

## **Phoenix Aquatic Club Practice and Attendance Policies**

1. All swimmers should come to practice with suit, cap, goggles, swim gear and a positive attitude.
2. Swimmers should show respect for the Stonybrook Club staff, other users of these facilities, and its staff members. Inappropriate behavior, such as littering, can lead to suspension or expulsion from the team.
3. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will lead to the greatest success. Swimmers are expected to increase their attendance levels as they move to higher-level groups. Please note that swimmers who cannot meet the group practice requirements may be moved down or off the group level, or released from the team.
4. Swimmers should arrive ten minutes before the beginning of practice for warm-up to avoid possible muscle strains after practice.
5. Swimmers who are more than ten minutes late must send notification and reason for being late via email, or text notification.
6. Bathroom breaks may be taken in between training exercises with the coach's permission.
7. The coach reserves the right to dismiss any swimmer from practice at any time for undermining the practice, or any other inappropriate behavior.
8. Swimmers must stay for the entire practice. The last part of the practice is often the most important. Usually, announcements are also made at the end. Swimmers requesting early dismissal require a note from their parents.
9. No one are allowed to leave practice until all equipment (such as kickboards, fins, and paddles) is put back in its proper place.
10. Swim Club members are limited to ten minutes in the locker rooms. Swimmers should be picked up by a parent or guardian no later than 15 minutes after practice is over.
11. Periodically, when the Club attends a meet, nonparticipating swimmers will be notified of practice cancellation for that day.
12. During the practice sessions swimmers cannot leave the pool area without the coach's permission.
13. Parents are allowed and encouraged to observe a practice from any seating areas but may not communicate with any swimmers. This is distracting to the swimmers, the team and the coaches. Parents are not allowed on the pool deck during practice except in an emergency.