

Behavior Policy

Coaching Philosophy

Our coaches will provide the opportunity for all MMAC team members to:

- Develop physical skills in the sport of swimming
- Learn positive social behavior and team sportsmanship characteristics
- Develop knowledge and appreciation for swimming as a healthy lifetime activity
- Keep winning and losing in its proper perspective

Remember, winning does not necessarily mean coming in first place every time you swim. Each swimmer is a winner if he/she tries their hardest and improves their times and techniques. The coaching staff will strive to accomplish all this while having fun, teaching respect at all times and instilling pride in the swimmers for their achievements.

Practice sessions will focus on developing four competitive strokes and building knowledge in physical training, nutrition, swim terminology and goal setting. Coaches will use stroke drills, stroke mechanics, starts and turns, and race strategies to teach swimmers. Practices will be designed to improve strokes for personal achievements as well as team success.

Behavior/Discipline

All swimmers & parents are expected to respect fellow swimmers, coaches and team parents. MMAC members who do not treat others with respect will be warned once. Depending on the severity of the offense, the member could be subject to any of the following: removal from practice, conference with McHenry Parks & Recreation staff, or dropped from the team completely.

For discipline issues, MMAC operates on a three tier structure.

First Offense: A coach will address the member's behavior directly with the individual. If this first offense involves what our team considers to be a severe offense, the situation will be turned over to the Aquatics Supervisor after the first offense. Severe offenses include: bullying, discrimination based on gender/race/sexual orientation, physical offenses (hitting, kicking, etc.) and other offenses considered to be exceptionally offensive by the coach addressing the situation.

Second Offense: The member's behavior is addressed by the Head Coach and Aquatics Supervisor in a meeting at the McHenry Parks & Recreation center outside of practice.

Third Offense: The behavioral issue is referred to the Parks Department for review. At this point, a suspension or expulsion from the team are both options.

Our team consists of children ranging in age from 5-18, so our discipline has to be flexible depending on the behavioral issue. Example: a younger child's second offences for refusing to listen to a coach might not warrant parental involvement. At the same time, severe offense such a bullying, harassment or racial, sexual or gender based discrimination will be referred directly to the Aquatics Supervisor and Parks Department.

Our Athletics Supervisor and Parks Department has a right to suspend or expel a family from our team due to behavioral related issues. If our staff determines a suspension or expulsion is necessary, **NO REFUND OF TEAM FEES WILL BE GIVEN.**