

Fresno State Swimming & Diving



2019-20 TEAM GUIDE

Updated: August 2019

Introduction

Welcome to the 2019-20 Fresno State Swim and Dive Season! We are looking forward to another successful season of Bulldog Swimming and Diving. The coaching staff have high expectations of student athletes in the classroom, weight room and in the pool. The following guide outlines key values and points to help each student athlete and the team be successful.

Team Values

Honesty & Respect

- Treat others as you'd want to be treated.
- Be a good citizen.
- Be respectful and courteous to coaches, training staff, facilities staff, roommates and hotel patrons.
- Stay active and be present during team meetings, practices and meets.
- Student athletes will not lie, plagiarize or commit forgeries.

Learning

- Be coachable and willing to make changes.
- Don't be afraid to fail.
- Research ways of completing a simple task on your own before asking the coaching staff for ways to solve it.
- Never ask staff or your professors to solve your problems. Ask us for advice on how you can solve them.

Loyalty

- Work through team disagreements with respect for your teammates and the team.
- Do not bring team issues outside of the team.
- Support your teammates.

Academics

As a **student** athlete you are expected to maintain success in the classroom as well as in the pool. The following are key points around academic performance:

Year	GPA	Hours of Study Table Per Week
All freshman and transfers	N/A	6 (1 st semester)
2 nd semester freshman and sophomores	2.49 and below	4
Juniors	2.49 and below	4
Seniors	2.49 and below	4

- A GPA of 2.0 or below could result in the student athlete losing their scholarship.
- A team GPA is over 3.4 per semester will be rewarded with a team dinner at the Jeanne's house.

Communication

Maintaining strong communication with teammates, coaches, staff and professors is critical for your success. A key to strong active communication is **listening**. Below are important points regarding communication:

- Team communication occurs through Viber and Emails. Check both daily.
- Communicate issues, challenges, and concerns with team leadership. The line of communication is as follows:
 1. **Big/Little Sisters**: meet with your big sister once a month.
 2. **Captains**: connect with captains via text, viber, call or in-person and schedule time to meet to discuss any issues/concerns.
 3. **Coaches**: schedule time to meet to discuss any issues/concerns. A confirmed response is the only way a question is to be answered. No response means keep trying or contact another coach, "you didn't answer" will not suffice as a response.
- If you disagree with practice or a meet, please schedule time to share your concerns with the coaches and/or captains.

- Throughout the season you will need to maintain strong communication with your professors. Begin this on the first day by introducing yourself to your professors on the first day of class.
- Remember to speak clearly and directly to your coaches/ professors.

Policies

Attendance

- All practices are mandatory.
- Absences are to be excused by Head Swimming or Diving coach.
- All Fresno State swimmers and divers will attend every scheduled class unless excused for travel or illness.
- Student athletes with classes that conflict with practice must schedule a meeting with Head Coaches to discuss alternative practice schedule.

Tardiness

- Show your coaches, teammates and professors respect by being punctual.
- If you set up a meeting with a coach, administrator, or professor, confirm the meeting and follow through. DO NOT be tardy or miss the meeting!

Drinking and Drugs

- No underage drinking.
- No drinking for anyone on recruiting weekends.
- No drugs will be tolerated.
- No tobacco.
- No drinking 24 hours before a competition, even if of age.
- No drinking on team trip.

Offense	Consequence
First	Single meet suspension.
Second	Suspension for remaining semester.
Third	Dismissal from team/loss of scholarship.

Hazing/bullying/discrimination

Hazing, bullying and discrimination are grounds for immediate dismissal per the discretion of the Head Swimming and Diving Coach.

- No Hazing at all will be tolerated.
- No use of offensive language.
- No bullying will be allowed.
- No discriminating in any form.

Offense	Consequence
First	Single meet suspension.
Second	Suspension for remaining semester.
Third	Dismissal from team/loss of scholarship.

- Complaining about teammates in locker room is not tolerated.
- Disrespecting coaches or teammates will not be tolerated.

Fresno State Code of Conduct

- A violation of the Fresno State Code of Conduct will result in a meeting with committee.
- After meeting, coach and athlete will meet for any further punishment if needed.
- For any minor violations it will result in a meeting with Jeanne. If it happens again we will go to the above 1st, 2nd, & 3rd offenses.

Striving for the best within yourself!

Athletics

Not everyone gets to be a college athlete, less than 2% (1 in 54) of H.S athletes go on to play at the Division I level. Prove you deserve to be here!

Practice Expectations

- Five minutes early is on time! Be on time to practice, departures, and meetings.
- Be prepared for practice and have all equipment at practice.
- Wear Nike /Fresno State gear with pride.
- Bring water bottle every day!
- Never speak while coaches are teaching.
- Do not argue with a coach or teammates on deck. Schedule time to discuss issues/concerns with captains or coaches.
- Do not complain about our free equipment that is issued.

- Prepare to practice at a new level of intensity and duration, and be willing to try new techniques.
- Bring a great attitude and be ready for a great workout.

Competition Expectations

- Prepare clear concise goals for each meet.
- Show respect to the opposing team.
- When you are not competing, cheer on teammates. No cell phone usage during meets.
- Leave the pool deck and locker room better than how you found it. Not doing so will result in loss of team bleachers or locker room usage.

Health & Wellbeing

Food is FUEL.

- Eat 3-5 meals a day.
- Meet with nutritionist once each semester to discuss your meal plan and appropriate nutrition.
- If you do not take care of your body, your body will not perform.
- Stay hydrated during day, not just at practice.
- When injured or sick, positively add to practices or meets in any way you can. For example: cheering on your teammates, assisting coaching staff, etc.
- Be a good teammate and help integrate new athletes. Be a friend when someone is in need.

Social Media

- No inappropriate posts on social media websites.
- No references to alcohol or drugs on social media.

Positive Consequences

If the **entire team** abides by the **all team rules**:

Time Period	Activity
Beginning to Mid-Season	The team will earn a long weekend off in mid-October
Mid-Season to End of Season	Captain's workouts for a week during spring training

- The team will get to do a "get out swim" at coach's discretion.

Contract

I, _____, have read and understand the 2019-20 Team Guide, and
Print Student Athlete Name
agree with the team rules outlined above.

Student Athlete Signature

Head Coach Signature

Date

Date