

Contract of Expectations/Guidelines for UCD Swimmers/Divers
2019-2020 Academic Year

I understand that participation on the UCD Women's swimming and diving team is based on the level of my compliance with the following expectations as well as all NCAA, MPSF, UC Davis, and Intercollegiate Athletics rules. My failure to comply with any or all the below may constitute grounds for dismissal from the team.

ATTENDANCE:

100% participation in all required team activities is expected. A swimmer must complete 100% of the required practices and/or team activities two weeks prior to any dual or invitational competition. A swimmer must have achieved a 100% seasonal attendance record (including exceptions granted by the coaching staff) to be considered for invitational meets and the conference championship team.

A lengthy illness and/or injury that impacts training and preparation may impact participation at the conference championship meet.

Attendance refers to all required team CARA activities (pool sessions, weight training, dryland conditioning, mental training sessions, team meetings, etc.). **You should attend all sessions** unless you are so sick that you must seek medical care, which should be done with the advice and information of the team's Athletic Trainer. Please inform the coaching staff if this should be the case. If you become injured or ill and the injury or sickness prevents you from participating according to the determination of the sports medicine staff, you must communicate with the coaching staff and athletic training staff to determine an alternate training schedule. If you become sick but are unsure about training, report to practice for evaluation by the athletic trainer and be prepared to contribute.

Make-ups are only allowed for illness/injury diagnosed by and reported to the sports medicine staff or verified class conflicts.

Each swimmer is allowed three (3) Mental Health Practices (MHPs) during the season-these are approved absences excused without explanation that should be chosen based on an individual's own sense of their mental and emotional needs. A swimmer (1) must give 24 hour notice to the coaching staff that they are taking a MHP (2) may not take two MHP's on back-to-back practice days (3) may not take a MHP on a date of competition (4) may not take a MHP on a Saturday (5) may not take a MHP during Winter break and (6) may not make up a practice missed due to a MHP.

ALCOHOL AND DRUG POLICY:

No alcohol or drugs are allowed at team functions sponsored or endorsed by the UCD Athletic Department. A team function is any event which team members are requested or required to participate. UC Davis follows all drug policies in the current NCAA manual. Any student-athlete who violates the UC Davis Drug and Alcohol Policy will be dealt with as any other student. Violators of the will be required to meet with the Head Coach and Sport Administrator. In addition, the student-athlete may be referred to Student Judicial Affairs.

Alcohol and drugs affect athletic training adaptations and performance in several ways. A serious athlete should abstain from alcohol consumption and drug use during the training season. No member of the team will consume alcohol within seventy-two (72) hours prior to any competition. If a swimmer violates this policy, she will be required to meet with the Head Coach and appropriate consequences will be placed upon the swimmer.

TRAVEL SQUAD SIZE:

Twenty-six (26) swimmers and/or divers will participate in dual and/or invitational meets. The coaching staff will select the travel squad based on (1) attendance and (2) the swimmers/diver's potential contribution to the team's performance. The conference allows eighteen (18) contestants at the championship meet. Swimmers count as one (1) contestant; divers count as one half (1/2) contestant.

INJURY/ILLNESS:

If a student-athlete gets injured or becomes ill she must notify the sports medicine staff and the coaching staff immediately. Based on the trainer's/doctor's evaluation, we will develop a rehab or return to practice program that the athlete must follow.

MEMBERSHIPS:

Every Aggie's first commitment is academics and second is training and competition. Membership in a club or other entity that requires a commitment of time (e.g. a sorority) is a privilege permissible ONLY with prior approval by the coaching staff. If grades, athletic performance (practices, competitions, weights) and physical, mental or emotional health is compromised by participation in said activity, the coaching staff may decide to end that privilege.

ACADEMIC/ATHLETIC ELIGIBILITY:

Student-athletes must be enrolled in a minimum of twelve (12) units at all times and maintain satisfactory progress towards their degrees in a way that complies with UCD, NCAA, and conference regulations. The Mountain Pacific Sports Federation has a "2.0 Rule" which states that a student-athlete must maintain a cumulative GPA of at least a 2.0 throughout the season to be eligible for competition.

TUTORING:

The following must use the free tutor provided by ICA: (1) all incoming freshmen, (2) transfer students and (3) returning swimmers and divers whose cumulative GPA is below a 2.2. You are responsible for attending all scheduled sessions and will pay for a missed session. After two unexcused sessions, you will be dropped from the free tutoring service and your ability to participate in training or competition will be affected.

TEAM OFFICE HOURS:

The coaching staff will schedule office hours for team members each quarter. You may make an appointment or just drop by. If the time(s) conflict with your class schedule, please let the head coach know and we can set up something else.

ATTITUDE:

We expect you to display a positive and enthusiastic attitude towards all aspects of UCD women's swimming and diving. Your 100% contribution is crucial for our success.

Name: _____

Date: _____

Signature: _____

9/6/19