



## **2008 CV Swim/Dive Team Club** **Participation Policy**

Last year, the CV Aquatics staff began working closely with local club coaches in hopes of allowing athletes to continue their participation in their respective clubs during our Spring swim season. A partnership is ideal. Not only does it benefit the club program by allowing them to keep their athletes, but it allows our athletes to continue gaining skills in dual sports.

### ***Club Swimmers***

Swimmers have the option to continue with their club program (*CCY, Rose Bowl, Swim Pas*) throughout our regular swim season. To counter the tendency of feeling disconnected from the larger squad, and to ensure accountability, the following conditions apply.

- 1) Athletes are required to swim with the CVHS swim team *every Monday*. This is designed to provide time for the athlete to connect with their teammates and coaches. Athletes are encouraged to bring a workout from their club coach to swim if desired.
- 2) During weeks where CV has multiple meets (3 or 4), club swimmers may choose to remain with their club teams during those days. Athletes will *need to notify* their school coach and arrange ahead of time. Communication is the key.
- 3) Club swimmers are required to have their club coach sign a weekly attendance sheet every Friday verifying their attendance during that week. This is to ensure that club swimmers are actually practicing. In past seasons, athletes have skipped practice without notifying the high school coaches, which is unacceptable.

### ***Club Water Polo Players***

Athletes have the option of continuing with their club program (*primarily Rose Bowl*) throughout our regular Spring swim season on a limited basis, if they desire. To maintain team cohesiveness, and to ensure each club athlete is receiving the proper level of swim instruction, our same policy used during the 2007 swim season applies.

- 1) Beginning Feb 25<sup>th</sup>, swimmers have permission to leave high school practice *1 hour early* on *Tuesdays and Thursdays* to attend their weekly club practice.
- 2) On meet days, club water polo players are required to attend the entire swim meet unless prior excusal is arranged with their High School Coach. This is to ensure that the High School team has their best athletes' available for league competition. Since coaches generally know their lineup the day before, club polo players can receive permission to leave an away game early, *after they are done with their races*, to arrive on time and attend their Tues/Thurs practice. On these occasions, bus policy will be waived.
- 3) If club water polo players have tournaments that conflict with a Saturday swim meet or weekend practice, notification must be provided to the high school coach at least 48 hrs in advance. The coach and athlete will determine if any make up practice is needed on a case by case basis. Communication is the key.