

POUDRE SCHOOL DISTRICT HIGH SCHOOL DIVING 2026-2027

PARTICIPANT HANDBOOK

Congratulations on joining your respective school's Swimming and Diving Team as a diver! As PSD has created a unified school district diving program, we will often have practice times, meet schedules and guidelines for responsibilities, obligations, lettering criteria, and other tools necessary to improve communication and clarity between parent, athlete and coach.

If you have any questions or concerns, you may contact head diving coach Lucas Richmond via email or phone, as well as your individual school's head swimming coach.

We look forward to working with you this season and making your high school swimming/diving experience memorable and gratifying.

Coaches' Contact Information:

- **Lucas Richmond**, Head Diving Coach; Coach Luke
heycoach@norcodiving.com
lrichmond@psdschools.org
Phone: 970-988-1445
- **TBD**, Assistant Coach
- **Kyle Knapp**, Assistant Coach - Dryland, Strength & Conditioning; Coach Kyle

Online Team and Management Systems: SportsPlus, DiveLive, and GroupMe

We regularly use three programs to manage the PSD Diving program. SportsPlus for Team/Practice management, DiveLive for all home meet scoring and reporting, and GroupMe for DM/Announcements.

Please visit the following sites and download the corresponding app via the Apple or Android App Store:

- 1) SportsPlus: <https://sportsplus.app/my/sports/login?oi=5704>
- 2) DiveLive: <https://diving.scoresandmore.live/Registration>
- 3) GroupMe: https://groupme.com/join_group/103974234/t2DLgXe8

Paperwork and How to Join the Team

1. Register. Visit your school's athletics website and follow the registration prompts.
2. Pay fee. Online (<https://psdschools.schoolpay.com>) or at your school's fee window. Keep proof of payment/receipt.
3. Get your Orange Card. See your athletic secretary in the front office. Give them your proof of payment and current sports physical. They will give you your Orange Card.
4. Bring Orange Card to Coach Luke on the first day of practice, November 17th. You CANNOT begin practice until you turn in your Orange Card.

Coaching Philosophy

My coaching philosophy is to empower young athletes to **think, care, and thrive**, in the pool and in life, through a shared love of sport.

Think. Make thoughtful decisions, set and pursue meaningful goals, communicate clearly, and take ownership of their preparation and their time.

Care. Act with integrity, support teammates, represent their school with pride, and accept success graciously and disappointment with dignity.

Thrive. Face uncertainty with courage, commit despite fear, persevere through setbacks, and accept judgment with grace.

Diving offers a rare chance to practice all three at once. At the end of the board, a diver trusts their preparation, commits fully to the dive, gives every effort with composure, and then respects the outcome, whatever the score. I coach these moments with intention, so the confidence and resilience divers build here stay with them long after the season and throughout their lives.

All of this happens within a **safe and controlled environment**. That doesn't mean diving without risk; it means approaching risk in a calculated, focused, and responsible way. Progression is guided by each diver's readiness, and safety and preparation are prioritized over difficulty. That preparation is what allows divers to face fear with confidence.

Team Values

Individual schools have unique common mottos and values. Rocky Mountain High School has "The Lobo Way", Poudre has "I am who I am because of who we are. We are Poudre", FCHS is 'The Home of Champions - Where Excellence is Expected', FRHS 'Once a Sabercat, Always a Sabercat - Excellence Everywhere', to name a few. It is the responsibility of each athlete to know and understand their individual school's values and adhere to them.

PSD Diving Goals

- Be strong student-athletes by maintaining athletic eligibility and a strong GPA throughout the season.
- Be recognized by officials and opposing coaches as having a strong sense of team and good sportsmanship.
- Practice with a purpose! Make every rep count, and don't waste any reps.
- Increase the number of athletes who qualify for Conference finals, State, and State finals.

Academics

Being a student is your first priority, and you are expected to perform well in your classes. If you need extra help, you may need to make special arrangements with your teachers. For away meets, it is the student's responsibility to get all work done prior to that day.

The coaches receive weekly progress reports from all your teachers. If you receive two or more F's you will become ineligible until the next progress report.

Students must be full-time students to participate in CHSAA sports. At PSD schools, this means they must be in 3 classes. The only exception is a second-semester senior who has completed all of their graduation requirements and is in good academic standing.

Athletes serving an **academic suspension must report to their school's College and Career Center every Friday during lunch until they are no longer on academic suspension.**

Team Expectations

BE SAFE

1. Poudre School District **rules and regulations concerning student safety will be enforced** at all team practices, meets, and events.
2. All practice activities must take place under the direct **supervision of a designated coach**. If there is a snow day, the coach may send out a dryland mini-workout that you can complete from home.
3. **Equipment or training aids** must be used in the manner it was designed.
4. **Report all safety issues, including personal injuries, equipment issues, and environmental conditions, to a coach immediately.**

BE RESPECTFUL

5. **Show respectful behavior at all times.** Profanity, obscene gestures, derogatory comments, and negativity directed at team members, coaches, managers, administrators, school staff members, parents, opponents, service personnel, or anyone else will not be tolerated.
6. **Respect the property of others**, including personal items, school property, community property, other schools' facilities, opponents' property, and anything that does not belong to you. This includes team-issued uniforms and equipment. If you lose or misplace the team parka, you will be responsible for the cost of purchasing a new one, ~\$150.
7. **Respect the decisions made** by administrators, school staff members, coaches, opponents, meet officials, parents, and others.

8. **Our coaches determine the placement of athletes** in varsity or junior varsity meets/events. These decisions are made in the best interest of the athlete and team. Our goal is to identify and place each athlete in a level of competition where they can perform at a high level and contribute to team success. Honor these decisions and discuss personally any questions or concerns you may have with a member of the coaching staff.

BE RESPONSIBLE

9. **Your core responsibilities are to family and academics.** Do not let swimming/diving interfere with these two areas. If your participation in swimming/diving negatively affects your family expectations or classroom responsibilities, please reconsider and return when conditions are more favorable.

10. **Any behavior considered detrimental to the team** will be discussed directly with the athlete, parent, and head coach. At this time, a decision will be made about what actions will be taken to correct the behavior.

BEHAVIOR STANDARDS

12. District and school policy regarding the discipline code will be strictly adhered to during practice, meets, and travel.

13. **Show respect** to all teammates and integrity at all times.

14. **Divers are always a representative of their schools and Poudre School District as a whole** so any behavior that is deemed inappropriate, unsportsmanlike, or unethical will indicate possible removal from the team.

15. ANY drug or alcohol infraction will be subject to consequences detailed in PDS's TRAINING AND PERSONAL CONDUCT RULES and could be grounds for immediate dismissal from the team. This policy includes vaping.

Attendance Policies

SCHOOL ATTENDANCE

1. **Attendance in the classroom is expected "all day-every day."** Student-athletes must be in attendance for at least half the day on the day of a competition. It is the responsibility of the student to clear any truancy questions.

Five unexcused tardies in one week = Exclusion from the next meet

Two unexcused absences in one week = Exclusion from the next meet

Two EXT absences in one week = Exclusion from the next meet

Eight unexcused school absences = May result in exclusion from the remainder of the season

PRACTICE ATTENDANCE

1. Athletes are expected to **participate in all practices and meets**. Athletes must check-in /RSVP via the SportsPlus App at the start of practice and meets for attendance purposes.
 2. Any absence from a practice or meet must be reported to the head coach in advance by a parent/guardian. If an athlete acquires **three unreported/unexcused absences**, it will result in missing the next scheduled competition. Each additional unexcused absence will result in missing the next scheduled competition.
 3. Absences are **excused** if notification is received in advance or by the end of the day and it is an illness or family emergency. All other absences are considered **unexcused**.
 4. **Be on time**. On-time means: Divers need to be stretched, dressed in diving attire, and ready to be in the water at the start of practice time. For Dryland mornings, you must be dressed and ready to work 5 minutes prior to the start. Please do not be late. Excessive tardiness could lead to ineligibility to participate in the meets.
 5. Athletes with **six or more unexcused absences** will not be eligible to participate in the Conference Meet or State Meet and cannot letter.
 6. Excused and unexcused absences may affect participation in upcoming competitions.
 7. **Injured athletes** are either with the trainer/doctor/physical therapy or at practice. **Rehabilitation is considered practice**. Injured athletes must follow rehabilitation guidelines established by the athletic trainer/doctor/physical therapist.
 8. **Eligibility Requirements and Academic Suspension:** *"Eligibility will be checked on Wednesday of each week and the student will have until Monday at noon to fix an eligibility concern. If eligibility is not corrected by Monday at noon they are ineligible for the next week. Students who are ineligible may attend home games however they will not be released from school for away games. Students who are ineligible may practice however coaches might encourage students to work on grades or meet with teachers rather than attend practice. The coach, athletic director and teachers will work together on eligibility to best support the student and their needs."*
- Athletes serving an **academic suspension must report to their school's College and Career Center every Friday during lunch until they are no longer on academic suspension.**

9. Club Divers:

- Divers are encouraged to attend all PSD practices.
- If a diver elects to dive club during the high school season, they are REQUIRED to attend all AM dryland practices on MWF.
- Club divers are **highly encouraged to attend the practice immediately prior** to a competition. (i.e. if there is a meet on Saturday, they must be at practice on Friday.) This is not a requirement.
- Club divers are required to complete their own dive competition Dive Sheets **via DiveLive** for all home meets 24 hours before the start of the competition. For away meets, communication with the head coach will be required to prepare the competition diving sheet for the week.
- If a club diver is unable to attend their club practice, they should come to an additional PSD practice instead.
- Divers are expected to be at **the practice immediately prior to any championship meets or invitationals they plan to compete in** (i.e. conference and state).
- Remember that this is a team sport and you are representing your school. Please plan to attend all team events and activities.
- Must provide the head coach with their club coach's contact information so that I can verify attendance if needed.

******EACH CLUB DIVER MUST MEET WITH THE HEAD COACH TO AGREE UPON A SCHEDULE THAT MEETS THE ABOVE REQUIREMENTS******

INJURIES/ILLNESS

If you have a preexisting injury, get a diagnosis and bring a note from a physician, physical therapist, and/or your school's athletic trainer with restrictions and guidelines on what you are able and not able to do during practice.

If you get injured during the season, please see your school's athletic trainer and bring us guidelines on what they recommend you do.

If you are sick, please let the coach know via text or email and do not show up to practice and sit on the deck. It is better to stay home, rest and recuperate.

Tape: If you need to wear tape for a competition, you must have a doctor's note to provide the officials or risk disqualification.

Lettering Standards

To earn a varsity letter the athlete must meet one or more of the following criteria:

1. Compete at finals at the Conference Championship meet.
2. Compete at the state championship meet.
3. Senior who has been on the team for 3+ years.

Regardless of the method achieved for lettering, athletes will NOT letter if:

1. Athletes miss a meet they are scheduled to compete in. (no call - no show)
 2. Athlete has six or more unexcused absences.
 3. The athlete is suspended from school or violates PSD or CHSAA rules concerning drug use (including alcohol and tobacco), hazing, harassment, or other stated violations.
 4. The athlete does not finish the season in good standing.
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Diving Practice Schedules

- **Monday:** 7:30a-8:30a (All PSD - Dryland at CF DNR); 4:30p-6:00p @ EPIC
 - **Tuesday:** 7:30a-8:30a Optional AM Practice (must RSVP); 4:30p-6:00p @EPIC
 - **Wednesday:** 7:30a-8:30a (All PSD - Dryland at CF DNR); 4:30p-6:00p @EPIC
 - **Thursday:** 7:30a-8:30a Optional AM Practice (must RSVP); 4:30p-6:00p @EPIC
 - **Friday:** 7:30a-8:30a (All PSD - Dryland at CF DNR); 4:30p-6:00p @ Alt Locations
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Team Apparel

Each school will have their own process for team gear. Please refer to your swim team guidelines for more information.

Social Fee

Some schools require a 'Social Fee', which is usually ~\$40. These funds will go towards supporting the team throughout the year. They may help cover things such as conference t-shirts, snacks, some parts of social events, dessert for the end-of-season banquet, etc. Each school will have their own process for team gear. Please refer to your swim team guidelines for more information.