2026 Clovis West Swim & Dive

Parent-Athlete Handbook

www.cloviswestaquatics.com

SportsYou: R3ACWSE7 *Instagram: cloviswest_swimdive*

PHILOSOPHY

Every swimmer and diver, great or not yet great, has the right to become the best they possibly can. It is a TEAM goal to create an atmosphere where this is not only possible, but inevitable. It is with this in mind, that the frequency and content of practice opportunities will be planned. Each athlete's attendance and participation at these practices is crucial to their success.

Every swimmer and diver will have a TARGET meet. This meet, whether TRAC, CIF Championships, or State Championships, is the meet where the physical and mental preparation peak for optimum performance.

Hard work is the cornerstone of our TEAM. We will always work harder and do more than may seem necessary - hard, SMART WORK. Sometimes hard because of the yardage, sometimes because of the intensity, technique work or dry land. The TEAM is of the utmost importance. Swimmers and divers will be placed in meets (Varsity or Junior Varsity) and events with TEAM strength in mind. Likewise, relays will be put together based on the TEAM objectives for that meet.

The first step towards being a champion is to act like one. We will always behave with class and treat our opponents as we would like to be treated. Respect your opponent, great or small, for they bring out the best in you.

Be proud to be a swimmer or diver. You are totally unique! Don't be afraid to standout in the crowd! Two-a-day practices, messed up hair, social sacrifices, early to bed, and early to rise make you different. You are also different because you set goals then work and sacrifice to obtain them. You have direction; know where you are going and how to get there. You take part in the most demanding sport in the world.

Clovis West Swimming & Diving Rules and Expectations

1. **Academics:** All team members are expected to maintain a 2.0 gpa or better. If lower, athletes will be placed on academic probation, may have to attend study hall or may become ineligible. Ineligible athletes are not allowed to practice or compete.

2. **Responsibility:** All team members will conduct themselves in a sportsmanlike manner.
    - All Athletes will treat their coaches, teammates, opponents, and officials with respect at all times.
    - All athletes should be positive participants in class as well as in practice.
    - All school rules and athletic code of ethics should be observed and obeyed while at school and in the community. Be especially careful to observe the expectations concerning alcohol, drugs, and tobacco (vape). Students who break code of ethics will be subject to code of ethics hearing and resulting consequences (which may include suspension from athletics or removal from team). Think before you act in all circumstances. Use your best judgment. When in doubt do the right thing 24/7/365.
    - Athletes will be missing class for out of town meets. It is their responsibility to make sure they have talked to their teachers in advance, turned in work early or have a plan on how to make up work and/or tests.
    - Athletes are not to leave class for meets before the time stated on the Weekly Gold Sheet or by Coach Reid or Coach Tenney.
    - Social Media: Athletes need to understand that social media is a part of Code of Conduct.

3. **Swim Practice:** In order to be a part of the team and compete, you must attend all practice requirements. Practices are from 3:30 – 5:45PM Monday through Friday and 8:00-10:30AM on Saturdays (for Varsity). There are also Varsity morning practices from 6:00 – 7:30AM. We have practice regardless of the weather. Even in the event of a possible lightning storm, the weather usually clears quickly and practice can resume. Starting times for practice indicate the time that we are diving into the water. Athletes should come 10-15 minutes early to get changed, pull covers, and be ready.

   After Club championship meet (JOs, Juanita Allington, Sectionals), Club swimmers will be required to attend the CW practices on Wednesdays. Club swimmers are expected to attend club practice when not at CW practice. All club practice attendance will be communicated with Coach Reid, Coach Tenney and the club coaches. If there is no club practice for some reason, athletes must attend the CW practice, unless discussed by the athlete, club coach, and Coach Reid or Coach Tenney. Club swim meets on weekends will count as a Saturday practice but must have prior approval from Coach Reid or Coach Tenney. High school meets will have priority over club meets and club water polo tournaments. Club swimmers must compete unattached during the high school season. Club swimmers will be attached until Juanita meet or Sectionals (if qualified). During taper (last 3 weeks), Coach Reid and Coach Tenney will discuss with the club coaches where Clovis West athletes will practice.

   Academic interventions should be taken care of in the morning, lunch, or Golden Hour when possible. If intervention is offered only after school by a teacher, the student will be required to make up missed

workouts by staying late or coming to a morning practice. Athletes coming from intervention must have a teacher signed note with the time they left the intervention. Athletes should be proactive in working around practice times when organizing study group times. Look for the alternative. AP and SAT review sessions are optional. Practice takes priority over study sessions. Athletes wanting to attend study sessions need to work out practice arrangements prior to study session. Students struggling with academics should utilize lunchtime in Coach Reid's room (A6) or Coach Tenney (C9) for extra help. Use Golden Hour to get intervention support from teachers, not just homework time.

Athletes that are being disruptive or disrespectful will be dismissed from practice. If an athlete is dismissed from 3 practices over the course of the season, they will be removed from the team (1st offense warning, 2nd offense parent contact, 3rd offense, parent meeting).

4. **Diving**: Diving is one event within the Swim & Dive team. Some athletes may participate in both swim and dive events depending on what is best for the team. Dive and swim coaches will work out practice schedules for athletes doing both. Clovis West has a tradition on being the largest diving group in the section. Diving space is limited and as a result some athletes may be asked to swim or become team managers. Beginning divers will be asked to make progress towards having a competitive 6 dive list within the first three weeks in order to continue practicing with the dive group

5. **Outside Co-Curricular (non-swim or dive):** 1/26/26 to 5/16/26 is considered CIF season of sport for CW swimming & diving. Season of sport takes priority in that period. When there is a CW activity on the same day as practice or meet, Coach Reid or Coach Tenney and the advisor will try to work out conflict. This is only possible with advanced prior communication to both group advisors/coach. An example would be the History Day competition or Math Team competition, Choir performances, etc). Non-CW activities (Ex: dance, any club sport except for swim & dive) are not excused from meets or practice and must have coach approval.

6. **Spring Water polo:** It is not recommended for athletes to do two practices (4+ hours) after school. If an Athlete chooses to participate in spring club polo, it is important for athletes and parents, coaches, and athletes to communicate to make sure athletes are not getting overwhelmed physically, mentally, and academically. Swimming will take priority during season of sport.

7. **Absences:** We understand that church, family and school obligations sometimes cut into workouts or meets. The athlete/parent must communicate with Coach Reid or Coach Tenney prior to the absence. If you miss a workout without prior communication you will not be allowed to compete in the next meet. If an athlete misses a workout, they must make up the practice on one of the mornings. Email communication from parents is the best form of communication. Athlete communication does not excuse the practice if there is no parent communication, even for senior athletes.
    - Examples of an excused absence: illness, quarantine, injuries, special circumstance i.e. funeral, family emergency, etc.
    - Examples of unexcused absences: unapproved outside sports competitions, concerts, jobs, studying, birthday dinners, vacation and other activities.

    - Future absences can be communicated in advance in order to do Coach approved make-up morning practice prior to a missed practice. (Prior communication is key)
- Doctor, Dentist, and Orthodontist visits should try to be scheduled around practice if possible as these missed practices will need to be made up.
- Spring break is at a critical time of the season. Missing practice that week will have a significant negative affect on the athlete's championship performance. Please try not to schedule vacation during spring break. If a vacation is already booked and non-refundable please see Coach Reid and Coach Tenney to see if there is a possibility to have workouts while out of town. This year we will have a Varsity meet team building time over Spring Break.

Three unexcused absences will result in removal from the team. Missing meets for unexcused absences will result in removal from the team. Club swimmers/divers have the same requirements and consequences for their club practices. Unexcused absences at club swim will result in missing the next HS meet. Athletes not participating in an away meet will remain in class and not travel on the bus.

If an athlete is absent from school they will not be able to practice or compete in a meet. On the day of the meet, athletes must attend school for at least half of the day (3 full periods or 2 block periods) or they will not be able to compete. The Athletic Director or Principal may override this rule for Doctor Appointments, etc.

8. **Injuries:** Report and notify the coach of any injuries or physical problems that occur throughout the season. The coach will refer the athlete to the CW Trainer for evaluation. Athletes must check in with Coaches before seeing the trainer. Swimmers with a shoulder problem will be asked to kick with the injured arm at their side. Most injuries in shoulders are due to improper technique and unbalanced muscles. We will be doing shoulder strengthening routines before practices to help prevent injuries. If a swimmer has a doctor's note for not participating, the athlete may not get back into the pool until the time on the note expires or there is another note with a new start date. Swimmers are recommended to ice shoulders after every practice for 10 minutes as a preventative measure. Swimmers with shoulder injuries will kick sets with fins and/or swim with one arm. Preventative ear drops to remove water after practice helps with ear infections. If an ear infection starts, go to the doctor immediately to get prescription drops. Most of the time, with prescription drops, the Athlete's ears will heal in a couple days. Athletes with ear infections are required to be at practice for dryland.

9. **Transportation:** All team members will travel to the meets by the transportation provided by the school district. Special requests will be granted in some circumstances, but a note must accompany those requests prior to the bus leaving. Forms are available in the Athletics office. Athletes not participating in an away meet due to missing absences will not travel on the team bus and should remain in class.

10. **Travel:** Our team has some Varsity travel trips planned. It is a privilege to be able to go on trips. All school rules as well as travel rules apply. Some of the rules include:
    - Appropriate behavior on the bus/van.

- Respect for visiting facilities, teammates, others teams, coaches, and bus driver.
- Support teammates during competition.
- No Boys in girls' rooms and vice versa (hotel trips)
- Respect for the rooms, clean up, etc. (hotel trips)

Travel teams will be chosen by the coaching staff to fill the most competitive team. Athletes must be up to date with attendance requirements.

There will be one reward trip to Disney Land and one dual meet at Arroyo Grande. Athletes must have two Varsity consideration cuts or one Automatic cut by the trip and have met the attendance requirements including one morning practice per week (swimmers only). Divers will need to have 11 dives and meet all attendance requirements. Seniors that are **4 year** athletes in good standing that are meeting the attendance requirements will also be invited.

Athletes not attending the travel meets are required to attend practices as per the posted schedule.

Any additional travel trips that are added to the schedule late will meet the same requirements to be invited.

11. **Fundraising:** Any donations to help the program are appreciated. **Checks should be made out to "CW Foundation-Aquatics."** Our main fundraiser during the season is hosting the CW Invite and Section Championship. Parents are encouraged to sign up for volunteer positions. Parents new to the program will be matched up with experienced parents for volunteer positions. We are also hosting our annual Big Splash Fundraiser on March 21st. Over the past several years, the program has been able to continue as one of the best in the state through travel and equipment. We also scholarship athletes team suits and off-season training.

12. **Lettering:** All athletes who compete in swimming & diving all year will be awarded a certificate at the awards banquet if they meet the following criteria:
    - Finish the season in good standing.
    - Compete in all meets on the schedule (that they qualify for) unless excused. All excused athletes will be handled on an individual basis.
    - Attend practice every day, unless excused.
    - Maintain academic eligibility.
    - Adhere to the rules and expectations of the Swimming & Diving program.

    Varsity athletes must meet the following criteria (in addition to the above) to receive a Varsity Letter:
    a. Train with the Varsity group (can move up to Varsity within the season)
    b. Attend required practices over the course of the season.
    c. Make 2 CIF central section consideration or 1 automatic cut, or compete at the Central Section Championships.
    d. Scholar Athlete is 3.5 gpa at 12 weeks progress reporting.

Note: In order to swim at the Central Section CIF Championships, athletes must be in the top 4 for their event. Getting the automatic cut does not guarantee competing at CIF. Relay swimmers will be decided by the coaching staff based on consistent performance throughout the season and what will help the team most. Coach Reid and Coach Tenney will make the final decision on the athletes that will swim in the relays. Only athletes that swim/dive at the Section Championship meet in prelims or finals will be considered a part of the championship team (plaque, patch, hat, and medal). Relays can change from prelims to finals.

13. **Meet days:**
    - Athletes should attend all meets regardless if they are competing in the meet.
        - Varsity - CIF Section Championships and CIF State
        - JV will need to help with timing
    - Some athletes will train with varsity but may swim in JV events at one or more meets.
    - Athletes will be provided with team shirts that should be worn on meet days.
    - Athletes are expected to know their heat and lane assignments by checking the meet sheet.
    - Meet lineups will be posted on the CW pool deck the day before the meet. Swimmers will swim the events listed. Complaining to the coaches about the events will result in being pulled out of the next meet.
    - Athletes must pay attention to the meet and cheer for their teammates. There is no excuse for missing an event.
    - New NFHS and CIF rules state Deck changing will DQ athletes from the meet. Use the locker room or bathrooms. Suits should have appropriate coverage, especially of the posterior region. Suit design is one aspect of this; “adjustment” of suits by individual athletes is another. Athletes should adjust suits prior to exiting the water.
    - Athletes should stay hydrated throughout the day.
    - Athletes are expected to stay for the whole meet. We are a team and will support the athletes in the last event. This includes divers staying to support the swimmers in the last events.
    - At away meets, parents cannot sign out athletes (swimmers or divers) to ride with parents until the meet is over. At the end of the meet, persons on emergency card may sign out the athlete in order to drive them home.
    - There is a mandatory team meeting at the end of home meets. Please do not leave when done with events. If an athlete needs to leave early for any reason, they need to talk to a coach before leaving.

14. **Senior Day**: Seniors will be recognized with their parents at the last home meet (4/23/26). Recognition will be at the break after the 50 free. Parents should plan to be at pool by 4:00pm.

15. **Suits and Apparel:** Team suits must be purchased through the online Elsmore Swim Shop (formerly Swim Suits West). Link is on the webpage. Team suits are highly recommended for meets. Not having a team suit will not prevent an athlete from participating in meets. Suits and Caps with a club team logo (Clovis Swim Club, TNT, Fresno Dolphins, or Club Water Polo) are not permitted in high school meets. Swimmers will be called off the blocks and will not be allowed to swim. Water polo suits except for boys CW are illegal for high school swimming competition. A team cap is the only cap allowed in a high

school meet. Any swimmers or divers with financial concerns should see Coach Reid or Coach Tenney about scholarships for suits. Each athlete will receive team caps for the season at no charge. Team caps are only cap allowed at practice. Athletes will also receive a free team shirt for participating on the team. There will be optional apparel available for purchase through the Eastbay link to be provided in the first couple weeks of season.

16. **Contacting Coach:** Please contact Coach Reid with any girls absences or issues and Coach Tenney for boys. Email is the easiest and fastest way to communicate.
    - Adam Reid (adamreid@cusd.com)
        - (559)327-2031
    - Chandler Tenney (chandlertenney@cusd.com)
        - (559)327-2090

Website: www.cloviswestaquatics.com

Instagram: cloviswest_swimdive

Twitter: @CoachReid_CW

SportsYou: Download the app and use the code R3ACWSE7