

# Battlefield High School



2025-2026

Swim & Dive Team  
Information Packet

## Welcome

Welcome to the 2025-2026 High School Swim & Dive season. Below you will find important information regarding the Battlefield H.S. Swim & Dive Teams. This information will help familiarize you with what will be expected of all swimmers and what responsibilities these athletes will have through the course of the season.

## Philosophy

High school sports play an important role in the continuing development of students. The Battlefield coaches recognize this and stress a set of core values designed to help the student-athlete become a stronger individual and team member. The team's core values are commitment, teamwork, integrity, and accountability. These core values are expected of all athletes at all times. The coaching staff is committed to providing an atmosphere where our athletes can be successful and thrive. This is accomplished by providing a facility that offers a safe and healthy environment for practices and competitions, providing workouts designed for high school athletes, and teaching advanced stroke techniques and race strategies. We view ourselves as teachers first and strive to make each swimmer better. We believe that valuable lessons can be learned from each win, loss, accomplishment, setback, and situation that arises during the course of the season. Athletes in all sports should not only learn the sport, but should also use the athletic experience as a learning tool, to gain beneficial skills applicable to life.

The Swim and Dive program is committed to helping athletes improve in the competitive sport of swimming and diving in a fun and team orientated environment. Please remember that the team is a competitive team and athletes will be expected to train and work with coaches accordingly.

## Coaches

Jessica Dehn, Head Coach – [DehnJE@pwcs.edu](mailto:DehnJE@pwcs.edu)

Chase Miller, Assistant Coach – [MillerCK2@pwcs.edu](mailto:MillerCK2@pwcs.edu)

Patrick Wolfe, Assistant Coach

## Team Eligibility Requirements

The requirements listed here must be met in order to be eligible to participate on the Battlefield High School Swim Team. The Physical and Concussion Training must be completed and turned in prior to tryouts.

**Academics** - Students must meet a set of academic standards in order to participate in high school athletics. A student must be enrolled in and passing at least five classes, with a minimum of two C's and three D's per semester.

**Arbiter Approval** - All athletes must be approved to tryout in Arbiter BEFORE the first day of tryouts. This is taking place of the yellow card / blue card system used in years prior. Parents must create the account and list their student. Students must complete the online athletic registration, including concussion training. The link can be found on the Battlefield High School website by navigating to 'Student Activities' > 'Athletics'

## Registration & Dues

BHS Swim & Dive relies on dues to operate. Dues cover the cost of pool time for practices (4 lanes, 90 min each practice), all meet costs, one team t-shirt per swimmer, one silicone cap per swimmer, team equipment used for meets, etc.

Dues for the 2025-2026 season will be **\$230.00** per swimmer. All dues must be paid in full within 1 month of the start of the season, no later than December 17<sup>th</sup>. Dues owed will be added to the students account within the next week. Payment can be made online via the online payment system Student Quick Pay or via check. If payment cannot be made in full by the December 17<sup>th</sup> deadline, please contact Coach Jessica to establish a payment plan for the season.

## Parent Volunteers

The Battlefield Swim Team depends a great deal on their parent volunteers. Bottom line, our volunteers make our meets run. Each family is asked to commit to volunteering in **at least three** meets or team activities. Volunteer opportunities include: timers, runners, stroke and turn judges, referee, starter, computer rep, pasta parties, fundraising, community service, senior night and more. Please help support our team by volunteering your time.

## Athletic Boosters

The Battlefield Boosters Club is an outstanding organization that does great things for all students and teams. The Battlefield swim teams have participated in several "Booster" activities and it not only helps the school, but also helps the teams and individuals. We always like to be well represented through Boosters so parents are encouraged to become members.

If parents become a member, 50% of your dues paid will go directly back to the team. Parent members & non members are able to volunteer to support Athletic Boosters fundraisers (ex: Football game concessions) and a percentage of the funds raised that night will go back to the team.

## Spirit wear & Team Uniform

Athletes are expected to purchase individual uniforms (swim suits) from the designated vendor, SportFair. Optional spirit wear items are also available for purchase through HardHits & BSN.

In addition to suits and caps, there are several other Battlefield apparel items that are available for purchase. Typically, we carry backpacks, hoodies, shorts, sweatshirts, pajama pants, and warm-up suits all with the Battlefield logos. These also make great holiday gifts for extended family looking to support your student (think: Grandparents, Aunts/Uncles, etc.). The best part is that a percentage of the proceeds go back to the team!

## Coaches Decisions:

The coaching staff will make all competition-based decisions based on what is best for both the team and the health of individual athletes. While performance/best time(s) are a large contributing factor to decisions, this is not the only factor that contributes to making decisions. Additional factors include, but are not limited to: practice attendance (BHS/Club), athlete attitude, previously displayed sportsmanship, overall effort displayed at practices & meets.

# Attendance Expectations

## *Practices*

Battlefield Swim Team will practice Monday through Thursday from 7:30- 9:00 with all practices held at the Freedom Aquatics & Fitness Center. All practices are mandatory for non-club swimmers unless excused by one of the coaches. Illness, academic matters, and conflicts with other school sponsored activities will be considered “Excused Absences” and will not affect attendance requirements. All absences MUST be communicated in writing to the coaching staff at least 24 hours in advance of the absence except in the case of illness.

The Dive practice schedule will be communicated by the Dive Head Coach, Angie Baker. Practices take place at the PWCS Aquatic Center, Colgan High School.

## *Meets & Season Schedule*

The season schedule is outlined below. Swimming & Diving is a varsity sport and requires a high level of commitment and dedication by all athletes and parents, so the coaches ask that you review the schedule and agree to commit to making swim & dive a priority.

The coaches recognize that conflicts between “Club” and “High school” swimming seem to happen every year. Club teams typically will participate in multiple championship meets during the month of December where the swimmers will be “rested” or “tapered” in an effort to qualify for Spring Championship meets. We recognize that there will be some conflicts in early December with club championship meets. For this season, we will need to work through this and will excuse club swimmers from HS meets.

If a club swimmer participates in prelims for a club championship meet, but does not qualify for finals, they will be expected to compete in a high school meet later that day. Additionally, if a swimmer is scheduled to attend a club meet over a weekend, but does not have any events on the day of a High School meet, they are expected to attend the high school meet on that day. High school meets in January through the State Meet in February should take priority over club meets.

### **Swim Schedule:**

- Monday, November 17 – first day of practice
- November 26-27: No practice, Thanksgiving
- **Friday, December 5<sup>th</sup>, 5:00 pm: Swim Meet vs OP**
- Thursday, December 11<sup>th</sup>, 2:15 pm: Team photos
- **Saturday, December 13<sup>th</sup>, 1:00 pm: Swim Meet vs Gainesville & UR**
- **Friday, December 19<sup>th</sup>, 5:00 pm: Swim Meet vs Independence**
- **Saturday, December 20<sup>th</sup>, 6:50 am (prelims) / 5:00 pm (finals): Cardinal Classic**
- December 24-25: No practice, Christmas
- December 31: Practice time subject to change - TBD
- **Friday, January 2<sup>nd</sup>, 5:00 pm: Swim Meet vs Patriot**
- **Saturday, January 24<sup>th</sup>, 5:00 pm: Swim Meet vs Osbourn**
- **Friday, January 30<sup>th</sup>, 4:00 pm: Cedar Run Districts**
- **Saturday, February 7<sup>th</sup>, 12:00 pm: Region 6B Swim (requires qualification)**
- **Saturday, February 21<sup>st</sup>, time TBA: Class 6 State Swim Meet (requires qualification)**

## Dive Meet Schedule:

- **Saturday, December 6<sup>th</sup>, 10:00 am**
- Thursday, December 11<sup>th</sup>, 2:15 pm: Team photos
- **Saturday, December 13<sup>th</sup>, 10:00 am**
- **Saturday, December 20<sup>th</sup>, 12:15 pm: Cardinal Classic**
- **Saturday, January 3<sup>rd</sup>, 10:00 am**
- **Saturday, January 10<sup>th</sup>, 10:00 am**
- **Saturday, January 24<sup>th</sup>, 10:00 am**
- **Thursday, January 29<sup>th</sup>, 3:00 pm: Cedar Run Districts**
- **Friday, February 6<sup>th</sup>, 10:00 am: Region 6B Dive (requires qualification)**
- **Friday, February 20<sup>th</sup>, time TBA: Class 6 State Dive Meet (requires qualification)**

## Transportation

There is no team provided transportation for any practices. There is no team provided transportation for most meets (exception: States). This year we have no travel meets scheduled and all of our dual meets will be held at the PWCSAC (Colgan H.S). Swimmers and Divers should plan their own transportation to practices and meets.

## Code of Conduct

Always remember that you represent Battlefield Swim Team. Our team members will be held to the highest standard of sportsmanship. You are expected to treat team members, coaches, parents, officials, and opponents with respect. Swimmers will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during practices and meets. ***A signed athlete/parent agreement must be on file for each swimmer prior to the first competition.***

## Coaches Expectations of Swimmers

1. Be on time – Early is on time, on time is late, and late is unacceptable.
2. Listen to coaches, officials, and school administrators
3. Bring enthusiasm to the pool and have fun.
4. Understand that you are part of a team. Treat team members with respect.
5. No cameras, phones, or ipods behind the blocks.
6. No deck dressing. This is a disqualification.
7. Know when you swim.
8. Never waste an opportunity to swim fast.
9. No drugs, alcohol, or tobacco.
10. No swearing or obscene gestures.
11. At practices and meets we do everything as Battlefield H.S. swim team. Only BHS caps and apparel will be worn at practices and meets. Only BHS apparel will be worn at meets.
12. Bullying will not be tolerated.
13. Be prepared for all competitions. This will include shaving for post season championship meets such as Regionals and States

## Website

[Battlefieldswimming.com](http://Battlefieldswimming.com) – This is our main site and is where you can find information on the team. Information in the process of being updated for 2025-2026 season.



# Swim & Dive Team 2025-2026 Athlete & Parent Agreement

Our team members will be held to the highest standard of sportsmanship toward teammates, coaches, parents, officials, and opponents. Swimmers will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during all practices and meets.

**Information Packet:** Athletes & parents are held to all expectations outlined in the Swim & Dive 2025-2026 Information Packet, including but not limited to: attendance requirements, dues owed, coaches expectations of swimmers, and academic eligibility requirements.

## Zero Tolerance

**Bullying & Hazing:** Coaches will not tolerate bullying or hazing of any kind. Students are expected to treat everyone with respect, including their teammates and students from competing schools. Any reports of bullying or hazing will be taken seriously, reported to PWCS / BHS, and are subject to disciplinary action as outlined in the PWCS Code of Behavior.

**Drugs, Alcohol, & Tobacco:** Coaches will not tolerate student use of drugs, alcohol, and/or tobacco (including vapes). Any students suspected to be under the influence of any substance will be reported to PWCS / BHS and are subject to disciplinary action as outlined in the PWCS Code of Behavior.

**Coaches Decisions:** A reminder that coaching staff will make all competition-based decisions based on what is best for both the team and the health of individual athletes. Student behavior and attendance may impact competition decisions made. Coaches decisions are final.

**By signing below, you agree to meet all expectations outlined both on this document and in the Information Packet. You understand that failure to meet these expectations may jeopardize your place on the team.**

***Student***

***Parent/Guardian***

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Name (Printed)

\_\_\_\_\_  
Name (Printed)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

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Date

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Date