

# TRI-VALLEY SWIMMING TEAM HANDBOOK

2025-26

## ACADEMIC ELIGIBILITY

Tri-Valley swimmers are STUDENTS first and foremost! OHSAA and Tri-Valley Local Schools require a minimum of 5 PASSING CREDITS (or the CCP equivalent) per grading period to be eligible to participate in high school sports. Since the winter sports season covers two grading periods, it is possible to be eligible for one half of the season and not the other. A swimmer's ineligibility may result in dismissal from the team. The OHSAA Eligibility Guide can be found on the team website in the Resources tab. CCP students are advised to consult with the Athletic Director to ensure eligibility.

## ATHLETIC EXPECTATIONS

Tri-Valley swimmers are expected to:

- COME TO PRACTICE – you won't get better unless you do.
- THINK POSITIVE, VISUALIZE SUCCESS, and STAY IN THE MOMENT.
- WORK HARD, even when it hurts, or you are tired - this is the time to think about your GOALS.
- RACE FEARLESSLY and welcome challenge – do your BEST!
- TAKE A RISK and TRY NEW EVENTS – you'll expand your horizons and surprise yourself!
- GET TOUGH – “when the going gets tough, the tough get going”.
- Be good LEADers (Seniors!) and team-oriented FOLLOWers.
- CHEER on your teammates!! GO SCOTTIES!!!
- Always treat your teammates (and coaches, competitors, officials, and timers, etc.) with RESPECT and DIGNITY.
- THANK YOUR PARENTS and other VOLUNTEERS. Because of them, you get to participate!
- SWIM FAST and HAVE FUN!

## ATTENDANCE

ON-TIME ATTENDANCE TO PRACTICE AND MEETS IS EXPECTED! Practice time is valuable for all Tri-Valley Varsity sports and the seasons are short! Tri-Valley swimmers should make EVERY effort to be at EVERY practice for the FULL duration of our practice time (pool, dryland + team meetings). HS Swimming is an extension of school, therefore work, volunteer commitments, appointments, vacations, and everything else should be scheduled AROUND our practice times during the season.

- Swimmers are expected to:
  - Attend ALL practices and meets.
  - Communicate with the coach IN ADVANCE if they will miss, be late to, or need to leave early from practice or a meet for any reason. Asking a teammate to pass the message to the head coach at practice is unacceptable.
- Excused absences will be granted per the Tri-Valley Attendance Policy for Grades 7-12.
- Swimmers may also be excused from up to 6 practices for any reason (vacation, work, studying, etc.) and remain eligible for a Varsity Letter SO LONG AS the pre-planned absence or "personal day" request is presented to the head coach by the swimmer at least 24 hours prior to the practice. "Personal days" cannot be requested for the day before a meet.
- Two (2) unexcused absences will result in dismissal from the team. Missing practice due to detention is always an unexcused absence.
- Swimmers who choose not to communicate within 24 hours after missing practice or a meet without prior coach approval will be dismissed from the team.
- Per TVHS policy, swimmers may not participate in a practice or meet if:
  - Absent from school.
  - Not in school for at least a half day.
  - Not in attendance for the last period of the day.
  - Tardy and not at school by 11AM.

- Per TVHS policy, a swimmer is permitted to participate in a practice or a meet if he/she has a pre-planned absence approved by the high school. Pre-plan requests must be made 2 days prior to the pre-planned absence (vacation, college visit or medical appointment).
- Swimmers may not participate in a meet if absent from practice the day before unless prior arrangements have been made with the coach.
- Practice attendance/participation will be considered by the coaches when determining meet and relay events for swimmers.
- Club swimmers may attend their club practices in lieu of high school practices to permit continuity in training so long as the swimmer and coach have agreed on a plan prior to the beginning of the high school season. TV coaches will communicate with club coaches to foster a cooperative training regimen for the swimmers in a club program. All club swimmers are required to attend at least one practice (usually Friday) or meet with the high school team each week at the TV coach's discretion. Swimmers are expected to attend all club scheduled practices. Absences from club practice will be considered unexcused unless a "personal day" is requested from the high school coach 24 hours in advance. Swimmers who abuse the privilege of attending club practices in lieu of high school practices will be dismissed from the high school team.

## CODE OF CONDUCT

TV Swimming has a ZERO tolerance policy for illegal activity/behavior, such as use of performance enhancing drugs (PED), alcohol, illegal drugs, and/or tobacco products in any form. Swimmers who choose to violate this policy will be dismissed from the team.

## FACILITY/LOCKER ROOM RULES

We are visitors in every facility that we use for practice and meets. ALWAYS...

- Respect the facility and other patrons – no horseplay, loud voices, or inappropriate language.
- Keep the locker room and pool area clean and orderly – pick up your trash.
- Store your swim bags and other belongings in the natatorium on the bleachers. DO NOT leave your belongings unsecured in the MCFY locker room during practice or meets.
- For the safety and protection of our team and others, ALL media recording devices, including cell phones, shall not be used in any facility's locker room during our swim season for taking photos or recording videos.

## INJURY AND CONCUSSION POLICIES

If injured, and unable to swim, swimmers must continue to attend practice unless other arrangements have been made with the coach. While injured, swimmers are still part of the team and expected to follow all team standards. ALL injuries, including suspected concussions, regardless of where or when they occur, must be reported to the coaches and the Tri-Valley Athletic Trainer.

Concussions are a very serious issue and must be treated as such. Any swimmer with a concussion, or who suspects that he/she may have a concussion, or suspects that a teammate may have a concussion, must bring it to the attention of the coaches immediately. Swimmers will not be permitted to practice until they have a letter from a doctor which clears them for sports and have been cleared by the Tri-Valley Athletic Trainer. Eligibility for competition after injuries and extended time away from practice will be determined by the coach.

## MEET ATTIRE

TV Swimmers are strongly encouraged to wear Tri-Valley Swimming gear (shirt, 1/4 zip, warmup) to school on meet days (or the day before a meet). Senior swimmers may choose to designate a team dress code for meet days. The uniform for traveling to/from meets is our Team Warmup (jacket + pants) and Team Bag. Varsity jackets may also be worn.

## SOCIAL MEDIA POLICY AND GUIDELINES

Social media sites, such as Facebook, Twitter, Instagram, Snapchat, and TikTok, are often used by student athletes to communicate and connect with others. TV Swimmers must recognize that their online behavior is not only reflective of themselves but also of the programs with which they are associated. Therefore, when using these sites, TV Swimmers

are expected to represent themselves (and TV Swimming) and treat others online in a respectful and appropriate manner.

Inappropriate online behavior will not be tolerated by TV Swimming. Examples of unacceptable online behavior include, but are not limited to:

- Posting content that is unsportsmanlike, derogatory, demeaning, offensive or threatening towards others.
- Posting photos, videos, comments, or links that refer to alcohol, tobacco, or drugs.
- Posting photos, videos, or comments of a sexual nature or links to other inappropriate websites or material.
- Posting any content that would violate TVHS policies or NFHS/OHSAA rules/regulations.
- Posting information that is sensitive or personal regarding any member of TV Swimming (injuries, eligibility, etc.).
- Any form of online bullying.

Before posting anything online, TV Swimmers must consider whether it upholds and positively reflects their own values and ethics as well as those of Tri-Valley HS and TV Swimming. TV Swimmers must be mindful that any online post is available for the whole world - coaches, teachers, school administrators, parents, future employers, and college admissions officers - to see. Nothing online is private. Nothing.

If a student-athlete's post to a social media outlet is deemed inappropriate, the Athletic Director will be notified, and the student-athlete will be subject to the Tri-Valley Local Schools Athletic Code of Conduct.

## TEAM ISSUED BACKPACK AND TRAINING GEAR

Swimmers will be issued a team backpack and training equipment for use during the season. Team issued items are the property of the Tri-Valley HS Swim Team.

- Any abuse or misuse of backpacks or gear will result in loss of use. Do not write your name on the bag or equipment.
- Swimmers are responsible for the items issued to them and will be required to replace any damaged, stolen, or lost bags. Team Backpack replacement cost is \$75. Team Training Gear replacement cost is \$75.
- Team issued items are for use by Tri-Valley swimmers only for swim practices and meets.
- Team issued gear is to be allowed to air dry after each use and stored indoors.
- Please take care of your TV Swim gear!

## TEAM TRAVEL

Per Tri-Valley School District policy: *All participating school personnel (coaches, players, cheerleaders, statisticians, managers, etc.) must be transported by school authorized transportation to and from games or contests. Upon completion of the contest, athletes may be released to their parents or legal guardians at the discretion of the coach. Any other arrangements must be approved in writing by the Athletic Director (AD) prior to team travel. STUDENTS, REGARDLESS OF AGE, WILL NOT BE PERMITTED TO DRIVE THEMSELVES OR OTHER ATHLETES TO OR FROM GAMES EVEN WITH PARENTAL PERMISSION.*

The team will normally meet outside the high school cafeteria for all travel meets (any meet not held at the MCFY). Departure times will be communicated to the team prior to the meet at practice, via email or text/Remind. The bus will leave on time, so arrive early. If you miss the bus, you will not be eligible to compete in the meet. Swimmers will remain for the duration of all meets unless arrangements have been made in advance with the coach. Swimmers are strongly encouraged to ride the bus back to the school with the team.

## TEAM UNIFORM

For PRACTICE Swimmers must have a PRACTICE SUIT (one-piece, appropriately sized, and in serviceable condition), GOGGLES, TOWEL and WATER BOTTLE for practice. Caps are optional but recommended and encouraged. Training equipment/gear (kickboards, pull buoys, fins, paddles) and a team backpack will be provided by the team. Swimmers may use their own training equipment/gear.

For MEETS Swimmers must purchase a TEAM UNIFORM (suit, cap, and warmup jacket + pants) for use at all meets. Team caps are required at meets and can be purchased at practice for \$10. Team suits and warmups can be purchased from our team vendor. Swimmers may wear tech suits for championship or qualifier meets.

Suits must be worn per NFHS rules: Rule 3-3, Article 2 states *“Suits shall be of one piece. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecaps, nor cover the neck.”*

## VARSITY LETTERS

TV Swimmers can earn a Varsity letter each season by showing success and growth as a student-athlete by demonstrating exceptional character and by displaying solid performance in the pool.

## CHARACTER

- Always follow school and team rules.
- Remain academically eligible for the season.
- Be a good teammate and a great representative of Tri-Valley High School.
- Always demonstrate good sportsmanship.

## PERFORMANCE IN THE POOL

- Consistently show a great work ethic during practice and in meets – EFFORT MATTERS!
- Attend at least 92% of team (or your club's) practices.
- Score 25 varsity team letter points.
- Swim the 500 free in a meet at least once.
- Swim a legal 200 IM in a meet at least once.

## WEBSITE

Tri-Valley Swimming uses SwimTopia to manage this team and communicate information. Please visit [www.tvdawgs.swimtopia.com](http://www.tvdawgs.swimtopia.com) for all the details of the season, including practice changes, meet schedules, and event information.

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*Let's Go DAWGS!!!*

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