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 Coach and Program Director; Coach Luke
  heycoach@norcodiving.com
  lrichmond@psdschools.org
  Phone: 970-988-1455
- **Brendan Stanley**, Assistant Diving Coach; Coach Brendan
- **Lucas Madariaga**, Assistant Diving Coach; Coach Lucas M.
- **Kyle Knapp**, Dryland Strength & Conditioning Coach; 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

Communication

- **SportsPlus:** the official schedule, attendance and RSVPs
- **GroupMe:** announcements and quick questions, and usually the fastest way to reach Coach Luke
- **Email:** longer updates from Coach Luke
- **Your school's swim coach:** swim meet schedules, team gear, the social fee and school-specific events
- **Absences:** a parent or guardian reports any absence to Coach Luke in advance

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 9th. You CANNOT participate in any practice, dryland session, meet, or team activity 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.

Leagues and Classifications

PSD diving serves five school programs across three leagues:

- **5A Front Range League:** Rocky Mountain, Fort Collins and Fossil Ridge
- **4A Northern League:** Poudre
- **3A Patriot League:** Timnath and Wellington

Championship dive sessions:

- **Patriot League (3A):** Thursday 1/28, 8:30a at Mountain View
- **Front Range League (5A):** Saturday 1/30, morning at VMAC (tentative)
- **Northern League (4A):** Saturday 1/30, morning at Mountain View (tentative)
- **4A State:** Thursday 2/4, 9:30a at VMAC
- **5A State:** Thursday 2/4, 5:00p at VMAC
- **3A State:** Saturday 2/6, 9:30a at Arvada Aquatic Center

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

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

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

13. ***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. Unsportsmanlike or unethical behavior includes, but is not limited to: talking back to, arguing with, or showing disrespect toward coaches or officials; refusing coaching or choosing not to follow the team's practice plan and structure; bullying or harassing teammates in any form, whether verbal, physical, or online; and disrespect toward opponents, facility staff, or anyone representing another team.

14. ANY drug or alcohol infraction will be subject to consequences detailed in PSD'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.

5 unexcused tardies (up to 10 min late) in one week = Exclusion from the next meet

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

2 extended tardies (EXT: 10+ min in one week = Exclusion from the next meet

8 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. "Practice" includes both in-water practice at EPIC and dryland at The Flip Lab and CrossFit DNR, and all attendance rules apply to both.

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, injury, or family emergency. Missing practice for illness or injury requires a note from a doctor, athletic trainer, or parent/guardian, and multiple missed practices require a doctor's or athletic trainer's note. Simply saying you were sick is not enough; absences without a note are unexcused. A family emergency is a serious, unexpected situation, such as a death, hospitalization, or serious illness in the family. Planned family events, outings, or dinners are not emergencies, so discuss any other conflict with the head coach in advance. 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 scheduled PSD AM dryland practices.

● Club divers are **highly encouraged to attend the practice immediately prior** to a competition. (i.e. if there is a meet on Saturday, they should 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.

10. **Club Gymnasts (and other athletes):**

Several athletes are dual club - Gymnastics and Diving and they desire to do both. Here are those standards and requirements to do both.

● If a diver elects to attend club gymnastics during high school season, they are REQUIRED to attend all scheduled PSD AM dryland practices.

● On practice days, a gymnast must attend at least one hour of high school practice. (ie. 4:30-5:30p)

● Must provide the head coach with their club coach's contact information so that I can verify attendance if needed.

● Gymnasts 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.

******EACH CLUB DIVER and/or GYMNAST 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. A note is required to excuse the absence (see Practice Attendance, item 3).

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.

Meets and Coaching Coverage

How we cover meets. Coach Luke runs the dive table and coaches all home meets at EPIC, and attends every invitational and championship unless two overlap. Coach Luke's regular-season meets are spread evenly, four per school. Coach Brendan and Coach Lucas M. cover away meets on days when more than one PSD school is competing, and help at home meets when they aren't coaching elsewhere.

PSD-wide meets. These meets bring together divers from every PSD program:

- **Ugly Sweater (Candy Cane) Invite:** Friday 12/11, 5:30p at Windsor High School
- **Rex Abelein Memorial (Coaches) Invite:** Friday 12/18, site and time to be confirmed
- **Mustang (Hawk) Invite:** Friday 1/8, 3:30p at VMAC
- **City Meet and Senior Night:** Thursday 1/21, 3:30p at EPIC
- **Thompson Valley (Dick Hewson) Last Chance:** Friday 1/22 at Thompson Valley, for divers close to qualifying for State

Meet limit. CHSAA's 11-meet limit applies to each diver, not to each team. Coach Luke tracks every diver's count and uses split squads, so not every diver dives at every meet.

Meet calendar. Coach Luke shares a live meet calendar with the latest dates, times, locations and coach assignments. Diving schedule questions go to Coach Luke, and swim schedule questions go to your school's swim coach.

Diving Practice Schedules

Note: *All practice times, locations, and session lengths are subject to change based on the total number of participants. Tuesday and Thursday AM practices may or may not be optional, and Friday times and locations may vary. SportsPlus is the official source for the current schedule.*

- **Monday**: 7:30a-8:30a (All PSD - Dryland at CF DNR); 4:30p-6:00p @ EPIC
- **Tuesday:** 7:00a-8:00a AM Practice at The Flip Lab (may be optional; RSVP required); 4:30p-6:00p @ EPIC
- **Wednesday**: 7:30a-8:30a (All PSD - Dryland at CF DNR); 4:30p-6:00p @ EPIC
- **Thursday:** 7:00a-8:00a AM Practice at The Flip Lab (may be optional; RSVP required); 4:30p-6:00p @ EPIC
- **Friday:** 7:30a-8:30a (All PSD - Dryland at CF DNR); 5:00p-6:30p (All PSD - Dryland @ The Flip Lab)
- **Saturday:** Optional practice at The Flip Lab, 11:00a-12:00p (confirm in SportsPlus)

Practice times and locations may vary based on the number of athletes diving for PSD. This may include alternating locations, adjusted start and finish times or durations, and splitting divers into smaller groups. SportsPlus is the official source for all practice times and locations and supersedes this handbook.

AM practices are one hour: 7:00a-8:00a at The Flip Lab or 7:30a-8:30a at CrossFit DNR. CrossFit DNR has showers; The Flip Lab does not, so please plan ahead for getting ready for school. Optional AM sessions (Tuesday and Thursday at The Flip Lab, and possibly Saturday) require an RSVP in SportsPlus and run only when more than two divers sign up.

Strength and Conditioning: All PSD divers train dryland strength and conditioning with Coach Kyle and or Coach Kody Knapp (Co-Owner) at CrossFit DNR on Monday, Wednesday and Friday mornings, 7:30 to 8:30a. Club divers and club gymnasts are required to attend these sessions too. Acrobatic dryland with Coach Luke at The Flip Lab builds the air awareness and technique that carry over to the board.

When EPIC is unavailable (meets, long course, or facility closures), practice may move to The Flip Lab (504 W. 69th Street, Loveland, CO 80538), often in the morning. There is rarely a separate practice on meet days. Thanksgiving week: EPIC closes at 2:00p on Wednesday, November 25 and is closed Thursday, November 26, and there are no meets that week.

Transportation: Families are responsible for getting their athlete to and from all practices, which may be held at EPIC (1801 Riverside Ave, Fort Collins), CrossFit DNR (2716 S. College Ave, Suite B, Fort Collins), or The Flip Lab (504 W. 69th Street, Loveland). **Carpooling is encouraged.**

CHSAA Practice Rules

- No Sunday practice or team contact during the season (CHSAA Bylaw 2310.5).
- **Winter break:** no practices or team activities December 24-27 or on New Year's Day. Practices December 28-31 are voluntary, and there are no meets from December 24 through January 1 (CHSAA Bylaw 2310.4).
- Each athlete must have at least three days of practice (not counting Sundays) before competing (CHSAA Bylaw 2310).

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 collecting the social fee. Please refer to your swim team guidelines for more information.