

Bellbrook High School
Swimming/Diving Team 2025-2026

Coaches

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Practices-

Swimming- Dayton Raiders Aquatic Club (DRAC)

Monday/Thursday

8:20 – 10:30

Tuesday

7:30 – 9:30

Diving- DRAC

Monday, Tuesday, Wednesday

8:00-9:30

Swimming and Diving- High School Weight room

Weightlifting before school, Monday, Wednesday, Thursday

7:00-7:45

Earlier time is 6:00

Required practice starts—10/27.

Items that must be completed before 10/27

- 1) Pay athletic fees to the Athletic office (not the coaches). Checks made out to Bellbrook HS Athletics. Or call with a credit card.
- 2) Complete all forms at <https://sugarcreek-oh.finalforms.com>
- 3) Have the physical examination form completed by your doctor. If you have had a physical since 3/01/25 and the school has copy of it, you do not need another physical. Final Forms has the physical form you will need.
- 4) Get a swim suit and goggles.

You must have these items completed before 10/27/25 or you will not be able to practice or compete.

The current meet schedule is always available here: <https://www.sugarcreek.k12.oh.us/SwimInfo.aspx>

Things to know

Practices

1) PRACTICE IS NOT OPTIONAL.

If you will be unable to attend a practice, let **Rob** know once you know you will be unable to attend. Please do not wait until the last minute! Pool time is very expensive- let's not waste money by not attending practice!

Parents- I need your support.

Please plan family activities around practices, especially during the holidays and birthdays. We coaches miss many family events due to our dedication to the team.

Your job (if you have one) is not an excuse—arrange your work schedule around the team schedule.

Attendance of 85% or better (which is fairly lenient) is required for meet participation. There may be some coach discretion with this.

- 2) All team members are expected to attend all practices. However, if you also swim or dive for another team (USA Club, Y, etc), attending one of those practices can be substituted for one of the high school practices.
 - a. If you do not swim/dive for another team, attendance is required at all high school practices.
 - b. If you do swim/dive for another team, attendance to at least one high school pool practice per week is requested.
- 3) Please note when practices start. The time indicated on the first page is when the practice starts, meaning you are in your swimsuit, ready to get in the pool or start lifting. The listed start time is not when you should arrive at the pool.
- 4) Please note when practices end. If you did not drive yourself to practice, please make sure your ride home is at the practice location no later than 10 minutes following the end of practice.
- 5) Practices are rarely cancelled. In the past, we have had instances where the pool has been closed due to lightning. If the pool is closed, we will still have practice but outside of the pool (dryland workout).
- 6) Practice is not a time for goofing off. When you are at practice, take it seriously. No cell phone usage.
- 7) We are guests at the DRAC—please show them the appropriate respect.
 - a. Do not leave your bags and such in the locker room or locker room floor- bring them out to the pool deck.

Meets

- 8) If you will be unable to attend a meet, let **Rob** know once you know you will be unable to attend. Please do not wait until the last minute! It takes a lot of effort to create a meet lineup and it is very difficult to rearrange at the last minute.
- 9) If you do not inform Rob that you will be missing a meet or practice, do not expect to participate in the next meet. However, you are expected to attend any meet you will not be swimming/diving in.
- 10) Once you compete in a high school meet, you can no longer compete in any other type meet (e.g.; YMCA, USA, etc) until the high school season is over. If you are on a club or Y team and will be swimming/diving in any of their meets from 11/29/2025 on, please let Rob know.
- 11) It is preferred that all athletes take the bus/van home from away meets. If parents take their child home, a note stating such from the parent must be given to a coach.

- 12) Each swimmer is allowed to swim a maximum of 4 events in a meet—either 3 relays and 1 individual race or 2 individual races and 2 relays. In some meets, there is no limit to the number of entries for each event. In other meets, there are limits. We will do our best to ensure that each athlete can swim as many events as possible in each meet. That said, please keep in mind that in some meets the athlete may only be competing in one race or only in relay races.

In the SWBL and Sectional meets, we are limited to 4 athletes per event (including diving). Given that these are championship meets, we will be entering our strongest line up. As such, some athletes may not participate in these meets.

Relay team members may change from a qualifying meet to the next meet (e.g.; Sectionals to Districts). For example, you may be a member of a relay that swam at the Sectional meet that qualifies for the District meet. At the District meet, another swimmer may take your place. This may happen because the relay will be stronger if the replacement is made.

- 13) We are a varsity sport. Meets are not to be missed. Team members are expected to stay till the end of the meet.

Misc

- 14) Depending on the number of students interested in joining the team, we may have tryouts. If this occurs, the first week of practice will be considered a try out period. Following the try out period, the coaches will evaluate each athlete to determine the make up of the team.

Athletes will be evaluated on the following:

- Swimming/diving ability
 - o Stroke/diving technique
 - o Swimming speed
- Work ethic
- How well you work with fellow teammates
- How well you work with the coaches
- Overall physical fitness
- Perceived potential

Swimming fast or diving well are only some of the factors—they are not the only ones.

- 15) Swim team is not meant to be 'swim lessons'. It is expected that everyone knows how to swim at a basic level, minimally. We will certainly provide instruction on competitive swimming to ensure everyone swims faster. But we are not equipped or meant to provide basic swimming instruction like you would receive at the Y or Kettering Rec Center.
- 16) Communications—I use e-mail heavily. If you have an e-mail address, please make sure I have it. Information that I communicate in e-mails will also be communicated during practices. If you have an e-mail address, please make sure you check it regularly. Given the number of team members, this is by far the easiest way to get information out.

I'll also be using ParentSquare. Please be sure you are registered for **Ath- Swim and Dive**.

- 17) If you have a job, inform your employer now of your meet and practice schedule. Work is not an excuse for missing a meet or practice.
- 18) As it should be, your school work is the most important aspect as a student athlete. That said, please plan your studies and homework with practice and meet times in mind.

I am proud that this team has always been one of the stronger teams academically at the high school. Over the past several years, our team members have been valedictorian and sometimes we've also had the

salutatorian—let's keep this trend going!

19) We will need some assistance from parents during our season. Examples include:

- a. One or two parents to coordinate timers for meets
 - i. Backup timers for lanes
- b. Parents to arrange for sponsorship of team posters
- c. Table workers for diving
- d. Team dinners—social events

Every parent MUST sign-up for at least 2 (final # is TBD) volunteer job(s) this year. The athlete will not be entered in meets until at least one parent has volunteered. Use the team site to sign up.

20) Team pictures will be at the high school on **November 19th** at **3:50** in the Auxiliary Gym. **EVERYONE NEEDS TO ATTEND!!**

21) Varsity letters are earned by scoring at least 30 points for the team (either individually or on a relay) during the regular season (non-championship meets). An athlete must score in at least half of the regular season meets. Relay points are divided evenly between the relay members.

Additionally, practice attendance figures into the awarding of varsity letters. Any team member who misses 10% or more of scheduled regular season (up to the SWBL meet) practices will be ineligible for a varsity letter. **All absences are counted equally- whether excused (vacation, illness, band, drama, etc.) or unexcused.** Every two late attendances will count as one missed practice. Late means you are not in the pool/DRAC big room or weight room at the time practice starts. Should you be removed from a practice by a coach, it will be counted as an absence.

Attendance of 85% or better (which is fairly lenient) is required for meet participation. There may be some coach discretion with this.

22) Do not donate blood during the season—it will impact your performance.

23) We will be getting school supplied team parkas and backpacks. All athletes are responsible for these parkas. Failure to return the parka at the end of the season will result in a charge of \$120, backpacks \$40. Damaged items may result in the same charge. Failure to return them in a clean condition will result in a \$20 cleaning charge.

24) We're always in need of swimming officials. If you're interested in becoming a high school swimming official, please let me know.

25) We will be ordering team suits. If your suit from last year is in good condition, you do not need a new suit. I do recommend that you reserve your team suit for competition and have another suit(s) for practices. For practice suits, any one piece suit is likely OK.

26) Money—There are some typical expenses:

Male team swim suit	jammers	\$50
	Speedo (divers, cool swimmers)	\$40
Female team swim suit		\$70
Goggles		\$15-20
Fins		\$20-30
Team shirt/sweatshirt—TBD		\$20-30

27) Please make sure you're committed to the team before joining. We have limited practice time, minimal pool space and a large team. If you don't think you will be able to consistently make the practices and meets, please reconsider joining the team. Because of our limited practice time, every second of time we have counts.