



VIKING AQUATICS HANDBOOK

2024-2025

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Philosophy:

One Team Competing in Three Sports: Swimming, Diving, & Water Polo

Mission Statement:

1. Prepare to Compete

Dulles Aquatics student-athletes will be taught:

- In water polo, the game rules and play as well as mental fortitude to compete as a team
- In swimming, the mechanics of the four competitive strokes in accordance with current best practices;
- In diving, how to perform dives in the five springboard groups (forward, backward, reverse, inward, and twisting) at various degrees of difficulty.

Also, they will be trained to get into optional physical competitive shape, and they will be coached on how to be mentally tough so they are prepared to compete to the best of their ability.

Our goal is continuous improvement all season long. Ultimately, our hope is that continuous improvement will eventually translate into winning matches (in water polo,) winning races and meets (in swimming and diving,) winning championships, and winning athletic scholarships.

Still, although winning is always a goal, demonstrating continuous improvement across all aquatics sports and all strokes is the primary competitive achievement on which we focus.

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2. Promote Lifelong Physical Fitness

Swimming is not just a sport - it's also an exercise you can do all year long for your entire life in order to stay fit and healthy. Our philosophy is that exercise and fitness is essential not only to your physical health - but research continues to show that it is extremely beneficial to our mental, intellectual, and emotional well-being as well.

We want you to know how to train yourself when you have access to a lap pool or be able to participate in U.S. Masters Swimming and/or U.S. Masters Water Polo teams/leagues in your post-Dulles life.

3. Create a space for community.

Dulles may not be the biggest school, but it is in the largest classification (6A) - so it's not exactly small, either.

We want you to feel like the Dulles Aquatics team is a place of belonging when you are without team and your teammates. It is our hope to provide a source of social support as you journey through your high school experience. You may have a lot of differences with your teammates, but there are certain things that only your teammates will understand - such as how hard it can be to finish that last set at the end of a practice; how great it can feel to drop just one one-hundredth of a second in an event; and how disappointing it can feel to add time in an event.

Only your teammates will know what it's like to get up early on a Saturday morning to ride a school bus to a water polo match or a swimming and diving invitational or get back home late from a water polo match or a swimming and diving dual meet on a school night.

Only your teammates know what it's like to spend all day around a pool to swim two events that might last a total of two to four minutes (unless you are swimming the 500 free,) and get home feeling like you had a fulfilling and rewarding day.

Only your teammates know what it's like to finish a 500 yard freestyle for the first time, and they are the only ones who know how much fun shave parties are - as well as what they represent at the conclusion of each swim season.

You will share a lot of unique experiences that not everyone at Dulles will get to experience and will form a bond that can bridge almost all of your differences - if you let it (which is suggested.) Let yourself belong here, and help your teammates feel like they are where they belong, as well.

WELCOME TO THE

DULLES VIKING AQUATICS

2024-2025 SEASON!

We are excited to have you and are looking forward to a great season and great school year.

On the following pages are some important information about how the team operates so that you know what you are signing up for before you are drowning in it, and so that you can get a good idea about the standards and expectations of the team.

1. Forms Required by Fort Bend ISD and the University Interscholastic League (UIL:)

Before participating (including in tryouts) each athlete must have completed all of the following required forms:

- [UIL Pre-Participation Physical](#)
 - Athlete and parent/guardian complete the Medical History on Page 1 (and sign in the tiny box at the bottom)
 - If there are any allergies and/or medications, you need to explain those. The Athletic Trainer will not approve them until this has been done.
 - A medical doctor licensed to practice medicine in the state of Texas must complete Page 2 (and stamp it in the appropriate box.)
- [Fort Bend ISD Athletics Electronic Forms](#)
 - Be sure to use the leading zero in your Student ID.

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2. Forms Required by Dulles Aquatics:

- **If Applicable: Dulles Aquatics Student Transportation Form**
 - If your student-athlete plans to either transport teammates or be transported by other team members to and from the pools for practices and meets we need to please have this on file.
- **If Applicable: Dulles Aquatics Club Aquatics Information Form**
 - If your student athlete also trains with a USA Swimming-, USA Diving-, USA Water Polo-, or USA Synchronized Swimming-affiliated team, please fill out this form so we have a record of your team and coach's contact information so we can coordinate, collaborate, and communicate.
- **Everyone: Dulles Aquatics Handbook Signature Page (Last Page)**
 - Verify that you have read and agree to the team's standards and expectations.

3. Tryouts

- **Water Polo Tryouts:** The first week of summer practices (August 1-9, 2024) at Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, Texas 77479) constitute tryouts.
- **Swimming Tryouts:** 9-11am on Saturday, August 17, 2024 at Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, Texas 77479) with a parent meeting to follow from 11am-noon. Those who are unsuccessful are invited back to two subsequent practices to try to make the team.
- **Diving Tryouts:** 4-5pm on Friday, August 16, 2024 at Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, Texas 77479.)

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4. Practice Times & Practice Schedule:

- **School Days (generally Monday-Friday)**
 - 1st Period/AM Training Group: 5:45-7:15 am at Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, TX 77479)
 - Everyone in 1st Period is required to participate in Water Polo during water polo season except for USA Swimming Club members with at least one A cut according to the [USA Swimming National Age Group Motivational Times](#).
 - At the conclusion of water polo season, 1st period will transition to swimming.
 - 7th Period/PM Training Group: 1:55 pm (usually hitting the water between 2:15-2:30 pm) - 4:50 pm.
 - **During Water Polo Season (Beginning of school until mid-to-late October:)** Stafford Municipal Pool (1355 Constitution Avenue, Stafford, TX 77477)
 - **After Water Polo Season:** Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, TX 77479)
 - **Divers** must be in 7th Period because that is when the Fort Bend ISD Head Diving Coach is available to provide diving-specific training.
 - **Exception:** Unless one is enrolled with a USA Diving program that you are training with independently on a regular and consistent basis. In that case, one could enroll in 1st Period if required or if one wants to participate with Water Polo, also.
- **Saturday Practices:**
 - All Saturdays after October 1 on which there is no swim meet scheduled, unless otherwise communicated.

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- **Holiday Practices:** These count as normal practices under the Practice Attendance Policy - not special bonus or make-up practices.
 - **Thanksgiving Break Holiday Training Schedule w/ Coach Gabino:**
 - Monday, November 25, 2024. 7-9am
 - Tuesday, November 26, 2024. 7-9am
 - Wednesday, November 27, 2024. 7-9am
 - **Winter Break Holiday Training Schedule w/ Coach Hansen:**
 - UIL-mandated five-day break: December 22-26, 2024
 - Friday, December 27, 2024. Dryland: 8:30-9am. Swim: 9-11am
 - Saturday, December 28, 2024. Dryland: 8:30-9am. Swim: 9-11am
 - Monday, December 30, 2024. Dryland: 8:30-9am. Swim: 9-11am
 - Tuesday, December 31, 2024. Dryland: 8:30-9 am. Swim: 9-11 am
 - Wednesday, January 1, 2025 - No Practice - Happy New Year!
 - Thursday, January 2, 2025. Dryland: 8:30-9 am. Swim: 9-11 am
 - Friday, January 3, 2025. Dryland: 8:30-9 am. Swim: 9-11 am
 - Saturday, January 4, 2025. Dryland: 8:30-9 am. Swim: 9-11 am
 - Monday, January 6, 2025. Swim: 3-5 pm
 - Tuesday, January 7, 2025. Swim: 3-5 pm
 - Wednesday, January 8, 2025. Swim: 3-5 pm
 - **MLK Day:** Monday, January 20, 2025. Dryland: 8:30-9 am. Swim: 9-11 am

5. Practice Attendance Policy:

- **Water Polo:**
 - During the season practice is mandatory and expected. All players are expected to come every day. Practice participation is a component of determining game-time.
 - During polo season, each practice is worth 10 points. If you are absent without 1) providing a doctor's note or 2) emailing Coach Gabino and teacher for tutorials, it is unexcused and the appropriate points will be taken off.
 - In order to letter for water polo, athletes must attend 90% or more of practices.

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○ **Swimming & Diving:**

- In order to compete in individual events in a varsity swim meet, student aquatics athletes must have:

- **A 90% practice attendance for the previous 10 practices (or the conclusion of the last practice attendance period - whichever is longer.)**

- This allows practice absences early in the season to roll off so student-athletes can qualify for varsity meets once they are able to establish consistent practice attendance.

OR

- **A 90% practice attendance for the season.**

- This allows for student-athletes who have maintained consistent practice attendance for the season to remain eligible to compete in varsity meets later in the season if circumstances prevent them from being able to attend practices later in the season.

OR

- **Meet the Fort Bend ISD Club Aquatics Attendance Policy.**

- For student aquatic athletes who train with a USA Swimming-member club 6 days a week.
- Must attend 4.5 hours of high school practice in addition to full practices with one's USA Swimming-member club.
 - Meets count as 1 practice/2 hours
- If a club aquatics athlete is unable to attend a USA Swimming club practice, the athlete should make-up that practice with one's high school team if required in order to maintain a total practice time that would be the equivalent of at least 90% of high school practices.

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6. Absences:

○ Class Absences:

- When an aquatics athlete is not present and accounted for by the teacher of record during the student-athlete's aquatics class period.
- Tardies also apply when the student arrives after the tardy bell for the aquatics class period.

○ Practice Absences:

- When an aquatics athlete is present during the school day (or has an unexcused absence) and does not participate in practice.

○ Practice Absence Exceptions: When an absence from practice is not counted as a practice absence under the Practice Attendance Policy. These include when a student aquatics athlete:

- Has an excused absence from school.
 - Provides written documentation (electronic is preferred) that one has to miss practice in order to attend a doctor's appointment (to be confirmed with an appointment reminder/excuse.)
 - Is given permission by one's coach to see the Dulles High School Athletic Trainer during one's normal practice time (trainer will confirm to your coach your attendance and the results of the evaluation)
 - Provides documentation from a medical doctor that recommends non-participation for a period of time.
 - Receives guidance from the Dulles High School athletic trainer (which will be confirmed to the coach) that recommends non-participation for a period of time.
- **The Dulles High School Athletic Trainer is housed in the Field House on the Dulles High School campus** which is a small building located on the side opposite of the student parking lot from Dulles Avenue. The Field House is between

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the back track (which has no stands) and the tennis courts. There is a small parking lot in front of it that is connected to but distinct from the student parking lot.

- Has an Academic Plan Absence after following the Academic Plan Procedure(s).
- **Fort Bend ISD Club Aquatics Policy:**
 - **Club aquatics athletes must maintain the Fort Bend ISD Practice Attendance Requirements of 4.5 hours spent training with one's team each week**, inclusive of the above delineated exceptions, unless there are extreme extenuating circumstances that make it impossible (not just inconvenient or difficult) to maintain.
 - If a club aquatics athlete is not in compliance with the Fort Bend ISD Club Aquatics Policy then the athlete is ineligible to compete with the school until the athlete comes into compliance.

7. Academic Eligibility / No Pass No Play

- The University Interscholastic League, which is the governing body for athletics in the state of Texas, in accordance with **Texas state law requires all students to achieve a passing grade in all classes** at certain grade checks **in order to participate in extracurricular competitions**.
- This policy is called "[No Pass No Play](#)."
 - Once again, this is STATE LAW. This is not team, or school, or district policy that can be waived by coaches or anyone employed by Fort Bend ISD.
- **Student athletes are allowed to participate in practices regardless of academic standing.**
- **A passing grade is a 70 or higher.**
- During our aquatics sport seasons, those grade checks are:

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- Progress Report 2 (PR2) at the conclusion of the first 6-week grading period
- Term 1 (T1) at the conclusion of the first 9-week grading period
- Term 2 (T2) at the conclusion of the second 9-week grading period
 - Importantly, **your Semester 1 (S1) grade has no bearing on your eligibility.** Only the Term 2 grade does.
 - This is something that is important to remind your teachers about if your grades are on the edge because most teachers are primarily concerned about whether or not their students pass for the semester (not the term.)
 - Be sure to remind your teachers that as a student athlete, the T2 grade is also very important to you because it is what will govern whether or not you are academically eligible to compete at the district swim meet.
 - **No Pass No Play Exempt Courses:**
 - In order to encourage - or at least not discourage - students from taking more advanced classes, the state has exempted certain classes from No Pass No Play. They can be found [here](#).
 - Basically, it's all:
 - Advanced Placement (AP;)
 - OnRamps; and
 - Dual Credit courses plus
 - Precalculus.
 - **AAC classes are not exempt.**
 - **Leveling Down - A Cautionary Note**
 - If you are failing an exempt course and you plan to level-down to an on-level course that is not exempt, you need to **be very careful about timing.**

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- When you level down, you take your exempt class's grade down with you.
 - If this happens too close to the end of a grading period in order for you to successfully raise your course grade to a 70, you will fail a non-exempt on-level class and become academically ineligible according to the UIL Eligibility Calendar.

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8. 2024-2025 Texas Education Agency (TEA)/University Interscholastic League (UIL) Eligibility Calendar:

2024-2025 TEA/UIL ELIGIBILITY CALENDAR

This document is intended to bring clarity to the eligibility calendar for UIL participants. Specifically be aware of the following issues:

- Grade periods for eligibility are seven (7) calendar days after the evaluation, with the exception of holidays.
- Students may lose/gain eligibility at the six weeks grading period.
- Students can regain eligibility at both the three weeks progress report and at the six weeks grade report.
- All students are academically eligible during Thanksgiving Break, Christmas Break and Spring Break holidays.

FORT BEND INDEPENDENT SCHOOL DISTRICT 2024-2025 TEA/UIL ELIGIBILITY CALENDAR

• Friday	09/20	Evaluate All Students	(Progress Report #2)
• Friday	09/27	Students gain/lose eligibility	(end of the school day)
• Wednesday	10/09	Evaluate All Students	(Report Card #1)
<hr/>			
• Wednesday	10/16	Students gain/lose eligibility	(end of the school day)
• Monday	11/04	Re-evaluate failing students from Report Card #1	(Progress Report #3)
• Monday	11/11	Students may regain eligibility	(end of the school day)
○ THANKSGIVING BREAK - ALL STUDENTS ARE ACADEMICALLY ELIGIBLE			
• Monday	12/02	Re-evaluate failing students from Report Card #1	(Progress Report #4)
• Monday	12/09	Students may regain eligibility	(Report Card #2)
• Friday	12/20	Evaluate All Students	(end of the school day)
<hr/>			
○ CHRISTMAS BREAK - ALL STUDENTS ARE ACADEMICALLY ELIGIBLE			
• Thursday	1/16	Students gain/lose eligibility	(end of the school day)
• Wednesday	1/29	Re-evaluate failing students from Report Card #2	(Progress Report #5)
• Wednesday	2/5	Students may regain eligibility	(end of the school day)
• Thursday	2/20	Re-evaluate failing students from Report Card #2	(Progress Report #6)
• Thursday	2/27	Students may regain eligibility	(end of the school day)
• Friday	3/07	Evaluate All Students	(Report Card #3)
<hr/>			
○ SPRING BREAK - ALL STUDENTS ARE ACADEMICALLY ELIGIBLE			
• Monday	3/24	Students gain/lose eligibility	(end of the school day)
• Friday	4/4	Re-evaluate failing students from Report Card #3	(Progress Report #7)
• Friday	4/11	Students gain eligibility	(end of the school day)
• Monday	4/28	Re-evaluate failing students from Report Card #3	(Progress Report #8)
• Monday	5/05	Students may regain eligibility	(end of the school day)

NOTE:
* ALL STUDENTS ARE ACADEMICALLY ELIGIBLE THROUGH THE SUMMER.

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9. The Academic Plan & Procedure:

- If a student aquatics athlete has a course grade in a class of 75 or less or if the student aquatics athlete has a major grade of 75 or less, then the student aquatics athlete may miss practice and not receive a practice absence if the student aquatics athlete follows the Academic Plan Procedure.
- **Academic Plan Procedure:**
 - When a student aquatics athlete plans to miss a practice in order to go to tutorials for a class in which one has a course grade of 75 or less or in order to bring up a major grade that was a 75 or less, the student aquatics athlete **must**:
 - **E-mail the teacher whose tutorials the student aquatics athlete will be attending to either provide notice or confirmation that s/he will be attending tutorials**
 - The e-mail must state the **date** and **time** s/he will be attending tutorials.
 - The email **must state the Academic Plan Purpose** (course grade of 75 or less and/or major grade of 75 or less)
 - **Coach Gabino and Coach Hansen must be copied on this e-mail** so that the teacher may notify us if the student aquatics athlete does not attend tutorials
 - Madison.Gabino@FortBendISD.gov
 - Jonathan.Hansen@FortBendISD.gov
 - **Failure to follow the Academic Plan Procedure in a timely manner can result in a practice absence being assessed** until the teacher whose tutorials the student attended can provide positive confirmation to the coaches that the student aquatics athlete was in fact in his/her tutorials for a reason that would qualify under the Academic Plan.

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- **Tutorials For Classes for Which a Student Has a Course Grade Higher than 75.**
 - While we support student aquatics athletes attending tutorials in an attempt to raise their grades when their course grades are higher than 75 and for which they do not have a major grade that is lower than 75, unfortunately those absences will still normally count as practice absences.

10. Partial Practice Absences

- If a student aquatics athlete is absent from a substantial amount of practice and/or for extended periods of time, the portion of the practice that the student aquatics athlete misses will normally be counted against him/her. Examples include:
 - Arriving to practice late
 - Leaving practice early
 - Dismissed by the coach from practice for some manner of misbehavior or insubordination
 - Spend a significant portion of time at practice doing something other than training; such as:
 - Spending an unusual amount of time in the bathroom
 - “Stretching” (not including stretches prescribed by a medical doctor or the athletic trainer, if the coach gives permission to do them during practice time instead of prior to the beginning of practice;)
 - Hanging out on deck
 - Hanging on the pool wall
 - Anything the coach considers an unacceptable reason for missing an unusual amount of training time

11. Practice Make-ups:

- **1st Period aquatics athletes may make-up practice absences with the PM training group.**
 - This will require the student aquatics athlete to have transportation from Dulles High School to the pool after school and also from the pool by 5:30pm to take them home after practice.

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- **7th Period aquatics athletes may make-up practice absences with the AM training group.**
 - This will require the student aquatics athlete to have transportation to the pool to start practice at 5:45 am, and also to have transportation from the pool to Dulles High School in time for the 7:30 am 1st period tardy bell.
 - The bus that picks up at the pool to transport student aquatics athletes to school in time for 2nd Period will make those in 7th Period who have an academic class for 1st period late or absent. This is not allowed.
- **Practice Make-up Procedure:**
 - If you plan to make up a practice absence by attending the practice you are not enrolled in, contact both Coach Gabino and Coach Hansen in writing (e-mail or SportsYou message) notifying us of the planned make-up.
 - One day's notice in advance of a planned make-up is preferred, but if that's not possible please just give us as much advance notice as you possibly can, please. Thank you.
- **Swimming Relays-only at a Swim Meet**
 - If a student aquatics athlete doesn't qualify to compete in individual events under the Practice Attendance Policy, s/he may swim the meet warm-up and relays only in order to receive a practice absence make-up.
 - As a reminder, meets in which one only swims relays do not count towards one's letter for the year.
- **Swimming the Meet Warm-up and Timing at a Meet**
 - If a student aquatics athlete doesn't qualify to compete in individual events for a meet due to practice absences and also doesn't qualify to swim in relays, s/he can swim the meet warm-up and then serve as a timer for the meet in order to receive a practice absence make-up.

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○ JV Meets

- Participating in a JV meet - whether competing or timing after swimming the meet warm-up - can also count as a practice make-up
 - **Caution:** UIL Regulations restrict student aquatics athletes to one competition per week, so you may not compete in both a varsity meet and a JV meet within the same school week (Monday at 12am to Friday at 2:50pm.)

○ UIL 8-Hour Rule Considerations:

- Remember, **UIL only allows you to participate in a single sport for a maximum of 8 hours outside of the school day.**
 - The Dulles High School school day is from 7:30am to 2:50pm.
 - Water Polo and Swimming & Diving are two separate sports under the UIL framework.
 - Even though Swimming & Diving are also two separate sports, they are one sport under the UIL framework.
- This means that if you miss a practice in one week, it is best to try to make it up during that week because each week both AM and PM practices maximize our allowable practice limits - so there isn't much flexibility for you to add training time in successive weeks.
 - AM practices 1.5 hours/day x 5 days = 7.5 hours/week
 - PM practices 2 hours/day x 4 days = 8 hours/week
 - Friday afternoon's practice is not included in the 8 hours because it is not within the school week.
 - **Saturday practices are not included in the school week, which makes them (and Friday afternoon practices) very difficult to make up.**

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12. National Federation of High School (NFHS) Athletics Swimming & Diving Meet

Order of Events:

- Event 1: Girls 200-yard Medley Relay
- Event 2: Boys 200-yard Medley Relay
- Event 3: Girls 200-yard Freestyle
- Event 4: Boys 200-yard Freestyle
- Event 5: Girls 200-yard Individual Medley
- Event 6: Boys 200-yard Individual Medley
- Event 7: Girls 50-yard Freestyle
- Event 8: Boys 50-yard Freestyle
- Event 9: Girls 1-meter Springboard Diving*
- Event 10: Boys 1-meter Springboard Diving*
- Event 11: Girls 100-yard Butterfly
- Event 12: Boys 100-yard Butterfly
- Event 13: Girls 100-yard Freestyle
- Event 14: Boys 100-yard Freestyle
- Event 15: Girls 500-yard Freestyle
- Event 16: Boys 500-yard Freestyle
- Event 17: Girls 200-yard Freestyle Relay
- Event 18: Boys 200-yard Freestyle Relay
- Event 19: Girls 100-yard Backstroke
- Event 20: Boys 100-yard Backstroke
- Event 21: Girls 100-yard Breaststroke
- Event 22: Boys 100-yard Breaststroke
- Event 23: Girls 400-yard Freestyle Relay
- Event 24: Boys 400-yard Freestyle Relay

*Diving is usually held 30 mins-1 hr prior to the start of a dual meet and the day before an invitational swim meet and are replaced by a 10-15 minute break in the swim meet program.

13. Varsity & Junior Varsity (JV)

○ Water Polo:

- **Varsity Water Polo:** We have been instructed to limit our varsity water polo team to 20 athletes for each the girls team and the boys team. Coach Gabino has ultimate discretion to decide the varsity team through try-outs.
- **JV Water Polo:** By implication anyone not on the roster of 20 will be categorized as JV. We do not currently have a team large enough to

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field a separate JV water polo team, but if the program continues to grow, that might be a possibility in the future.

- **Swimming:**

- **Varsity Swimming:** Under the UIL framework, many sports have varsity, junior varsity, and even more extensive sub-varsity divisions. However, UIL Swimming & Diving is technically a “varsity-only” sport. That means there is no officially-recognized sub-varsity divisions in swimming and diving.

- Anyone who is entered into events in a varsity meet is on varsity that week.
- **Meet hosts determine the meet entry criteria:**
 - Some meets strictly limit entries to four individual entries per event and one to three relays.
 - Other meet hosts are more liberal with their entry policies.
 - How many we can enter in a varsity meet will be dependent, in large part, on the meet hosts’ entry restrictions.
 - It is common to have unlimited 50-yard and 100-yard freestyle entries.
 - This is the general rule for Fort Bend ISD-hosted dual meets (although not necessarily for Fort Bend ISD-hosted invitationals.)
 - We try to enter as many athletes who have met the practice attendance requirements as we can include in a meet, depending on the constraints of the meet hosts.
- The other major constraint on varsity meet entries is, if it is an out-of-district meet, the seating capacity of the bus. Coach Hansen will be driving the bus, and it can accommodate 42 additional passengers, including Coach Gabino.

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- **Seniors:** In most sports, seniors are required to be on varsity. However, since swimming and diving are “varsity-only” sports, it’s important for seniors to understand that no senior is guaranteed a spot on the varsity meet roster and may be required to swim in JV meets - including the JV district meet - if they do not qualify for the varsity meet roster either by time or by team practice attendance requirements.
- **JV Swimming:** Those who do not qualify for the varsity roster any particular week (either because of competitive considerations or practice attendance considerations) can be on “JV” that week if there is a JV meet. Otherwise, if they don’t qualify for a varsity relay, then they are just not on the varsity roster that week.
 - This especially applies to those who do not qualify for the varsity district roster which strictly constrains teams to four individual entries in each individual event and only one relay (the A relay.)
 - Even athletes who get bumped out of the varsity district roster can qualify for a varsity letter if they meet the Fort Bend ISD Aquatics Lettering Policy requirements (which is that they compete in individual events in 80% of varsity meets for the season.)
 - **Athletes not zoned to Dulles** (such as those who are in the Math & Science Academy who are zoned to another Fort Bend ISD high school) **are restricted from competing on varsity their first year by Fort Bend ISD rule** in order to comply with a related UIL rule. They also must complete a UIL Previous Athletic Participation Form (PAPF) before they can compete on varsity.
- **Diving:**
 - **Varsity Diving:** Those who have the 11 required dives to compete in the district meet are considered to be on varsity.
 - **JV Diving:** Those who do not have 11 dives are considered to be on “JV” for diving.

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- **However**, if a diver knows 6 dives one can usually compete in varsity dual meets which count towards their varsity letter. Many early invitationals also only require 6 dives.

14. Swimming & Diving Meet Entry Plans:

○ **Opt-out Plan:**

- This is the default plan that everyone will begin on.
- Student aquatics athletes will be presumed to be going to every varsity meet unless and until they provide written notice (via e-mail and/or SportsYou message to both Coach Hansen and Coach Gabino) during the required time frame that one will not be able to attend an upcoming competition
- If a student aquatics athlete fails to provide adequate notice that s/he is unable to attend an upcoming competition by the deadline, s/he will receive a warning
- If a student aquatics athlete fails to provide adequate notice that one will not be able to attend a competition within the required time frame on two occasions, s/he will be moved to the Opt-in Plan

○ **Opt-in Plan:**

- Under this plan, the student aquatics athlete will be required to positively opt-in to a meet in writing (either e-mail and/or SportsYou message) within the required frame in order to be entered into the meet.
 - If no positive opt-in is received the student aquatics athlete will not be entered in the meet.
 - If it is a dual meet and the student aquatics athlete opts in after the deadline, the coach may at his discretion attempt to work him/her into the meet program if there are any open events

Dulles Aquatics Handbook

- If a student aquatics athlete on the opt-in plan positively confirms s/he will be available to compete in an upcoming meet by the deadline and then pulls out after the deadline or fails to participate in the meet, s/he will only be entered in future competitions at the coach's sole discretion if there is any room in the meet program after all other aquatics athletes have been assigned events.

15. Transportation

○ 1st Period Practices:

- Students must have their own transportation to Don Cook Natatorium (16255 Lexington Boulevard, Sugar Land, TX 77479) in order to start practice on time.
- In order to get from Don Cook Natatorium to Dulles High School after practice, student aquatics athletes may:
 - Ride the Fort Bend ISD-provided bus; or
 - Drive themselves; or
 - Ride with another student aquatics athlete if **both** the driver and the rider have turned in the Student Transportation Release of Custody & Liability Form executed by each the rider's and the driver's parent/legal guardian.

○ 7th Period Practices:

- In order to get from Dulles High School to either Stafford Municipal Pool (during water polo season) or Don Cook Natatorium (after water polo season has concluded,), student aquatics athletes may:
 - Ride the Fort Bend ISD-provided bus; or
 - Drive themselves; or
 - Ride with another student aquatics athlete if **both** the driver and the rider have turned in the **Student Transportation Release of Custody & Liability Form** (located at the back of

Dulles Aquatics Handbook

the Dulles Aquatics Handbook) executed by each the rider's and the driver's parent/legal guardian.

- Students must have their own transportation home from the appropriate pool
- **Fort Bend ISD-hosted Competitions:**
 - Student aquatics athletes are expected to have their own transportation to and from competitions if it is located at either of the two Fort Bend ISD aquatic facilities:
 - **Don Cook Natatorium:**
 - 16255 Lexington Boulevard, Sugar Land, Texas 77479
 - **Fort Bend ISD Aquatic Practice Facility:**
 - 16701 Bissonnet Street, Houston, TX 77083
- **Out-of-District Competitions:**
 - Student aquatics athletes are expected to ride to and from competitions at facilities that are not operated by Fort Bend ISD on the Fort Bend ISD-provided transportation (usually a yellow bus driven by Coach Hansen.) 😊
 - If student aquatics athletes wish to ride to or be released from a competition with one's own parent/legal guardian, one must fill out the **Field Trip Assumption of Custody and Release of Liability Form** (located near the back of the Dulles Aquatics Handbook) and turn it in to an aquatics coaching staff member before taking custody of your student aquatics athlete.
 - Coaches are only authorized to release a student aquatics athlete to one's own parent/legal guardian. **We cannot release a student aquatics athlete to another's parent/legal guardian - even with one's own parent/legal guardian's express permission.**
 - If it is an extremely unusual circumstance where this is absolutely required, one must notify one's coach ahead

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of time so that permission can be sought from the Campus Athletic Co-coordinators.

16. Aquatics Class Grading Policy:

- **Student aquatics athletes are required to be in a major athletic period in order to compete for Dulles High School.**
 - This is a district policy, not a campus or team policy.
 - If a student aquatics athlete is a graduating senior and needs all classes for which s/he is enrolled in order to graduate, we can ask permission from the Fort Bend ISD Athletic Director to exempt the student aquatics athlete in these rare instances.
 - Normally, this will mean being enrolled in either 1st Period or 7th Period Aquatics.
 - However, if a student aquatics athlete also participates in another sport whose season begins before or at the same time as an aquatics sport (such as volleyball, football, or cross country) then student aquatics athletes enrolled in those athletic periods may still compete in aquatics sports. Normally, one would need to switch into either 1st or 7th period aquatics at the conclusion of the other sport's season.
 - Likewise, at the conclusion of water polo or swimming and diving season, one is free to switch into another sport's athletics period once the water polo or swimming and diving season has concluded.
- **Teacher of Record:** This is the Dulles High School faculty member responsible for assigning grades to your student aquatics athlete:
 - **Coach Gabino is the teacher of record for 1st Period Aquatics**
 - **Coach Hansen is the teacher of record for 7th Period Aquatics**
- **Water Polo Players During Water Polo Season:**
 - **Daily Grades:** These are based on attendance at and participation in practices.

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- Each practice will be worth 10 points.
- Each missed practice will deduct 10 points from your grade that week.
- **Major Grades:** Participation in water polo games.
 - There are normally two games per week. Attendance is key and mandatory.
 - Missing a game will result in a deduction.
 - Coach Gabino has ultimate discretion to assign major grades as necessary during the season.
- **Swimming & Diving Season:**
 - **Daily Grades:**
 - Daily grades are based on the required attendance in a normal P.E. class, which is approximately 50 minutes per day. Below are listed the required number of minutes of participation required in order to achieve a 100 for the week.
 - 5-day week: 250 minutes for the week (50 mins x 5 days)
 - 4-day week: 200 minutes for the week (50 mins x 4 days)
 - 3-day week: 150 minutes for the week (50 mins x 3 days)
 - 2-day week: 100 minutes for the week (50 mins x 2 days)
 - 1-day week: 50 minutes for the week (50 mins x 1 day)
 - If a student aquatics athlete participates for less than the required time, the teacher of record will divide the amount of time the student athlete participated with the team by the number of minutes required in order to achieve a 100 that week in order to arrive at the student aquatics athlete's daily grade in the aquatics class that week.
 - Importantly, **other than excused absences from school or a note from a medical doctor or the trainer limiting one's practice participation, the other practice absence**

Dulles Aquatics Handbook

exceptions do not exempt a student aquatics athlete from the grade requirements for the aquatics course.

- **Club aquatics athletes must maintain compliance with the Fort Bend ISD Club Aquatics Policy in order to maintain a 100 daily average each week.**

■ Major Grades:

- Participation in at least one swim meet (either competing or timing) each three week grading period.
- In off-season coaches will designate other appropriate major grade assignments.

17. Early Release from Pool During School Day (7:30am-2:50pm)

- The Dulles High School school day is from 7:30 am to 2:50 pm.
- Although the pools are not located on the Dulles High School campus, you should think of them as the classrooms for your student aquatics athlete's aquatics class when it comes to picking them up during the school day.
 - Just like if you were picking your student up from a class on the Dulles High School campus.
- If you need to pick up your student aquatics athlete from:
 - 1st period after 7:30 am; or from
 - 7th period before 2:50 pm
- **Procedure:**
 - E-mail the attendance office (Attendance.DHS@FortBendISD.gov) ; and then
 - Copy the appropriate coach(es) on that email:
 - 1st Period: Madison.Gabino@FortBendISD.gov
 - 7th Period: Jonathan.Hansen@FortBendISD.gov

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- The attendance office should reply-all that the note was received and authorize the coach to release your student aquatics athlete in accordance with the instructions on the note so we may release him/her from the pool.
- **You do *not* need to contact the attendance office if you will be picking your student aquatics athlete up *before 7:30am or after 2:50pm.***
 - In these instances, just let the appropriate coach know when you plan to pick up your student aquatics athlete.

18. Dulles High School Campus Lockers

- If you do not have your own transportation to and from school in which to store your swim gear, it is recommended you go to the office D-Wing Office to ask Ms. McGregor to have a locker assigned to you so that:
 - **1st Period student aquatics athletes may store your swim gear for the duration of the school day when you get back to campus from the Natatorium.** Please request a locker that will be convenient for storing when you arrive on campus from the Natatorium and that will be convenient to access after your 7th period class so that you may quickly and easily retrieve it before heading home for the day.
 - **7th Period student aquatics athletes may store your swim gear during the school day and conveniently pick it up on your way to the bus ramp.** Please ask for a locker located between your 6th period and the bus ramp. Probably closer to the bus ramp is better.

19. Classroom Behavior

- Inappropriate classroom behavior is not acceptable. Not only does it reflect poorly on our program when our athletes are disrupting the learning environment in class, but athletics is also here to support academics. Therefore, if a teacher contacts an aquatics coach about inappropriate classroom behavior, we will take appropriate action.
- Depending on the severity of the disruptive classroom behavior, disciplinary actions assessed by an aquatics coach may include:
 - Warning and counseling
 - Corporal punishment (such as pushups, burpees, etc)

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- Suspension from competitions until the teacher has notified the aquatics coaching staff that the student aquatics athlete has reformed his/her behavior
 - Particularly if this is a chronic problem that has not been resolved after repeated attempts to address it through verbal warning(s) and/or corporal punishment.
 - Any meets missed for this reason will be counted against the student aquatics athlete for purposes of letting for the season
- As a last resort: dismissal from the team at the soonest possible date - usually at the semester (unless there is room to switch you into a PE class before then.)

20. Dress Code

- School dress code will be enforced where applicable and when not in conflict with appropriate pool deck attire (e.g. swim suits and flip flops.)

21. Team Equipment and Apparel

- Athletes are never to wear any district-, school-, or team-provided and/or issued equipment and apparel on or off campus unless going to and from a team event. It must be worn to, at, and from official practices and meets only.
- **Per UIL regulations, violating this rule may result in an athlete being barred from competing for the rest of the season and losing a year of eligibility.**

22. Lettering Policy

- **Water Polo:**
 - An athlete must complete the season in good standing
 - An athlete must have attended 90% of all varsity competitions
 - An athlete must have attended 85% of practices

Dulles Aquatics Handbook

- All varsity letters will be awarded upon the discretion of the Head Coach
- **Swimming & Diving:** The following was adopted and approved by the Fort Bend ISD Aquatics Coaches and the Fort Bend ISD Athletic Department administration during the 2002-2003 academic year:
 - An athlete must complete the season in good standing and compete in at least one individual event in a minimum of 80% of the varsity meets that one's team enters, culminating with the District Meet; or
 - An athlete must complete three years of Varsity competition in good standing.
 - All varsity letters will be awarded upon the discretion of the Head Coach.

23. Academic All-District:

- **Water Polo:**
 - Term 1 Cumulative Average of 90 or greater
 - Add up your Term 1 grades for all of your classes and divide by the number of class periods
 - Unweighted (no AP or AAC GPA bonuses)
 - Unrounded (89.9999999999 does not qualify)
- **Swimming & Diving**
 - Term 2 Cumulative Average of 90 or greater
 - Add up your Term 2 grades for all of your classes and divide by the number of class periods
 - Unweighted (no AP or AAC GPA bonuses)
 - Unrounded (89.9999999999 does not qualify)

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24. Texas Interscholastic Swim Coaches Association (TISCA) Academic All-State Qualifications

- Varsity athlete
- Classified as a junior or senior
- 93.75% of the grade scale used (e.g. 3.75 on a 4.0 scale; 93.75 on a 100-point scale)
 - Five semesters for junior applicants
 - Seven semester for senior applicants
- Lettered in the year for which one is applying for Academic All-State
- GPA may not be rounded up

25. National Interscholastic Swim Coaches Association (NISCA) Academic All-American Qualifications

- Varsity athlete
- Classified as a senior
- 93.75% of the grade scale used (e.g. 3.75 on a 4.0 scale; 93.75 on a 100-point scale) for seven semesters
- Lettered in one's senior year
- GPA may not be rounded up

26. Aquatics Team Captain Corps:

- In keeping with our vision of having one team competing in three sports, we have an Aquatics Team Captain Corps consisting of 4 water polo captains and 4 swimming and diving team captains (until such time that the diving team is large enough to justify adding additional captain positions as specified below.)

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- While each is primarily responsible for fulfilling the responsibilities for their sport, together they are understood to be leaders for the entire aquatics team regardless of which aquatics sport is in season.
- It is the coaches' hope that the entire aquatics team captain corps will foster mutual support between each sport's participants throughout each's season.
- **Water Polo Captains:**
 - The girls team will have two captains.
 - One captain shall be chosen by team vote in which only the female members of the team will be qualified to participate.
 - One captain shall be chosen by the Head Coach.
 - The boys team will have two captains.
 - One captain shall be chosen by team vote in which only the female members of the team will be qualified to participate.
 - One captain shall be chosen by the Head Coach.
 - **Water Polo Captain Qualifications:**
 - One must attain the classification of sophomore, junior or senior for the season in which one would be a captain;
 - One must have lettered the season prior to becoming a captain
 - One must be an exemplary role model for the team
 - One must have a satisfactory academic record and not have been academically ineligible to compete during the season prior to the one in which one seeks to become a team captain
 - One must have the required organizational skills
 - One must have the required leadership skills

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- One must have the required communication skills to communicate the will of the team up to the coaches in such a way to ensure that it receives a fair hearing, and to communicate the decisions of the coach down to the team in such a way that they are understood and adopted.

■ Water Polo Captain Responsibilities:

- Planning the program for end of season banquet
- Planning socials for the water polo team
- Working with the head coach to maintain a high team morale

○ Swim Captains:

- The girls team will have two captains that are voted on by only the female members of the team.
- The boys team will have two captains that will be voted on by only the male members of the team.
- While the two girl and two boy captains are each elected by their respective teams and are primarily responsible for carrying out the duties and responsibilities required on behalf of the team that elected them; each of the captains will be understood to each be captains for the entire aquatics team - boys and girls - as a single aquatics team captain corps.

■ Swim Captain Qualifications:

- One must attain the classification of junior or senior for the season in which one would be a captain
- One must have lettered the season prior to becoming a captain
- One must be an exemplary role model for the team
- One must have a satisfactory academic record and not have been academically ineligible to compete during the season prior to the one in which one seeks to become a team captain

Dulles Aquatics Handbook

- One must have the required organizational and leadership skills
- One must have the required communication skills to communicate the will of the team up to the coaches in such a way to ensure that it receives a fair hearing, and to communicate the decisions of the coach down to the team in such a way that they are understood and adopted.

■ Candidates for swim team captain must run on their own.

- They may not form slates or de-facto political parties.
- If any candidate for captain mentions another candidate for captain in any of his/her election materials or speeches, the candidate may be disqualified from the ballot.
- All candidates for captain should be ready and willing to work with any other elected captains to lead the team into the season.
- Since balkanizing the team by running as a slate is poisonous to the unity and cohesiveness of the team, this type of campaigning is strictly prohibited.

■ Swim Team Captain Responsibilities:

- While the coaches are primarily responsible for duties related to making the team as competitive as possible - including providing opportunities to train and compete, a primary responsibility of the team captains is to cultivate and maintain the team's culture. This includes:
 - Planning social activities around team events
 - Looking for ways to subsidize the team's training and competitive mission (not substitute for them) with ways to augment team members' experience in a way that makes the team a more fun and enjoyable part of their high school career

Dulles Aquatics Handbook

- Organizing and planning the team end-of-season banquet, including the superlative awards, that everyone enjoys so much.
- **Diving Captains:**
 - Once there are 8 total divers, there will be a separate diving aquatics captain
 - Once there are 8 male divers and 8 female divers, there will be one diving team aquatics captain for each gender

27. Communication:

- **Head Swimming & Diving/Assistant Water Polo Coach Jonathan Hansen**
 - E-mail: Jonathan.Hansen@FortBendISD.gov
 - Cel: 832-984-0958 (Parent/Guardian Use Only)
- **Head Water Polo/Assistant Swimming & Diving Coach Madison Gabino**
 - E-mail: Madison.Gabino@FortBendISD.gov
 - Cel: 832-205-7667 (Parent/Guardian Use Only)
- **SportsYou:**
 - This is our primary team management and communication platform. It is recommended that both parents and athletes download it onto their phone from the App Store
 - **Dulles Aquatics**
 - ***Everyone*** should join this SportsYou team for announcements that apply to the whole team (such as regarding competitions, team events, etc.)
 - **Join Code: ECPA-8S2N**
 - **Aquatics AM**
 - Those registered for 1st Period Aquatics should join this SportsYou “team” for announcements that only apply to 1st Period (such as practice adjustments in case of weather or pool conditions.)
 - **Join Code: PK2A-HEEM**

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■ **Aquatics PM**

- Those registered for 7th Period Aquatics should join this SportsYou “team” for announcements that only apply to 7th Period (such as practice adjustments in case of weather or pool conditions.)
- **Join Code: ATU4-8ENY**

■ **Fort Bend ISD Diving**

- In order to receive announcements from Fort Bend ISD Head Diving Coach John Isbell
- **Join Code: 82P5-MRYP**

DULLES VIKING AQUATICS

Student Transportation Release of Custody & Liability Form

I give permission for my student, _____, to provide or receive transportation to and from swim practice and/or swim meets at either the Don Cook Natatorium or the Fort Bend ISD Aquatic Practice Facility and Dulles High School with the following teammates:

Furthermore, I release Fort Bend ISD, Dulles High School, its administrators and employees from all liability while my student is so transported or is so providing transportation.

I understand that Fort Bend ISD provides transportation from Don Cook Natatorium to Dulles High School at the conclusion of first period aquatics so that my student may be on time to second period. I also understand that Fort Bend ISD provides transportation to Don Cook Natatorium from Dulles High School at the conclusion of sixth period so that my student may be on time for seventh period swimming – making it unnecessary for my student to travel to and from school with another student.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

Telephone Number: _____

E-mail Address: _____

DULLES VIKING AQUATICS

Club Aquatics Form

Dulles Student Aquatics Athlete: _____

USA Swimming/Diving/Water Polo Club Team: _____

Training Group: _____ Training Pool: _____

Training Days/Times: _____

Coach's Name: _____ Coach's Phone: _____

Coach's E-mail: _____

USA Swimming ID No.: _____

(So your times at USA Swimming-observed meets can be reported to the SWIMS database.)

I understand that under the Fort Bend ISD Club Aquatics Policy, I/my student aquatics athlete **must train or compete with my/his/her high school aquatics team for a minimum of 4.5 hours each school week** in order to remain eligible to participate in meets and in order to receive full academic credit for the aquatics class.

I also understand that this reduced high school training schedule policy **is designed for club aquatics athletes who regularly train at least 10-12 hours/week with their club aquatics team**, and that in order to remain eligible to participate with one's high school team, at a minimum, the total amount of time spent training between one's club and high school team must be equal to the amount of time that high school only aquatics athletes are required to train.

If my/my student aquatics athlete's club aquatics team participation level changes I know I must immediately notify my high school aquatics coaches in writing. Failure to do so will result in retroactive and/or prospective accountability - both academically and competitively.

Student Aquatics Athlete's Signature Date

Student Aquatics Athlete Guardian's Signature Date

Dulles Aquatics Handbook



FIELD TRIP ASSUMPTION OF CUSTODY AND RELEASE OF LIABILITY FORM

I am taking custody of my child, _____, (Student ID No: _____)
from Fort Bend ISD, John Foster Dulles High School, its administrators and employees, and releasing
them from all liability for my child for the duration of _____
(event/competition) at _____
(facility) in _____ (city,) _____ (state) on _____ (date.)

The reason for this alternate method of travel is _____

_____.

_____. Parent/Guardian Name (Print)

Parent/Guardian Signature

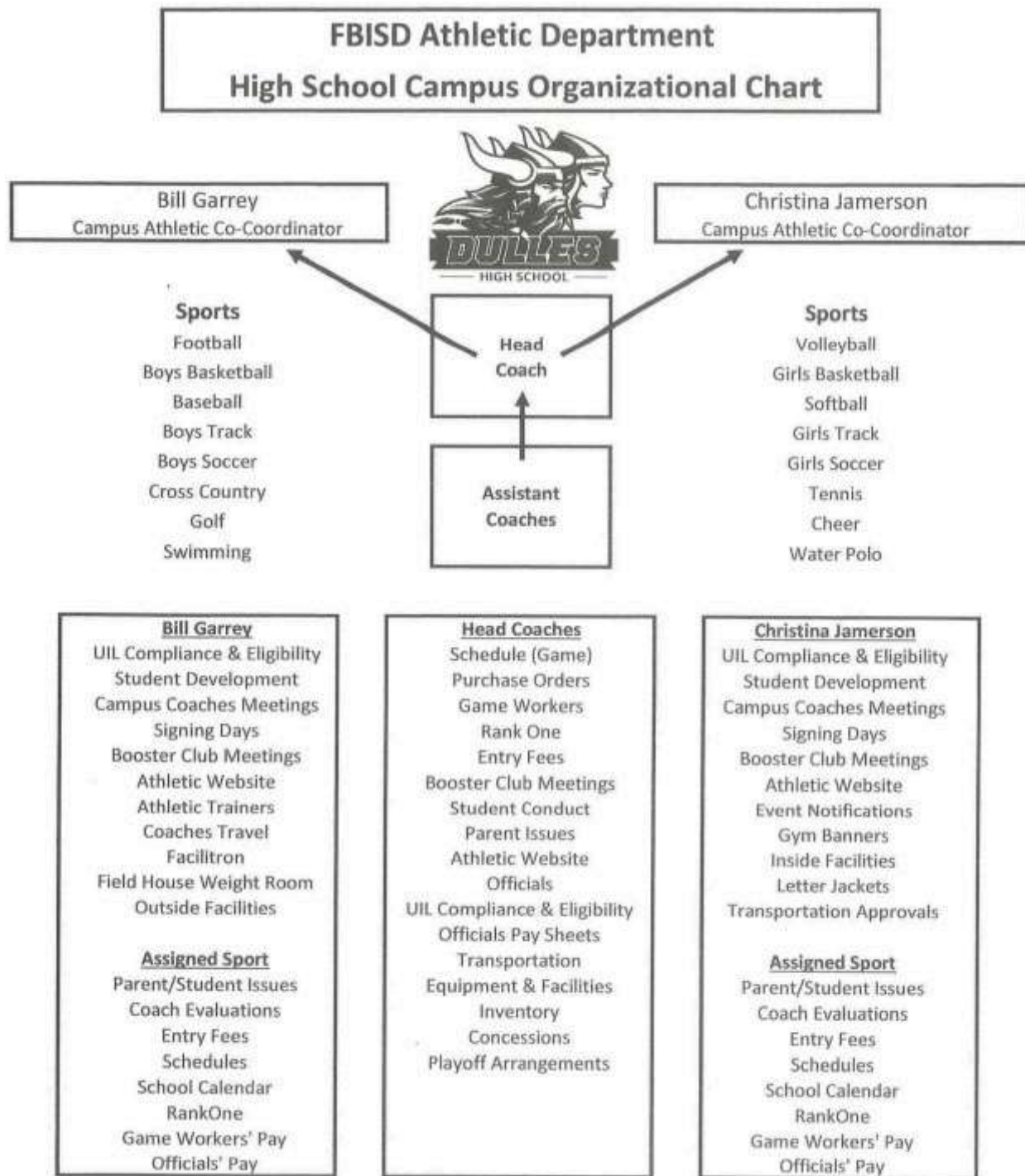
Date

Telephone Number: _____ E-mail Address: _____



550 Dulles Avenue
Sugar Land, TX 77478
(281) 634-5600

Dulles Aquatics Handbook



Dulles Aquatics Handbook



July 22, 2024

Parents and spectators,

It is the expectation of Fort Bend ISD that spectators are at the contest to provide positive verbal support for their team, and to enjoy the skill and competition **not to complain to or ridicule either team, its fans, the game officials, or coaches**. Our goal is to provide a safe and positive environment for competition so that our kids can play.

Parents and spectators should be aware that Fort Bend ISD can remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors. Game officials can ask that school administrators have fans removed from a contest facility. **Spectators must understand that questioning calls by officials, expressing dissatisfaction with officiating, officiating from the stands, etc. will not be tolerated by the officials association and can result in the removal of the spectator from the facility.**

The TASO officials organization has a three strike policy. After three incidents in which any spectator has to be removed at the request of the official, the organization can refuse to officiate our games. **Without officials, we will not play the game. Understand that Fort Bend ISD will begin hosting games without spectators before we get to strike three and have the TASO organization refuse to officiate our games.** We want our kids to be able to play games. If our spectators want to watch our kids compete, then they should exhibit self control and be mindful of their conduct and behavior.

Individuals who are removed from a game **will not** be allowed to attend extracurricular events for up to one calendar year.

Choose positive. Choose sportsmanship.

A handwritten signature in black ink that reads "Dena Scott".

Dena Scott
FBISD Athletic Director

📞 281-634-1900

✉️ FBISD.Athletics@fortbendisd.com



AN INITIATIVE FOUNDED BY



WHAT IS THE TEXAS WAY?

The Texas Way™ is a collaborative campaign between THSCA, THSADA, and 2Words Character Development to:

IMPROVE

the level of sportsmanship at UIL sporting events.

DECREASE

the number of ejections at UIL sporting events.

STRENGTHEN

communities and the relationships between coaches, athletes, officials, and fans.

THE THREE PILLARS OF THE TEXAS WAY

To coach, play, officiate, or support The Texas Way means you commit to the following three pillars:

RESPECT FOR OTHERS

Respect for Others is a commitment to give respect to all participants (coaches, players, officials, and fans) because of who I am, not because of what they do.

Respect, The Texas Way, is given generously.

CONTROL OF SELF

Control of Self is a commitment to give boundaries to our thoughts, words, and actions, and to control our anger in the face of competition and adversity.

Self Control, The Texas Way, is to handle adversity with class, and keep your anger in check.

SPIRIT OF COMPETITION

Spirit of Competition is a commitment to give everything we have to be the absolute best we can be, and to put our team in the best position to win, but we will not sacrifice our integrity to do it.

Competition, The Texas Way, is about more than a scoreboard.



LEARN MORE & REGISTER AT:

PLAYTHETEXASWAY.COM





PLAYER

As a member of this team, I agree to follow this code of conduct:

- I will respect the game by playing fairly and to the best of my ability.
- I will lead by example, practice good sportsmanship and demonstrate self-control.
- I will not criticize calls made by officials and will allow my coach to handle any issues with them.
- I will always support and encourage my teammates and prioritize the team's success over my own.
- I will represent my team with class, handle winning and losing with grace, and ensure that my behavior always reflects positively on my teammates, coaches and school.
- I will accept that mistakes are a part of sports and will use them as opportunities to grow.

PARENT/GUARDIAN

As a team parent/guardian, I agree to follow this code of conduct:

- I will encourage my child to play fairly and to the best of their ability.
- I will practice good sportsmanship by demonstrating positive support for all players, coaches, fans and officials.
- I will not criticize calls made by officials and will allow the coach to handle any issues with them.
- I will prioritize the emotional and physical well-being of my child above any personal desire to win.
- I will acknowledge that as a parent/guardian, I represent our school and community, and my behavior matters.
- I will remember the game is for the players and not for the adults.

We will always do our best to follow this code of conduct because we know it is meant to help students become better players, teammates and people.

PLAYER SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

BenchBadBehavior.com



DULLES VIKING AQUATICS HANDBOOK

2024-2025 SEASON SIGNATURE PAGE

I, _____ (Print Athlete's Name,) have read the Dulles Aquatics Handbook, I fully understand the commitment and expectations of me by the Dulles Aquatics program, and I agree to be held accountable to them.

Athlete Signature

____/____/_____
Date

I, _____ (Print Athlete's Legal Guardian's Name,) have read the Dulles Aquatics Handbook, I fully understand the commitment and expectations my student aquatic athlete has undertaken by choosing to participate in the Dulles Aquatics program, and I agree to my student aquatics athlete being held accountable to them.

Legal Guardian's Signature

____/____/_____
Date