Johnston Blaze Swim Club

# Swimmer Expectations

# **Swimmer Expectations**:

1. Be at the pool 10 minutes before the scheduled practice time and ready to stretch.
2. Be prepared for practice with 1-piece swim suit/jammers, cap, goggles, water bottle with water, towel, and equipment required for your group (starting Fall). You must respect borrowed equipment.
3. Injuries require a doctor’s note, and we encourage any swimmers with an illness or injury to stay home.
4. Pay attention to the coaches (listening) and what teammates are doing (stay out of their way when possible).
5. Follow the directions given by the coaches and pool staff. Swim and do what you are told.
6. Bathroom breaks will be permitted before and after practice.
7. Be respectful of coaches, teammates, staff, parents, officials, and other competitors.
8. When at swim meets: arrive at least 10 minutes prior to the assigned warm-up time, with the help of coaches know what and when you swim, be ready to swim when your event is called, talk to coaches before and after your swim. Meets are highly encouraged, as this is a competitive team.
9. Follow general pool rules as posted at pool.
10. Immediate and individualized communication will be sent via the “Band” app. Please download. Team information, meets, and updates will be communicated via TeamUnify.

**If a swimmer is in violation of the expectations**:

1. Swimmer will receive a verbal warning.
2. Swimmer will sit out of practice, in the office with the pool manager on duty, for approximately 10 minutes and a parent will be notified.
3. Swimmer will be asked to leave practice for the evening and a parent will be notified.
4. Swimmer is allowed back only with parent supervision from bleachers. This will be a minimum of one week at the coach’s discretion.
5. Swimmer will be asked to leave the team.

**Coach Expectations:**

1. Respectful of swimmers, parents, officials, pool staff, and other coaches.
2. Provide a physically, mentally, and emotionally safe environment for swimmers.
3. Prepare and structure practice times with the goal of improving swimmer’s performance – technique and time/speed.
4. Offer clear and concise instructions.
5. Be prepared for swim meets. Complete entries on time, assign relays as needed, be visible and engaged with swimmers before, during, and following the meet.
6. Communicate via email and website (johnstonblaze.com) weekly with the team.

**If a coach is in violation of the expectations:**

1. If you think a coach is in violation of their expectations, please contact the Aquatics Director
2. The Aquatics Director will document the offense and discuss it with the coach.
3. Further action will be taken in accordance with the Johnston Community School District employee discipline policy.

**Must be signed, dated, and returned to the pool office by the end of the first week of practice.**

Swimmer Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Swimmer signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_