

To: Parents & Athletes GVHS Swim/Dive
From: Bob Swift, Coach GVHS sWim & Dive Teams
RE: Walnut Swim Invitational
February 27, 2010

Welcome to the Gator swim team.

This handbook contains the information you need to direct you to your best efforts: a season schedule, information as to practice times and what is required at practice regarding times, equipment and sportsmanship. We also ask all swimmers and parents to sign a commitment letter regarding what is required to earn a Varsity letter. Please note that swimmers must practice 12 hours per week to earn a letter. Conflicts between practice and other after-school activities or study sessions should be discussed with coach prior to conflict and noted on the back of the commitment along with resolution.

On April 16 thru the 18th we will be traveling to the walnut Invitational swim meet in Walnut, California. The meet is conducted as a prelims and finals competition and is open to both Varsity and Junior Varsity. This gives all swimmers attending the opportunity to score in a meet, which can help fulfill letter requirements. It also counts as one of the meets towards qualifying for the Sunrise Region meet. As the CCSD only competes Varsity this opens up great opportunities for the JV level swimmers to compete.

We will be leaving from GVHS on a Ryan's Express Bus at 7:30 am Friday the 16th, compete Friday afternoon, stay at the Quality Inn & Suites in Diamond Bar, then compete Saturday morning and afternoon. After the meet we will enjoy a nice meal before returning to the hotel. The next morning we will go Knott's Berry Farm. We will depart for home at 2:00 pm to arrive at GVHS approximately 6:00pm Sunday evening.

On the trip all swimmers will be expected to follow school rules of conduct and dress at all times. Swimmers are to wear a team shirt when not competing. The cost of the trip is \$150 and covers entry into meet, bus, hotel, dinner on Friday and Saturday, and a ticket to Knott's. Breakfast is provided at hotel on Saturday and Sunday. Swimmers should bring lunch on Friday and money for lunch on Saturday and Sunday.

Thanks,
Bob Swift

Quality Inn & Suites
1170 Fairway Drive
Walnut, CA
Phone: 909-594-9999

SCHEDULE 2010 GREEN VALLEY GATORS SWIM & DIVE TEAM

DATE	OPPONENT	LOCATION	TIME	BUS
March 6	practice //clinic	-swim at MUNI -dive at UNLV	10AM 1PM	9AM na
March 12	SECTA	-dive at UNLV	7PM	na
March 13	SECTA	-swim at MG	11:30AM	na
March 19	Boulder City	-dive at UNLV	7PM	na
March 20	Boulder City	-swim at Heritage	7:30AM	6:30AM
March 27	Freshman/ Sophomore	-swim at Heritage -dive at UNLV	7:30AM 1:00PM	6:30AM na
April 9	Palo Verde	-dive at UNLV	7PM	na
April 10	Palo Verde	-swim at UNLV	3:30PM	2:30PM
April 16-17	Walnut Invite	-swim at Mt SAC		7:30AM
April 16	Open	-dive at UNLV	7PM	na
April 23	Gorman	-dive at UNLV	7PM	na
April 24	Gorman	-swim at MG	12:30PM	na
April 30	Coronado	-dive at UNLV	7PM	na
May 1	Coronado	-swim at Heritage	7:30AM	6:30AM
May 7	Last Chance	-dive at UNLV	7PM	na
May 8	Last Chance	-swim at Heritage	7:30AM	6:30AM
May 13	Sunrise Prelims	-swim at Heritage	3:30PM	2:30PM
May 14	Region Dive	-dive at UNLV	7PM	na
May 15	Sunrise Finals	-swim at Muni	9AM	8:00AM
May 22	State Swim/Dive	UNLV	TBA	na

Itinerary: Green valley High School Swim Team
Trip to the Walnut Invitational
April 16-18

Number of Students: max 50

Number of adult chaperones: 4

Depart: April 16, 7:30 am from Green Valley High School
In Henderson, Nevada.

Travel to Mt. San Antonio College, Walnut, California

Arrive: April 16, 12:00 noon, Walnut, California.

Eat lunch.

Travel to Mt. SAC at 1:00 pm

Warmup at pool 1:30 pm. Meet starts at 3:00 pm

At conclusion of meet, travel to hotel, check-in, dinner

Depart Hotel: April 17 for pool at 7:00 am for warm-ups

At conclusion of meet, go to lunch

Return to pool by 12:30 pm, warm-ups at 12:45. Meet

Starts at 2:00, concludes approximately 7:00

Return to hotel, dinner

Sunday, April 18

Travel to amusement park, 9:00am

Depart amusement park, 2:00 pm

Arrive Green Valley High School 6:00pm

COST: \$150

DUE BY: March 24, 2010

PRACTICE SCHEDULE
GREEN VALLEY GATORS
2010

Monday – Friday

3:00 pm suit up with team shorts and shirt over practice suit. Shoes on. Team mesh bag with equipment is on top of clothes bag.

Dryland
Stretching
AB's

3:25 Running, Core Conditioning, Cords

4:00 Swimming

5:30 Practice Ends

[Club Swimmers - 3:30 Swim
5:30 Running, Core Conditioning,
Cords
6:00 Practice Ends]

Hours per week: 12 ½

All swimmers are expected to swim 12 hours of practice/week
Minimum to earn a Varsity Letter

Club Swimmers must participate in GV team practices a minimum of 2 hours per week and present GV coaches with a workout log documenting a minimum 10 hours practice per week signed by club coach.

Swimmers may swim club morning practice for 1 hour per day for either additional hours to make up minimum.

Swimmers must attend practice the day before a meet to swim in a meet.

Swimmers must attend practice, even if unable to swim on a particular day, to complete a dryland routine. Team uniform must be worn.

Swimmers are expected to resolve any practice conflicts and still meet the 12 hour minimum. Swimmers making only 10 hours may be allowed to compete but will forfeit a Varsity letter.

All swimmers and divers are expected to complete the workout log. Logs for club practices and diving practices must be signed by supervising coach.

Practice Requirements Swimmers & Divers

1. Total of 12 hours per week for swimmers and divers
 - minimum of 2 hours of team practice if attending a sanctioned club practice for the other 10 hours.
 - Consideration is given if competition falls during the week, (i.e. Monday-Friday)
 - athletes are responsible for having club coach verify & sign weekly workout log and turning into GV coach on Mondays.
 - Club athletes are to come to team practice on Mondays to check in &/or swim

2. Morning practice is available by pre-arrangement as agreed on back of commitment.
 - time of morning practice: 5-6AM Monday-Friday
 - counts as 1 hour towards 12 hour requirement
 - to receive credit you must:
 1. prearrange
 2. pay
 3. attend & practice with punctuality

3. Document all practices on workout log.

Finances – Green Valley Gators Swim & Dive Teams 2010

The fees for the 2010 Swim & Dive Season are:

Team Fees: \$100 - this includes team suit, 2 t-shirts, team caps, banquet, pizza parties during season, team equipment replacement.

Team Trip to Walnut Invitational: \$150

April 16 – 18

Fee includes: charter bus, meet entry fee, dinner Friday & Saturday, Hotel – 2 nights and 2 breakfasts, Entry to Knotts Berry Farm.

Fee does **not** include: lunches during trip and snacks

Fees are due:

Team Fee: no later than Wednesday, March 10, 2010

Team Trip: no later than Wednesday, March 24, 2010

Fees may be paid as follows:

By check: made out to GVHS Swimming. Put swimmers name & student ID #
On check in space for memo.

Fundraiser: Aquathlon. On Monday, March 8, during practice all swimmers will participate in an Aquathlon, comprising of a 3000 meter (3300 yards) swim and a 2000 meter (2200 yard – 1 ¼ mile) run.

Swimmers may collect pledges for participating from sponsors. A pledge sheet will be available. Funds collected will be deposited in team account. Pledges are due by March 10. Divers are invited to participate on March 8 either by swimming and running with the swimmers or by diving (i.e. 30 dives) and running.

VARSITY LETTER
GV GATOR
SWIM & DIVE TEAM

Requirements for a Varsity Letter in Swimming & Diving for 2010 Season.

1. Academics: - Maintain eligibility thru completion of season
 - minimum C GPA
 - no F overall grades in any subject
 - Remediate any warnings (D) or probations (possible F)
 - Citizenship/Behavior grades are positive
 - no RPC's
 - no suspensions
2. Practice
 - Practice 12 hours per week
 - divers should practice the number of hours allotted for district diving, plus additional conditioning if deemed necessary by GV coach
 - Be prepared at start of practice
 - practice uniform
 - practice equipment
 - Be punctual
 - tardiness results in loss of practice hours
 - Be responsible
 - missed hours of GV practice may be made up in club practices, which require payment of fees of club and a note of attendance signed by club coach. This includes divers & swimmers.
 - all swimmers must attend a minimum of 2 hours of GV practice per week, to include weekly team meetings.
 - all divers must attend weekly team meetings at Whitney Ranch Pool
3. Performance
 - Compete at Sunrise Region
 - Achieve Varsity time standard in a minimum of 4 events:
 - including the 200 IM: 2:59.99
 - Compete in a minimum of 4 dual meets in Varsity events
 - Score in a minimum of 6 individual events
 - Swim on 6 relays
4. Team
 - Swimmers attend 3 dive meets, divers attend 3 swim meets
 - Respect teammates and coaches
 - Act with Gator Honor at all times towards all
 - coaches –opponents –teachers –parents –spectators
 - Do not use alcohol, tobacco, marijuana, narcotics or performance enhancing drugs. Use of such will result in suspension from team.
 - Do not violate travel rules on team trip

COMMITMENT
GVHS SWIM / DIVE TEAM
2010

NAME _____

I HAVE READ THE GREEN VALLEY SWIM/DIVE HANDBOOK.

I HAVE READ THE REQUIREMENTS FOR MEMEBRSHIP ON THE TEAM.

I HAVE READ THE PRACTICE REQUIREMENTS FOR THE TEAM.

I HAVE READ THE VARSITY LETTER REQUIREMENTS.

I HAVE READ THE MEET SCHEDULE.

I HAVE READ THE FINANCIAL REQUIREMENTS.

I AGREE TO ADHERE TO THE REQUIREMENTS. I WILL ATTEND ALL PRACTICES AND MEETS. I WILL BRING ANY CONFLICTS PROMPTLY TO THE ATTENTION OF THE COACHING STAFF AND DISCUSS ALTERNATE ARRANGEMENTS.

I WILL MAINTAIN MY ELIGIBILITY BOTH ACADEMICALLY AND CONDUCT. I UNDERSTAND THAT I REPRESENT BOTH THE TEAM AND THE SCHOOL AND WILL CONDUCT MYSELF IN A SPORTSMANLIKE MANNER AT ALL TIMES.

I WILL AVOID ALCOHOL, TOBACCO, ILLEGAL AND PERFORMANCE ENHANCING SUBSTANCES.

_____ SIGNED ATHLETE

_____ SIGNED ATHLETE'S PARENT