

## **INCLEMENT WEATHER:**

If a cancelation/modification of practice occurs due to inclement weather, two methods of communication will be utilized: Facebook post (Rochester Swim Club) and Rainout Line: *Download the app, check status on-line or call for updates. Search Rochester Swim Club and be sure to sign up to receive email or text alerts if a new message is posted.*



Whenever possible, that decision will be made at least 2 hours in advance of a practice. Please note that coaches are not expected to respond to proactive questions/communications regarding weather cancellations – the team is far too large to individually respond to emails or text messages in these cases. Rather, families are encouraged to keep watching for updates on Facebook or the Rainout Line for notifications. We will update the platforms, once a decision has been made.

Summer storms affecting outdoor practices and/or meets are an exception to advanced notice – those cancelations may occur on the spot, with little or no notice. A storm could pass through and a few minutes later, swimming may be possible. During summer days of potential weather, families are encouraged to closely watch for notifications.

Team policy: Practices and meets may continue in the rain or cold, but not during lightning. Lightning will result in a delay or cancelation.

## **TEAMWEAR AND EQUIPMENT POLICY:**

Swimmers are to have all required equipment for their swim group as well as goggles and a training suit that fits as determined by coaches and listed on the website. Swimmers competing in USA-S meets must have team suit and a team cap unless the coach deems otherwise. All team wear orders must be paid for in advance of receipt. Equipment can be ordered or purchased directly through one of our suppliers in most cases. Please see our website for equipment suppliers.

## **ATTENDANCE:**

Most groups do not have attendance requirements; however, the coaches will suggest the number of recommended practices for each group. Practice is the building block to success. Success will not come without dedication and dedication starts with regular practice attendance. For swimmers to progress from one level to the next a commitment to practice schedules must be met. Swimmers seeking to advance to performance groups with attendance requirements will be evaluated on past attendance in their previous seasons, with their current group, as actual history of participation is the greatest predictor of future commitment.