parents are encouraged to help weekly by signing up as a 'Team Parent'.	Building a team atmosphere that is kind, inclusive, and respectful. Creating an atmosphere of camaraderie that builds a championship level atmosphere. To give each athlete a fair opportunity to race each event and build on their personal goals both in and out of the pool.

<b>PLAYER &amp; COACH COMMUNICATION</b>	<b>COMMUNICATION EXPECTATIONS</b>
All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting. GroupMe will be used for communication in conjunction with email. Coach will email the athlete or parent of the athlete to communicate.	Parents must email or text the coach whenever their athlete cannot practice for any reason. We understand emergencies arise, please keep the head coach informed if situations arise with proper discretion of communication methods.

<b>VARSITY LETTER CRITERIA</b>	<b>CAPTAIN CRITERIA</b>
Athletes must be selected to compete at the Varsity Conference meet (30 individual entries) or Sectional meet (18 individual entries). <b>Competing at the Varsity level in dual meets does not guarantee a Varsity letter</b> , and competing at the JV level during dual meets does not disqualify the athlete from achieving a Varsity letter.	Captains must be Seniors. A team vote will be held before the first competition.

## MISSED GAME & PRACTICE POLICY

If **unexcused**, the coach will call the parents for a discussion and explanation. The athlete will either be removed from all or part of upcoming competitions, or will be required to complete extra work after the following practice.

## STRENGTH & CONDITIONING EXPECTATIONS

During the season, athletes will workout 3 times per week immediately following practice. CHS strength and conditioning team will provide tailored workouts for individuals based on competing events or general strokes.

The workouts performed may consist of TRX, calisthenics, running, jump rope, resistance training, weight lifting, etc. Outside the season, all are encouraged to train in the pool with their local club and to workout with Bulldog athletes at CHS.