

# Bowie Swim & Dive Team 2025-2026 HANDBOOK

Website: [www.bowieswimming.org](http://www.bowieswimming.org)

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## **Athletic Expectations**

The swim and dive team is composed of outstanding student athletes; in all aspects of school life including school attendance and discipline. Swim practices will be held in accordance with UIL Rules.

- **You are expected to attend practice unless prior approval is given.**
- **Non club swimmers are required to attend  $\frac{3}{4}$  practices a week unless prior approval is given as stated above.**
- If you participate on a club team before and/or after school you are still required to attend 1 Bowie practice per week. Very little/no exceptions to this rule.
- **Coaches will work with swimmers individually regarding morning club, Water Polo, and Bowie practices.**
- **All swimmers - excluding Seniors who have attended practice must be in class by 10:30am - tardies start at 10:30am.**
- **Tardies = showing up to class AFTER 10:30am (Seniors will be considered tardy if they did not attend practice and did not show up to class)**
- You ***will not tell*** the coaches you can't attend practice; you ***will ask***.
- Students will be expected to communicate absences/tardies with the coach.
- Unapproved absences from practice ***will*** result in grade deduction or removal from the team.

Non Club swimmers weekly grade: Club Swimmers (example)

attending  $\frac{3}{4}$  practices = 100%

attending  $\frac{2}{4}$  practices = 75%

attending  $\frac{1}{4}$  practices = 50%

attending 0/4 practices = 0%

attending 1/1 practices = 100%

attending 0/1 practices = 0%

1 Tardy = a minus 10% reduction to your overall weekly grade

- Please avoid making doctor appointments, etc. during practice times. **If you have an appointment during practice, you are required to give proof to the coaches.** It is better to go to practice and leave a little early in order to make an appointment.
- You are now a member of the Bowie Swim & Dive Team and more is expected of you. There are high standards for all athletes and coaches.

## **Grades & Eligibility**

In order to participate on the Bowie Swim & Dive Team you must be passing all classes. AP passing grade is 60, Pre-AP is 65 and all other classes are 70. These rules are set by UIL and are non-negotiable. Coach Carr, who has access to your grades will do frequent grade checks, but it is **ultimately up to athletes to maintain passing grades.**

- If an athlete is struggling academically, they are expected to attend FIT and reach out for help with their teachers. The coaches should NOT be telling athletes to do this.
- **Bowie High School will follow a 9 Week Grading Period. However, you can lose eligibility at the 6 Week grade check. Please check the AISD website for the UIL Grade Check Calendar Dates. If you are ineligible, then you cannot compete, but you will have a chance to regain eligibility at the next grade check. If you are ineligible and remain ineligible at the next grade check (end of 9 week grading period or progress report), then you will be removed from the team so you can focus on your studies.**
- If you are ever suspended, you will be **removed from the team immediately.**

## **Practice Information & Schedule**

Swim practice will be held at the Circle C Swim Center located at 5919 La Crosse Ave #100, Austin, TX 78739, phone (512) 358-8171.

- All swimmers are expected to be respectful and act appropriately at Circle C. This is our practice facility and we want to keep it that way.

- Practice will be held on Mondays and Wednesdays from 7-8am, until October 9th. Starting October 13th, practice will be held Monday through Thursday from 7-8am.
- Swimmers are expected to be in the water on time, which is at 7:00 AM. Swimmers are expected to arrive dressed and ready (or give yourself enough time when you arrive). **We only have an hour this year. I will be strict on tardies.**
- Swimmers will get ONE “pass” on tardy. After ONE tardy, swimmers will face deduction in their grade, a meeting with parents and coaches, or further action. When swimmers are late, it negatively impacts the rest of the practice.
- Swimmers will need to provide their own transportation to practice. After practice, an AISD bus will bring swimmers to school. Swimmers have the option to use the bus transportation or provide their own. The coaches are not responsible for swimmers getting car rides from other swimmers.

### **Bowie Swim & Dive Schedule 08/25-10/09**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Swim Practice - Circle C 7:00-8:00 AM		Swim Practice - Circle C 7:00-8:00 AM		Do something active on your own or with a friend - the weight room may be open during class

### **Bowie Swim & Dive Schedule 10/13-02/19**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Swim Practice - Circle C 7:00-8:00 AM	Swim Practice - Circle C 7:00-8:00 AM	Swim Practice - Circle C 7:00-8:00 AM	Swim Practice - Circle C 7:00-8:00 AM	Do something active on your own or with a friend - the weight room may be open during class

## **SportsYou: School Communication**

“SportsYou” is a phone app for students to communicate easily and quickly with their teachers and coaches without exchanging phone numbers. The SportsYou access code

for Bowie Swim & Dive is “**XK6JRF2J**”. This is the same SportsYou as last year. To join, please download the app or go to: [sportsyou.com](https://sportsyou.com). Click Get Started and enter your email. Go to your email and click Confirm Your Email. Click Enter Access Code to enter code, then finish setting up your account.

- All athletes and parents/guardians are required to join.
- This is an easy way to communicate with Coach Carr & Coach Nevarez outside of the school day. The coaches will use SportsYou often for all updates, meet info, possible practice changes, etc.
- **This will be our primary source of communication.** Coaches will communicate via SportsYou. Emails will be sent out by the Booster Club.

## **Equipment**

The coaches will furnish all athletes with an equipment bag and parka. These items will be returned at the end of the season. All athletes will receive and keep:

- 1 team t-shirt (black) & two silicone caps personalized with your name
- All swimmers must provide their own goggles, a practice cap and a practice suit. Swimmers should not use their team suit at practices.
- **No club caps are allowed at any Bowie practice or any UIL event.**
- **Bowie athletes will not wear any club attire to any UIL events.**
- We have a team set of equipment for swimmers to use during Bowie practices. Swimmers may bring their own if they wish.
- Our team suits can be ordered through SwimFreak at 4032 S. Lamar #500 (737) 300-4097. Team suits are not required, but HIGHLY RECOMMENDED. We want to look like a team!
- If you do not wish to purchase our team suit, please wear a solid black or solid red suit (that is not your practice suit) to meets. NO PRINTS!

## **Physicals & Forms**

In order to participate in the first practice, you **MUST** turn in a school physical, emergency contact, and information sheet prior to the first practice. **NO EXCEPTIONS! If you do not, you are still expected to be at practice, but will not be allowed in the water.** All forms must be properly submitted to RankOne. Please ask the coaches ASAP if you have any questions.

## **Meet Information**

Bowie will participate in dual and tri-meets in addition to invitational meets. Please check the website for any meet updates ([bowieswimming.org](http://bowieswimming.org)). Some dive meets are separate from swim meets due to lack of boards.

- Swimmers are required to attend practice in order to participate in the meet per UIL. If a swimmer does not attend practice the week of the meet, they cannot participate.
- Prior to every meet, all information and details will be communicated to the team through email & SportsYou.
- Swimmers may request specific events to swim at each meet, but there are no guarantees. This is due to each meet having specific rules and entry numbers. Divers will create their dive list with the coaches in advance.
- Every swimmer is expected to be **competitive in every event.**
- Everyone will wear Bowie attire to meets. When we walk onto the pool deck, we want to look like class acts to our competitors. **Club clothing and caps are not allowed at Bowie meets.**
- **Swimmers are expected to compete in all races signed up for.**
- The coach and the captains will have the heat sheets (when available), and each athlete will be responsible for his/her events. You are expected to know the order of events to help you.



- You will be responsible for your events, and you will never miss an event. Anyone who misses an event **will initiate a conversation with the coaches immediately and face consequences.** If you miss an event, you negatively impact the team.
- Every athlete will cheer on their team members throughout the meet and will be respectful to competitors in their events. Bowie will be known not only for their swimming and diving ability, but also for their excellent sportsmanship.
- **Relays are ALWAYS subject to change.** 8 swimmers are “locked in” for Districts AND Regionals, AND State. Alternates can be used at Districts and/or Regionals. For any relay that advances to Regionals, the 4 athletes who swam at Districts automatically qualify. However, it’s likely the relay will change from Districts to Regionals and/or from prelims to finals at Regionals. **Just because a swimmer swam on the relay at Districts, does NOT guarantee a spot at Regionals. The fastest swimmers will be chosen depending on event availability.**

## **Team Captains**

The team will vote for the 2025-2026 captains. Any athlete who is currently in their 3rd or 4th year on the team may apply to be a team captain for the season. Any athlete interested, is required to inform coaches in advance and give a speech to the team (no more than one page, if written) stating why they should be captain and how they will make the team better. Please be as specific as possible.

- The speeches and team voting will take place during the swim period. Each athlete will vote for two girls and two boys. All must be present.
- The coaches will select the top 4-6 votes (2 or 3 girls & 2 or 3 boys).
- **The Bowie Swim & Dive Team will need the help of captains who take the initiative in order to be successful.**
- If we have 5 divers on the team, we will have 1 diver as captain (male or female).
- **A team captain is expected to be a leader in attendance, work ethic, team morale and grades.** A captain can be replaced for a deficiency in any of these areas. If a captain is ineligible, they will be replaced as captain.



## **Varsity Lettermans**

A Varsity Letterman will be awarded to athletes who place 1<sup>st</sup> - 8<sup>th</sup> at the District Meet. These places score points. The top six at districts will advance to the Regional Meet. A Letterman will also be awarded to any athlete who has been a valuable member of the team for 3 years. Athletes can purchase letterman jackets through Centex Recognition: 505 W Center St, Kyle, TX 78640, phone (512) 504-7100. Coach Carr will schedule a date for Centex Recognition to size athletes for jackets during a future 1st period Swim class.

## **Booster Club & Fundraising**

Bowie Swim and Dive team is dependent on the Bowie Swim and Dive Booster Club for assistance raising funds to support the swimming and diving program, as well as, promoting team and school spirit. This is accomplished through Booster Club membership dues, sponsorships, fundraising events, and activities throughout the school year.

Members of the booster club consist of current year swimmers and/or parents or guardians of current year swimmers. To be eligible for any team-sponsored scholarships, all membership dues must be paid in full by the established deadline. Failure to meet this financial obligation will result in ineligibility for scholarship consideration.

Swim booster members are expected to participate in fundraisers, not to exceed 3 per year, and that number includes participation in Bowie Bulldogs and Hotdogs. One of the three fundraisers will be based on "personal sales".

## **Athlete and Parent Accountability Form**

Our swim and dive team has come a long way and has developed into a premium winning program for James Bowie High School. We did this through hard work and attracting gifted athletes. We have every expectation of continued success in this program. To do this, we need every athlete and parent to be clear on all aspects of our program. By

signing this document, you agree to your understanding of our procedures and expectations and are agreeing to abide by them.

Please sign or submit the Google Form below stating you have read and agree to the Bowie Swim & Dive 2025-2026 Handbook. This should be submitted to the coaches by **Friday 9/12/2025** *a google form for signatures will be posted in BLEND.* (Hard Copy or Google form will be accepted) This will be taken as a grade.

[Google form for signatures](#)

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Athlete Name:

Athlete Signature

Date

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Parent Name:

Parent Signature

Date