

SPARTAN SWIMMING 2025

COMMITMENT

Participation in this program requires an extended commitment outside of “regular” academic class hours. In order to earn an A in this course, athletes must attend all required practices and meets. Their participation and effort level in these practices and meets will define individual and team successes for the season. In order to be eligible to participate in the course, the online athletic clearance process must be completed (including uploading your current physical) through the <https://www.homecampus.com/> website.

COMMUNICATION

Communication is an important factor towards the success of the team. An athlete must communicate in advance with the head coach if he or she is going to miss practice for any reason. Contact Coach Carcich by email (jcarcich@orangeusd.org) and join the Remind messaging app at the link below to send and/or receive time sensitive messages. Please do not pass messages via teammates.

BOYS: <https://www.remind.com/join/vpboyswim> or text @vpboyswim to 81010

GIRLS: <https://www.remind.com/join/vpgirlswim> or text @vpgirlswim to 81010

For further information about VPHS aquatics or forms referenced in this communication please go to the www.villaparkaquatics.com website.

PUNCTUALITY

Be ready for workout 10 min. before start time.

TEAM CONCEPT

Coaches will place swimmers in events that will benefit the team and help the team reach its goals.

TEAM GEAR

Team shirts must be worn on meet days. Team suits are to be worn at meets, and VP caps are to be worn by all relay swimmers. Other important gear includes goggles, fins, caps and practice suits. Please I.D. all equipment with a pen.

SICKNESS

If you attend school with an illness or an injury, you must report at normal times for practice unless you have checked out of school through the health and attendance offices.

TRANSPORTATION

Athletes are required to ride the bus to all meets and cannot drive themselves. Athletes may ride home with their parents after the meet has ended, as long as they have communicated this in advance with the coaches.

ATTENDANCE

An athlete's grade is primarily based upon their participation. Two unexcused absences from practices or being excused from practices early for discipline reasons will result in a B for the course. A third unexcused absence from a practice, or being excused early from practice for discipline reasons, will result in a C for the course and suspension from practice or competition for the remainder of the season. One unexcused absence from a meet will result in a C for the course and suspension from practice or competition for the remainder of the season. Student athletes suspended for the season will report to the pool for normal 5th or 6th period hours. Failure to report will further lower their academic and citizenship grades in the course.

Excused absences for the purposes of this program are: participation in a wedding, attending a funeral, an absence from school cleared as an illness or doctor appointment, or a coach cleared VP teacher-led review session. All absences require communication with Coach Carcich in advance.

THEFT, DRINKING, AND DRUGS

An athlete caught stealing property, using alcohol, taking drugs or smoking/vaping may be indefinitely suspended from the team, could receive an F, and possibly dropped from all Villa Park Aquatics programs.

GRADES

One of the goals of this program is to have 75% of our athletes with a GPA of 3.0 or better. Any student with less than a 2.5 cumulative GPA or on permanent academic probation should turn in weekly progress reports to coaches.

HEALTH AND EAR CARE

It is important during the season to eat healthy, get plenty of rest, and stay warm. The spring season can get cold, so please pack warm clothes to wear when leaving the pool deck.

For those with sensitive ears it is recommended that you use drops in the ears after each practice in order to dry out excess water and prevent infection. If you consistently take care of your ears, you shouldn't experience any pain or discomfort during the season.

WORKOUT INFORMATION (no practice on meet days)

Day	Blue (VP weight room)	All @ El Modena pool	All @ VP (when pool fixed)
Monday	7:00-8:00 AM	4:30-6:15 PM	1:45-3:30 PM
Tuesday		4:30-6:15 PM	1:45-3:30 PM
Wednesday		4:30-6:15 PM	1:45-3:30 PM
Thursday	7:00-8:00 AM	4:30-6:15 PM	1:45-3:30 PM
Friday		2:00-3:45 PM	1:45-3:30 PM

SPRING BREAK PRACTICE

Attendance at all optional Spring Break practices is required for post season special awards consideration.

Wednesday, April 2nd	8:15 – 10:00 AM
Thursday, April 3rd	8:15 – 10:00 AM
Friday, April 4th	8:15 – 10:00 AM

LETTERING VARSITY

Fourth year swimmers in good standing, swimmers participating in at least 50% of the North Hills League dual meets at the varsity level, or swimmers scoring points at North Hills League Finals at the varsity level will earn their varsity letter for the season.

CLUB ATHLETES

Club swimmers in good standing may practice with their clubs during the season with VP coach approval. They will be allowed to miss VP swimming practices on days that they will be attending club swim practice. Athletes will not be allowed to miss VP swim meets due to club activities without VP coach approval. Club water polo players in good standing may miss two consistent days of practice (i.e. Tuesdays & Thursdays) per week with VP coach approval.