

SWIMMER ROLES, RESPONSIBILITIES AND GUIDELINES

Swimmers are what make Waveriders Swim Club so great! In order to establish a team with high standards, our athletes must strive for “**personal bests**” not only in the water but also in life. In order for the club to run successfully, we need to establish guidelines and assist in setting boundaries for each swimmer. It is the responsibility of the parent(s), coach(es) and the athletes to understand and abide by these guidelines. It is the responsibility of the Board to fairly enforce the Swimmer Code of Conduct.

As a swimmer of the Waveriders Swim Club, I will abide by the following guidelines:

Athlete Expectations: Have a purpose for each practice!

1. Develop myself and my swimming. Respect others for doing the same. Display good sportsmanship.
2. Support my teammates and cheer them for their success.
3. Be responsible for my attitude. Be open to change, embrace challenges, focus and put effort in my training and racing. Listen and follow directions given by the coach without interrupting and arguing.

Practice Expectations: Have a can-do attitude!

1. **Communication is key!** Please communicate openly with your coach and parents regarding strengths and struggles. Parents, coaches and board members have a common goal to help all swimmers reach their personal best!
2. **BE ON TIME.** Activate and warm-up before getting in the pool. 😊
3. Hot tub is **not to be used** before or during swim practice. No cell phones on deck!
4. Bring all gear and equipment needed for practice. The coach will specify what gear is required.
5. Go to the bathroom before practice starts.
6. Once practice begins stay committed to the sets. Do not leave the pool or stop mid pool.
7. Stay for the entire practice time unless prior approval with coach has been given.
8. Respect teammates, coaches, parents and facility staff.
9. Listen and follow directions given by the coach.
10. Follow the pool rules at all times and behave responsibly.
11. Come to practice with a positive attitude daily and help others do better.
12. Clean up after yourself. This includes the pool deck, team locker and change rooms.
13. Keep track of all your personal belongings. Label all equipment with your name.
14. Leave at the scheduled time. Clear the locker room as quickly as possible.
15. Respect the QDARC facility at all times. We are guests.

Swim Meet Expectation: Display an outstanding positive attitude and spirit for all to see!

1. I will be on time for meet warm-ups.
2. I will **ACTIVATE!** I will do the team dryland activation exercises before getting into the water.
3. I will see coach before and after each event – including relays.
4. I will demonstrate support for teammates.
5. I will swim all events unless excused by your coach or approved in advance.

SWIMMER ROLES, RESPONSIBILITIES AND GUIDELINES CONTINUED

I understand that if I do not abide by the expectations listed above the following action will happen:

- **Coach will talk to me privately about the issue or problem.**
- **Coach may ask me to leave or sit out until a plan is created.**
- **Coach will talk to parent about the issue discuss a plan to address the issue or problem.**

Swimmers who take a disproportionate amount of the coach's time due to unacceptable behavior, lack of responsibility, or lack of interest in practicing may be removed for the remainder of the practice session at the coach's discretion.

I understand that I represent Waveriders Swim Club and that inappropriate behavior at practice, meets or any team function is not acceptable. The following is a list of behaviors that will NOT be tolerated and are subject to disciplinary action(s). Waveriders Swim Club maintains the right to terminate my membership.

1. Theft, disrespect, destruction or degradation of people, places and or objects.
2. Bullying and Abusive Language.
3. Drug, Alcohol, vape or tobacco use.
4. Physical contact with another swimmer, coach or parent with the intent of harm or abuse.
5. Deliberately causing damage to or vandalizing any facility WRSC may utilize.

I have read the above and do hereby agree to and will abide by the team Code of Conduct as so stated.

Swimmer Signature: _____ Date: _____

It is the role of the coach to challenge, motivate, teach and inspire every swimmer to reach their potential by providing them with a well-defined and structured program.

It is the role of the Board to ensure that the roles, responsibilities and guidelines of the coach are being met to the highest of expectations. The Board is committed to continuously evaluate all aspects of the program in order to identify areas for improvement and to capitalize on available opportunities. The Board of Directors will strive to ensure that the organization provides high quality coaching and a platform for swimmers to learn and grow as swimmers and as individuals.

PARENT ROLES, RESPONSIBILITIES AND GUIDELINES

As a parent of the WRSC (Waveriders Swim Club) I will be the most awesome swim parent. 😊

Parent Responsibilities: You are very much part of this team!

1. Parents are members of the team as well. Please communicate openly with the coach and board members. We have a common goal to help all swimmers reach their personal best!
2. Ensure your swimmer is on time for practices and swim meets. Inform the coach if your swimmer will be late or is unable to attend.
3. Ensure your swimmer understands the importance of activation before getting into the water during practices and at swim meets. Warm-up and stretching is key to preventing injury.
4. Parents are expected to volunteer at meets and events.
5. Ensure your swimmer is rested, nourished, and hydrated.
6. Ensure your swimmer is prepared with all equipment for practices and swim meets.
7. Make every effort to be aware of upcoming swim meets and sign your swimmer(s) up ASAP.
8. Ensure your swimmer is at the prescribed place at the prescribed time if signed up for a meet.
9. No-shows take a slot away from another swimmer that could have participated, which is especially important for relay teams.
10. Notify coaches of any behavior or medical conditions affecting swimmer (i.e., ADD, diabetes, dyslexia, hyperactivity, medications, previous injuries, etc.).
11. Ensure your swimmer adheres to the pool rules.
12. Support your swimmer(s) with encouragement and praise at all times.
13. Do not be on the pool deck during practice times. This distracts both the swimmers and the coach.
14. Talk to the coach after swim practice times. We have limited lane space and want to make sure that practice times are optimized.

Swimmers – Swim Coaches – Coach Officials – Officiate Parents – Parent

Parent Signature: _____

Date: _____

Contact Information:

Cell: _____

Home: _____

THIS 3 PAGE FORM MUST BE SIGNED AND SUBMITTED ALONG WITH THE COMPLETED REGISTRATION PACKAGE BEFORE THE FIRST SWIM PRACTICE.