



VICTORY AQUATICS

Team Policy

At Practice

Parents and swimmers guests must follow Arrowhead County Club policies and procedures for the safety and consideration of all members, guests, employees, and equipment. All policies and procedures are subject to change at the discretion of the administration.

- Swimmers shall respect and show courtesy to their teammates and coaches at all times.
- If a parent /swimmer have a problem with a coach, it is their responsibility to communicate the problem with that coach. If the problem escalates or can't be resolved in this manner, the parent/swimmer is to take the issue up with the head coach, who will help to resolve any issues.
- Be on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles
- Be respectful of your teammate's feelings and personal space. Swimmers who exhibit sexist, racist or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons. That swimmer may not leave the pool deck until a parent guardian has been notified, and they talk to the coach first. The parent **MUST** come inside the pool area to briefly talk to the coach and pick up the swimmer. The swimmer will remain on deck after he/she is done getting dressed in a location selected by the coach. If the swimmer is unable to contact the parent he/she will remain on the pool deck for the remainder of practice and he/she will have to inform their parent of the misbehavior. The swimmer will not be allowed back to practice until the parent has talked to the coach. If the swimmer is constantly causing disruptions it will be brought up in a meeting among coaches to discuss further actions that will be taken. Documentation will be kept to show the patterns of misbehavior.
- No dunking, foul language, hanging on lane lines, splashing, spitting, hitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice venue or meet venue. (USA Swimming Anti-bullying Policy)
- Swimsuits are required for practice. Wear swimwear that is not offensive or revealing. Deck changing is forbidden (per USA Swimming Rules). Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.
- Swim practices are cell phone free. Swimmers are asked to leave their cell phone in their locked locker or in their swim bag at beginning of practice and not use it until the very end of practice.
- Required equipment: Swimmers in the Bronze, Silver, and Gold group must wear a Team cap of the swim team at practice and at swim meets. Different training equipment is required depending on which group your child is swimming. It is the swimmer's responsibility to bring its equipment at every practice.

Practice Schedule

The practice schedule for each group is posted on the team website. If changes to the practice schedule occur, families will be notified in advance via text messages and at practice when proper notification is given to the staff ahead of time. We are renters at Arrowhead County Club cannot control pool closures. If there are any last minute changes to the schedule due to weather, facility problems, etc, a reasonable effort will be made by the coaches to contact families ahead of time letting you know of the change. Make ups are not a guarantee but when we will be offered when possible. Refunds will not be given because of changes in practice schedules or location changes of practice.