

CHAMPIONSHIP AND HIGH-LEVEL MEETS:

If your swimmer qualifies for the State Swim meets your swimmer is required to attend. High level meets, including Speedo meets, and national meets will incur the following charges added due to coach travel expenses and administrative expenses. **If qualified, swimmers are required to attend the STATE CHAMPIONSHIP MEET in order to remain on the team.** Swimmers will be added to these meets automatically. Parents are to contact the swimmer's coach if there is a conflict with these meets. The coach and CEO must be notified to excuse a swimmer from participation in these most important team competitions.

Approximate high-level meet charges. (subject to change)

High Level Meets In State: \$20.00 fee (any time-standard qualified meet in state)

High Level Meets Out of State: \$100 fee (any time-standard qualified meet out-of-state)

USA and/or National Meets: \$150 fee – (If needed, please speak to Senior coaches about LSC Reimbursement opportunities)

*Zone meets would not have fees from RSC as that is part of Team Minnesota.

HOTEL CHARGES:

For swimmers attending away meets team travel is offered and overnight lodging as a team, swimmers will be assigned roommate(s) by gender and will be billed accordingly. As a matter of contractual obligation, if a swimmer withdraws from team travel for **any** reason after the deadline to sign up has passed, the account will still be charged if RSC cannot secure relief from the hotel room block contract.

SWIMMER MEDICAL INFORMATION:

If the swimmer has a medical condition (physical or behavioral) which could result in coach care during an athletic activity, it is the parent(s) responsibility to set up a meeting with the swimmer's primary coach to educate the coach on the condition, symptoms and necessary actions. During the online registration process, parents should fill in the appropriate information in the "Medical Information" section of the online form.

SWIM PRACTICE CONDUCT:

Swimmers should be on the pool deck, dressed and ready to get in the water 10 minutes before practice begins. Coaches will start organizing swimmers, giving instructions and generally preparing the group for practice before they get into the water and thus, if swimmers are late, they may miss important information. If a swimmer is to arrive late (or leave early) from a practice, parents should contact the coach in advance. Just like the school classroom setting, the pool “classroom” is difficult to manage and teach effectively with swimmers arriving and leaving during the practice. Advanced notice to the coach makes such exceptions far more manageable.

Swim bags and personal items should be placed in locked lockers inside the locker rooms. Locks cannot be kept on lockers overnight, but certainly may be used during practice. If the swimmer does not have a lock, swim bags should be brought into the venue, visible to coaches and swimmers, but out of the way of team activities.

Swimmers are expected to give complete attention to their coaches at all times. They should refrain from excessive talking so that they and their teammates are able to hear the coaches and follow instruction. Swimmers should use care with all equipment. As in school, proper behavior is expected. Unruly conduct will result in disciplinary action. Parents should keep in mind that practice is for the swimmers and not a time to resolve issues with the coaches. Our coaches see the pool deck as their classroom. Parents are required to be in the upper bleachers only during practice times. The lower bleachers are not for spectators during practices as our practices are closed sessions.