

**Congratulations on being selected to be a Bronco swimmer. Now that you have been chosen to be a member of our program, there are standards of excellence which you must uphold. Being a Bronco athlete is a privilege and an honor, and it is important for you to understand the responsibility that goes along with that. Prepare yourself for 12 Weeks of a Mentally and Physically Challenging, Life Changing, and Character-Building Experience!**

### **Introduction**

**The Swim Coaching Staff at Vista Murrieta High School would like to extend you a warm welcome. We are proud to be a Bronco and excited for this new swim season! We are providing this handbook to inform you of team expectations; policies and procedures adhered by the Vista Murrieta**

**High School Swim Program. This handbook in no way overrides district or CIF-Southern Section policy.**

### **Athletic Code for Athletes**

**The Athletic Code means to play the game in the spirit of fairness and sportsmanship, to observe all rules and regulations. It means to accept the decisions of the officials without protest, to see that officials are extended protection and courtesy by the players, to treat opponents as your guests, and to put clean play and sportsmanship above victories. It means the ability to win without boasting and to lose without a grudge. The important thing in sports is to strive to excel and the good feeling it fosters between those who play fair and have no excuse when they lose. Whether you are in the pool, on deck, at school, at home or out in the community, you are a BRONCO! Your actions not only reflect upon you as an individual, but our entire program. That is why it is vitally important that you live up to the standards and responsibility expected of you as an ambassador for our swim program and our school. These expectations include getting good grades, behaving well in the classroom and on campus, fulfilling all responsibilities on campus, in the pool, at home and being a model citizen in the community. All swimmers are required to meet the requirements of the Murrieta Valley Unified School District “Athletic Code of Conduct and Sportsmanship”, and the Vista Murrieta High School Boys and Girls Swim “Team Handbook”.**

### **Athletic Code for Parents/ Family Members**

**All Parents and Family members of Bronco Swimmers are required to meet the requirements of the Murrieta Valley Unified School District “Athletic Code of Conduct and Sportsmanship”, and the Vista Murrieta High School Boys and Girls Swim “Team Handbook”. Parents and Family**

Members are expected to honor the “CIF Parent Code of Ethics” and promote the six core ethical values of a Bronco: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship.

### Mission Statement

To encourage and provide opportunities to enhance each athlete’s strengths, promote good sportsmanship and teamwork and strive to be the best that we can be not only in athletic skills but life skills such as discipline, integrity, leadership and goal setting.

### Program Philosophy

Our coaching staff believes a great swimming program is an integral part of the high school athletic experience. Participating in swimming offers opportunities to develop the bodies and minds of our student-athletes to higher levels of responsibility, confidence, sportsmanship, time management, cooperation, and teamwork. Participation in swimming also develops in our student-athletes leadership qualities necessary to be a productive member of society.

I believe [Pete Carroll](#)’s three team rules for his USC football team are what every team should strive for.

- 1 – Be early
- 2 – No whining, no complaining, no excuses
- 3 – Support your teammates with their effort

### Communication

Communication is an important part of a successful program. We use a couple of sources for communication. Please feel free to sign up to stay informed.

- Texts are sent out through Remind 101. **Text 81010 and message @vmhsswim2, all swimmers text 81010.**
- Emails are sent out as a group message. Email Coach Sue at [slane@murrieta.k12.ca.us](mailto:slane@murrieta.k12.ca.us) to be added.
- To view the calendar and other important updates please visit [vistamurrietaathletics.com](http://vistamurrietaathletics.com), go to sports tab, click coed sports, click swimming. Calendar is on right side of the page in “upcoming events”.
- **Email Header should say “Meet Name” for any request or meet attendance conflicts.**
- Coach Sue’s cell is (818) 268-3994. Please do not text or call before 8:00 am or after 9:00 pm. Your calls and/or texts will not be answered.

### School and Community Expectations

Players are expected to follow the VMHS School-wide Rules and Regulations as defined each year in the student handbook to maintain good standing on the team. This includes classroom behavior, academic dishonesty, dress code, tardies and trancies. Behaviors not on school campus or at school functions can reflect negatively on our team and athletic program and can result in disciplinary action.

### **Social Expectations/ Networks**

At all times players represent their team, school, and community. Players are expected to maintain proper decorum at school, team functions and team / school travel, and in the community. This extends outside school hours and team activities and includes social media. Social networks and other public online forums are areas that players represent the team and VMHS. Players should be aware that posting negative online content embarrassing to themselves, the team, coaches, and school or posting information that violates team, athletic department or MVUSD rules can result in negative consequences such as reduced meet participation, suspension, or expulsion from the team and/or VMHS discipline policy.

- Refrain from using social media to vent your frustration about the swim program, coaches or teammates.
- **Think** before you post something on the internet as it can lead to consequences that you will be held accountable for if it involves Bronco swimming.
- It should be used as a source of motivation and encouragement to your teammates. Posting something negative about the Bronco Swim Program puts you at risk to be dropped from the program.

### **Athletic Requirements**

All participants (swimmers) must be cleared athletically through the athletic department to participate. All paperwork in the athletic clearance packet must be completed along with an annual athletic physical. Each swimmer must also meet all CIF eligibility requirements. Each swimmer and a parent must all sit in on the preseason meeting to understand expectations for the athlete in order to participate in any practices/ meets or team activities. The parent and athlete will submit the signed consent forms of agreeance of the team handbook prior to attending any practices (date will be announced).

### **Medical Matters**

All sports related injuries are to be reported immediately to a coach and Athletic Trainer. The athlete is to check with the coach and Athletic Trainer the day following the injury to be cleared to practice. An injured athlete who is under medical care by a physician must present a written

release from the physician before the coach can permit the athlete to participate in practices or competition.

### **Coaches Expectations**

Swimming is a “training intensive” sport. In order to be successful individually and contribute to the team effort, you must spend time training in and out of the pool.

- Expect more of yourself at every workout.
- Embrace challenges daily in practice and competition.
- Be a positive, reliable, trustworthy, and supportive teammate. \*\*\*See 9

### **Ways to Be a Better Teammate**

- Model good sportsmanship for the younger members of the swimming program and general community.
- Long-term hard work and dedication are rewarded.
- Set goals and train and prepare for these goals every day at every practice.
- The Coaching Staff is here to offer advice, support and opportunity - your level of performance is determined by how you take advantage of this.
- Athletics teach life lessons.... some good....some bad....
- Setbacks will happen...It is how you respond and move forward from these disappointments that define character.

### **Practice Expectations**

- Preseason Practices (starts 2/02/2026) will be held weekly and will be worked around the water polo end of season calendar until the swim season starts. Official swim season starts concluding the girls water polo season, with the 1<sup>st</sup> league meet on 03/18/2026. Please refer to our swim calendar for days, times, and groups. Always plan to arrive 15 min prior to start time of your practice. 6<sup>th</sup> period swim is a class and will be conducted like any other class on campus, which will be graded and reflects upon attendance and participation in the class. \*\*\*please see class syllabus.
- We will have practice during spring break (Mar 30 - Apr 3rd, 2026) . Your athlete is required to participate in practices/ meets during this break. This is where some students take the week off and that will result in progress being halted or going backwards, which will then affect a proper taper for our league finals, CIF, and State.
- Every Lap counts in swimming, and excessive time on the wall will result in dismissal from practice. Repeat offenders may be removed from the team. This falls under supporting your teammates with your effort.
- Dry land will be integrated as the season progress.
- Swimmers participating in a full time USA Swimming Program are allowed to practice with their club team in lieu of high school practice. They will be required to participate in the varsity practice the day before the league meet. The same

attendance rules apply to all swimmers, regardless if you are on club swim or not. If you are not able to attend your club practice on a given day, then you will be required to come to the high school practice that day. Club coaches talk and attendances will be verified. Please do your part.

- If you are doing club or a dual sport, make sure you make the “team connection”.
- If you are doing a dual sport, the same rules will apply to you, however, **NO OTHER SPORT REPLACES TIME IN THE WATER**, and you are encouraged to figure out how to time manage so you can attend practices and competitions of both sports. If you are on varsity, you will be required to practice in the water daily regardless of another sport. If this rule is not followed, then can result in disciplinary action.
- Swimmers must be picked up after all practices/ swim meets within a reasonable time (less than 30 minutes).

#### Tardies

- The only acceptable reason for being tardy is staying after class to speak with your teacher. Be sure that you get a written excuse from the teacher to give to the coach.
- Arrange for test make-ups before school or at lunch... **NOT DURING 7<sup>th</sup> PERIOD SWIM CLASS OR PRACTICE TIMES**. Detention or OCI is not an acceptable reason for missing practice or meets.
- Swimmers are expected to be in the water ready to swim on time.
- First Tardy: Warning from the coach
- Second Tardy: Staying Late to make up practice time.
- Three (3) tardies or early leaves or any combination of the two will count as one unexcused absence.
- Early leaves from practice require a signed note or email sent to Coach Sue by noon of the day the swimmer needs to leave early from practice. Please schedule all doctor/dentist/SAT classes etc. outside of practice time. There is no substitution for water time.

#### Attendance

- All members of the swimming program are expected to attend every practice, meeting, contests, and team fundraising.
- Make appointments around practices and games, pool time is invaluable to the success of the athletes.
- If you are truly ill, call or email Coach Sue (818)268-3994, [slane@murrieta.k12.ca.us](mailto:slane@murrieta.k12.ca.us). Do not send a message with another athlete.
- Academics: While academics takes priority over athletics; it is not an excuse for missing athletic team practices and meets. Athletics actually help

- students to budget time; with practice ending by 5:00 pm there is ample time to get your homework completed
- **Attend and participate in all scheduled practices and meets. 4 missed practices (excused or unexcused) will be subject to forfeiture of a letter, or the coaches reserve the right to remove you from the team. Additional absences will follow the consequence laid out in this handbook.**

### **Classroom Rules**

1. Strive for excellence. Do not be satisfied with “just getting by”.
2. Always respect teachers and classmates. Classroom behavior reflects the type of student-athlete we keep in this program.
3. All swimmers will attend classes regularly and be punctual. Excessive tardies and absences are not acceptable and good result in termination for the swim team.
4. No swimmers should miss practice or meets for detention or academics. Swimmers are capable of being student-athletes, and if they cannot meet both criteria, they should be only students!

### **Meet Day/ Team Travel**

**All practice and any meets are considered “meet at” and MVUSD is not responsible for providing transportation to and from these events. The attached NON- DISTRICT TRANSPORTATION NOTICE states that each parent or guardian is responsible for transporting their student athlete to all meets and practices. Coaches may assist in organization of carpool, but these are not mandatory. Coaches will communicate a designed time to meet either at the event or at VMHS to check in before caravanning to the meet. Student athletes who drive and wish to self-transport can do so and must fill out the STUDENT PERSONNEL VEHICLE USE FORM ATTACHED. Students should not transport other students in a vehicle to events, and if they do, the Coaches, VMHS and/or MVUSD will not be held liable for any injury or death.**

**Please note: In order to be released and compete at a swim meet, your swimmer MUST BE CLEARED through the athletic office prior to the swim meet and/or when meet line ups are posted. All swimmers must wear team polo on meet day, or they will lose their position to swim that day and will not be early released for the swim meet! If you cannot afford a team polo, we will have a limited amount of loaner team polos that may be borrowed for the season and returned at the end of the season.**

### **Varsity Letter Policy/Requirement**

**All Varsity players are eligible for a “Letter”. They must meet all guidelines listed below. The final decision on a swimmer lettering as a Varsity Swimmer is at the Coach’s discretion.**

1. Be academically eligible for the complete season (first day of official practice to the end of the season).
2. Wear team polo (owned or borrowed) on meet days. No team gear on a meet day = no competing at the meet that day.
3. Be nominated based on coach’s decision of merit as a player in good standing with the program and as a Bronco with VMHS.
4. Positively represent the Bronco’s, VMHS, and MVUSD.
5. Coaches reserve the right to make all final decisions regarding varsity letter status.
6. 100% attendance at required mandatory practices.
7. 100% attendance at Bronco team practices or club practices
8. **Must attend 3 practice days during spring break.**
9. Must attend all league meets.
  10. **Attend time trials in December or January**
  11. **Must qualify and participate in league prelims and finals ( if qualified). If not qualified for finals, you will be required to be at League Finals to cheer on your team and help the Coaches if need be.**
  12. **Participate in the team fundraisers.**
  13. **Must meet the “Letter” Time Standards which will be made available once the CIF Time standards are published in January.**

These time standards may “relax” to reflect the top three individual times in an event. Varsity lettering is based on individual events, not a relay split.

**OR**

**The swim coaches recognize swimming is a unique sport and despite hours of training, not everyone is the next Katie Ledecky. Our philosophy recognizes the importance of teaching exercise as a lifestyle, participation, responsibility, attendance and representing one’s high school as well as athletic ability. Therefore, if a student-athlete has participated three season / years on the team and has not met the letter standard, they will earn their letter by dedication to the sport upon completion of their third season.**

### **Fundraising/Volunteers**

- **All athletes are highly encouraged to participate in all fundraising activities that we offer for the season. Without fundraised funds, the team will not be able to pay for meets /invites and needed equipment.**
- **We are looking for each athlete to raise at the minimum of \$120 each swim season.**

- We can't continue our high-level program without your help.
- We are participating in a new fundraising avenue this year through **MONEYDOLLY**.
- Fundraising allows us to hire additional coaches, pay for competitions and invites, pay for our 6<sup>th</sup> period swim class, and other items we need to run our program efficiently.
- Any donation either directly given to VMHS Swim Team account or through a 3<sup>rd</sup> party source are non-refundable and not returnable.
- Family, business or private donations can be made in lieu, to the Swim Team ASB account, as long as a receipt is submitted to the coach.
- Athletes that do not participate in all the fundraisers meeting the minimum requirement, may not receive a Varsity letter.
- **Snack Bar** is run at every home meet as a service to the swimmers and guests. We are asking for parents to help work this during our home meets.
- We ask that each swimmer bring a prepackaged snack bar item to fill our snack bar at the beginning of the season. This can include the following... sodas, Gatorades, candies, chips, granola bars, etc.
- We also need **Timers** at our home meets. We will train you how to work a stopwatch, it is a very easy job, and it is the best seat in the house. You will get to experience firsthand the effort the swimmers put into each and every race. As well as observe their interaction with the guest team.
- **Each athlete family member will be required to fill at least one volunteer timing position and/or snack bars sales job during the season. Failure to do so, will result in VMHS forfeiting a home swim meet. This will then affect the swimmers and they will lose opportunities to qualify for cif. If everyone does a 1 hour time slot in snack bar or timing, all our team obligations will be filled easily and the same adults are not left to do all the work.**

#### Meet Expectations

- You are expected to attend all swim meets. This is a team sport, and it requires a team effort to win a meet. Must email coach know by due date of any conflicts with swim meet dates.
- Pay attention to when your events are and how the meet is progressing.
- It is your responsibility to be on the starting block at the correct time.



- Veterans help the newcomers stay organized and get to the blocks on time.
- If someone misses their event Vista Murrieta loses points!
- Stay well hydrated with water.
- Warm up before your event to optimize your performance. You should do some drills, interspersed with a little speed work. Enough of a warmup to loosen up, but not enough to have any perception of tiredness. You should finish the warmup about 10-15 minutes before the start of your event.
- Cool Down after each event to get rid of lactic acid, so you will not “hit the wall” in your next event. A stretched out 300 Free is a good cool down.
- Every swimmer must have team suit in order to participate in a swim meet.
- Every swimmer must wear the team polo (owned or borrowed) on meet days are they will not participate in the meet that day, meaning they will not have early release the day of the meet if this requirement is not met.

### Goals

- Our goals as coaches are:
  - Help you improve your fitness and health.
  - Improve your swimming form and times.
  - Giving you every opportunity to play a significant role within the Vista Murrieta High School swim program.
  - Fun yet Challenging workouts
  - Win Leagues and CIF
  - Help you achieve multiple CIF qualifiers.

### Tryouts

- **Physicals must be done, and all paperwork completed before a swimmer may tryout. To do this, visit [vistamurrietaathletics.com](http://vistamurrietaathletics.com), click forms (clearance), follow directions.**
- Returning swimmers must attend one of the tryout dates. Failure to do so will put student athletes at risk to be removed from the program.
- Individual team placement (Novice, JV or Varsity) will be done after tryouts. And posted on swim door within a week of tryouts and/or before the 1<sup>st</sup> practice of the season.
- Should be capable of performing at least two of the four strokes legally.
- There will be time trials (try-out) for all new swimmers in December or January. Please see calendar or swim board on deck for the dates. Results from this will help determine Varsity, JV. Or Frosh /Soph teams.

### Novice Swim Team

The purpose of the Novice swim program is to:

- Develop and refine the basic skills, conditioning, and the 4 strokes of swimming of the athlete.

- Introduce, explain, and reinforce the rules of competitive swimming.
- Assess the swimmer's athletic ability which will lead to continued involvement in the sport.
- Provide competitive swimming/racing at our home meets to gain confidence in the sport.
- Swimmer's must meet all program requirements and goals to participate.

### **Junior Varsity Swim Team**

**The purpose of the Junior Varsity program is to:**

- Further develop the skills of the athlete/swimmer
  - Increase the intensity of competition.
  - Prepare athletes for the Varsity level of swim.
  - Place more emphasis on winning, stroke technique/ speed, but not to the extent of the varsity level.
  - Provide opportunities for competing in swim at the JV level.
- Players must exhibit the required intellectual skills, proper attitude, physical skills, and the sport specific skills that indicate a potential to be. A Varsity swimmer over the next couple of years. The number of swimmers will vary each season. Each swimmer must meet all program requirements and goals to participate.

### **Varsity Swim Team**

**The purpose of the Varsity program is to:**

- Develop the physical skills and conditioning of an athlete to their fullest potential.
- Provide talented athletes a chance to excel.
- Provide athletes with the opportunity to learn to set goals, strive to achieve them, and serve as a role model for younger athletes.
- Develop program goals that include winning, team building skills, and enjoyment of the sport.

The Varsity swimmer must show mental skills, proper attitude, physical skills, and sport specific skills needed to be on the Varsity level and to be essential contributors to the success of the team. The number of swimmers will vary each season. Each swimmer must meet all program requirements and goals to participate.

Note: No swimmer is guaranteed a position in the present year because of participation the previous year. Meaning, if you were

Varsity last year, does not mean you are guaranteed Varsity the following year. Varsity positions are based off of times and each Varsity position is fluid from year to year.

### Team Captains

#### **LEADERSHIP IS ACTION, NOT POSITION.**

Captains are picked by a person's leadership abilities which include but are not limited to ...

- Being on time
- Being in the pool and ready to swim when practice starts.
- Helping with team duties like ...pulling tarps, picking up trash
- Helping other teammates in and out of the pool
- Creating a positive environment
- Talking to others outside of your "group of friends"
- Being a Varsity swimmer
- Leading team warm up.
- Assisting with meet set up and break down.
- Participating in 7<sup>th</sup> period swim class 2<sup>nd</sup> semester
- Wearing Team apparel
- Setting an outstanding example
- Selected by the coaching staff and your peers.

### Respect

- Respect yourself by taking care of yourself during the season, eating well and getting enough sleep.
- Respect your teammates by giving 100% effort during practice and swim meets.
- Respect your competitors by wishing them Good Luck before the race and shaking hands and congratulating them on a good race after it is over.
- Respect your Teachers, Parents, the Officials and Coaches by not talking when they are talking.
- Model respectable behavior by refraining from the use of profanity, vulgarity and other offensive language.
- Not every swimmer is here to be the top swimmer, but being a good teammate is just as important and will be weighed just as heavily as being fast.
- We all don't have the same swimming expectations as each other but hit that water every time with a good attitude and the hard work ethic of a Bronco!

### Competition

- Members of the swim program are expected to give 100% effort when they are competing in a meet and practice.
- Meet lineups will be based on time. The top three swimmers will be chosen for Varsity.  
Example: If you are the 4<sup>th</sup> fastest Breaststroker you may be chosen if I am using the #3 breaststroker elsewhere in the lineup. The fourth – sixth swimmer may be chosen for JV.
- Events will be chosen to make the best competitive lineup against our opponents. You will not necessarily be swimming your best event at all the meets.
- Swimming events is earned through performance and attendance in practices and meets.
- Swimming Events is not Guaranteed and is at the discretion of the coaching staff.
- If a player is dissatisfied with the events entered, the proper way to address the issue is to make an appointment with the head coach to discuss how the player can switch. The coaching staff will not meet with only the parents of a swimmer. It is required by the Head Coach that the swimmer be present at any meetings with their parents.
- Junior Varsity swimmers can challenge a varsity swimmer for an event, the day before a meet.
- The meet line-up will be posted the day before a meet. You must email the coach 48 hrs prior to a dual meet and 2 weeks before an invitational, if you are unable to make it for some reason.
- No changing out of an event without first talking to the head coach.

### Pool Etiquette

- We have this awesome facility – make sure that you leave the deck cleaner than when you came.
- Pool preparation and cleanup is EVERYONE'S responsibility. No one should have to tell you to put the lane lines in. No one is to leave until the lane lines have been stored and the pool has been restored to an excellent condition. This includes removing and putting the covers on the pool.
- Gum is not allowed on the pool deck. This includes the bleacher area and any part of the enclosed pool area.
- Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and not allowed.
- Valuables on Deck: Do not bring valuables to the pool area! The school assigns lockers to students for their use and does not take responsibility for the students' property or belongings. It is the responsibility of students at all times to safeguard their own property and property issued by the school. If you would like a locker, please see Coach Kristie.
- Away Meets: Leave the deck area cleaner than when we came.

### **Equipment Suggested**

- **Every swimmer will need purchase a team polo or borrow a team polo (we will have a limited supply) and it will need to be worn on ALL meet days (no exceptions! No polo= no swimming)**
  - **Every swimmer must also purchase a team suit and team cap in order to participate in a swim meet.**
- 
- Goggles (2 pair)
  - Short or Long Soft Rubber Closed Heel Fins (no scuba/diving hard plastic fins)
  - Finis Swimmer's Snorkel
  - Drag Suits, board shorts, or tights when directed by the Varsity Coach only.
  - Spirit packages will be available at BSN Sports and there will be a 10-day window in which to purchase. You will receive a link via remind when it goes live.
  - Each Bronco swimmer is required to purchase a team polo, suit and cap. All other items are suggestions.
  - Practice suits must be in good condition and girls are required to wear one piece suits. Jolyn's last a very long time and are chlorine resistant.
  - Team Caps are the only caps acceptable for practice.

### **Swimmer Expectations**

- Honesty and integrity,
- Bronco C.L.A.S.S
- Model good sportsmanship,
- Value a healthy competition,
- Work together with other team members on personal and team goals,
- Feel a sense of duty and dedication to their school and team,
- Pride him/herself in winning and losing with a sense of dignity,
- Earn respect for and from others,
- Create and reach personal goals,
- Follow directions from authority and have the self-control to accept responsibility for one's own actions.
- Be attentive during practice to stroke technique, turns and starts.
- Perform academically during the entire year.
- Manage their time to complete assignments/study after practice and not miss practice because of academics.
- Be coachable...ask questions.

- **No drama!!!**

#### **Team Pictures and dress code**

- **Please see calendar for team picture date (sometime in May)**
- Team attire/ dress while representing Vista Murrieta High School and the Bronco Swim Program will remain neutral. The following must be adhered to for team pictures, meets and functions...
  - Earrings must not include words or colors and remain very neutral and "simple."
  - Team polos are to be worn at all team functions, meets and team pictures.
  - You may wear jeans, jean shorts, or khaki shorts or pants.
  - For team pictures, every swimmer will wear the team suit.
  - Make sure that make-up is neutral.
  - Only jewelry to be worn for team pictures are neutral/simple earrings. No necklaces or rings, or any big hair items.
  - On meet days, no jewelry can be worn during competition in any shape or fashion.

#### **Team Banquet**

- **Location- VMHS SMALL GYM AND WILL BE HELD ON MAY 21ST.**
- **Slide Show of pictures taken from team functions and Swim meets. If you have any pictures, please send a link to [slane@murrieta.k12.ca.us](mailto:slane@murrieta.k12.ca.us)**

#### **Varsity Letter Requirements**

1. **Coaches reserve the right to make all final decisions regarding varsity letter status.**
2. **100% attendance at required mandatory practices.**
3. **100% attendance at Bronco team practices or club practices and attendance sheets filled out.**
4. **Must attend 3 practice days during spring break.**
5. **Must attend all league meets.**
6. **Attend time trials in January.**
7. **Must qualify and participate if league prelims and finals.**
8. **Must participate in the team fundraisers.**
9. **MUST wear team polo on meet days. (bought or borrowed)**

- **Must meet the “Letter” Time Standards which will be made available once the CIF Time standards are published in January.**

**These time standards may “relax” to reflect the top three individual times in an event. Varsity lettering is based on individual events, not a relay split.**

**OR**

**Be a foreign exchange student who meets all the program requirements and goals.**

### **Information for parents**

#### **Communications to expect from the coaches:**

- Philosophy of the coach/team
- Times and locations of practices
- Team requirements, fees, etc.
- Expectations the coach has for your swimmer athletically, academically, and socially.
- Any disciplinary actions that result in denial of participation

#### **Proper communications from parents to coaches:**

- Notification of any conflicts or absences in advance of practices or contests.
- Concerns should be expressed directly, at appropriate times, to the coach. (First contact should be player to coach). Before a meet or practice is NOT the appropriate time!
- Positive encouragement and support for the program
- “24 hours cool off “ - no negative communication within the first 24 hours of a meet will be tolerated from a parent to a coach or a coach to a parent. You may not contact a coach or parent until 24 hours after competition. Coaches have the responsibility for the swimmers and safety before and after meets and practices, additionally these

can be emotional times for players, parents and coaches. This is why 24 hours after an occurrence is not the appropriate time to resolve concerns.

### **Protocols for concerns:**

- Student athlete/ coach meeting to resolve an issue or conflict.
- At the appropriate time please contact the coach directly to schedule a meeting to discuss concerns.
- If steps 1 and 2 do not provide a resolution and next steps are necessary, contacting the Athletic Director will deem correct.

### **Issues not appropriate for discussion with coaches:**

- Swimmer picked events.
- Event/ swimmer line up for meets, League or CIF.
- Team/ meet strategy.
- Other student- athletes

### **Consequences**

**Consequences for the team expectations are entirely at the discretion of the coaches.**

#### **Positive Consequences-**

- Demonstration of leadership skills, hard work, and maintaining good grades you can be designated a team captain.
- Receive a Varsity letter.
- Athletic PE credit
- Receive a positive college or job recommendation
- More flexibility in picking events at a meet.

#### **Negative Consequences-**

- In the event a member of the team does not follow the above stated expectations or policies, the below listed procedures will take place.



### **1<sup>ST</sup> INFRACTION**

- STAYING LATE TO MAKE UP PRACTICE TIME.
- IF THE INFRACTION AFFECTED PRACTICES, A MEETING WITH PLAYER AND COACHES MAY BE HELD IF THIS HAS BEEN AN ONGOING PROBLEM -- SUCH AS CONTINUOUSLY LATE TO PRACTICE OR NOT PARTICIPATING IN THE GIVEN SET. PLAYER IS REMOVED FROM PRACTICE FOR ONE DAY AND THE PARENT MAY BE CONTACTED. A PARENT CONTACT AND/OR BEHAVIOR CONTRACT MAY BE WARRANTED.

### **2<sup>ND</sup> INFRACTION**

- PLAYER IS REMOVED FROM PRACTICE AND SUSPENDED FROM THE NEXT SCHEDULED MEET, PARENT MAY BE CONTACTED, AND A FORMAL MEETING WITH PLAYER, PARENT, AND COACH IS HELD. BEHAVIOR CONTRACT MAY BE WARRANTED.
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### **3<sup>RD</sup> INFRACTION**

- PLAYER IS REMOVED FROM PRACTICE AND SUSPENDED FROM THE NEXT TWO SCHEDULED MEETS, PARENT MAY BE CONTACTED, AND A FORMAL MEETING WITH PLAYER, PARENT, COACH, AND ATHLETIC DIRECTOR IS HELD. POSSIBLE REMOVAL FROM THE PROGRAM.
- PLAYERS MAY BE REMOVED FROM THE SWIM PROGRAM WHEN THEY HAVE EXHAUSTED ALL CONSEQUENCES AND HAVE CONTINUED TO NOT FOLLOW THE EXPECTATIONS AND POLICIES OF THE PROGRAM.

WE HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY POLICIES OUTLINED IN THIS 2025-2026 HANDBOOK ALONG WITH THE EXPECTATIONS AND POLICIES OF THE SWIM TEAM. BY OUR SIGNATURES BELOW, THE STUDENT ATHLETE AND THE PARENT, UNDERSTAND AND ACKNOWLEDGE THEY HAVE READ, COMPREHEND, AND AGREE TO THE POLICIES SET FORTH IN THE HANDBOOK. I AM COMMITTED TO MEETING ALL OF THE TEAM OBLIGATIONS (PHYSICALS, ETC.) BY THE SPECIFIED DUE DATES. THE STUDENT ATHLETE AND THE PARENT ARE REQUIRED TO AGREE PRIOR TO PARTICIPATING WITH THE VMHS SWIM TEAM.

Student-Athlete's Name (Print) \_\_\_\_\_

Student-Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Email \_\_\_\_\_

#### SUMMARY

PARENTS... PARENT  
SWIMMER'S...SWIM  
COACHES... COACH  
OFFICIALS... OFFICIATE

PLEASE CHEER, SUPPORT AND LIFT UP YOUR ATHLETES. PLEASE DO NOT YELL INSTRUCTIONS OR TRY TO COACH YOUR CHILD, IT ADDS CONFUSION AND ALLOWS THE COACHES INSTRUCTION TO BE MISPLACED. HELP US, HELP YOUR SWIMMER AND BE A LOVING, SUPPORTIVE FIGURE IN THEIR HIGH SCHOOL SPORTS CAREER!

PLEASE SIGN THE LOWER PORTION OF THIS LETTER AND HAVE YOUR CHILD RETURN IT TO COACH SUE. YOUR SWIMMER WILL NOT BE ABLE TO PARTICIPATE IN PRACTICES OR MEETS IF THIS IS NOT ON FILE.

THANK YOU FOR YOUR CONTINUED SUPPORT OF THE VISTA MURRIETA HIGH SCHOOL SWIM TEAM.

YOURS TRULY,

**SUE LANE-PIERCE  
HEAD SWIM COACH**

I UNDERSTAND THAT I AM RESPONSIBLE FOR PROVIDING  
TRANSPORTATION FOR MY SON OR DAUGHTER TO ALL PRACTICES,  
COMPETITIONS AND INVATIONALS THAT ARE POSTED REQUIRED  
EVENTS.

**Student-Athlete's Name (Print)** \_\_\_\_\_

**Student-Athlete's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent's Name (Print)** \_\_\_\_\_

**Parent's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_