

MTSC Policy

Swimmers

Our swimmers are responsible for always doing their best, for being a good teammate and for cheering on/ encouraging their peers.

During practice;

- 1) Swimmers will follow the coach's instructions. This includes, but is not limited to:
 - a. Lane assignments
 - b. Workout instructions

If a swimmer disagrees with a coach during practice, the swimmer should discuss their problem with the coach **after** practice.

- 2) Swimmers are not allowed to wear caps or swim suits that bear the names or logos of any other swim team. Team caps are always available to purchase from the head coach.

- 3) If a swimmer needs to leave the pool for any reason (for example using the bathroom) he/she must tell a coach. If a swimmer needs to leave practice early, then he/she must let a coach know.

- 4) Swimmers should not stop in the middle of the pool or the deep end wall unless they are injured. If a swimmer needs to stop (for example to adjust goggles) they should stop at the shallow end wall.

- 5) Swimmers should respect the coaches and other swimmers. When the coach is talking, swimmers cannot talk.

Discipline Policy

The discipline policy is not to punish our swimmers, but rather encourage them to be a good teammate and to do their best. I hope that parents will understand this and support this policy.

Warnings: Swimmers will receive a warning if they do not follow the coach's instructions or they are disruptive during practice. If a swimmer receives a warning his/her parents will be notified.

If a swimmer receives two warnings, a coach has the right to enact disciplinary action. This may include; asking a swimmer to change lanes; asking a swimmer to change pools; asking him/her to sit out for a few minutes or sit out 1-6 practices. The swimmer may even be asked to sit out the next meet or even leave the team depending on the severity of their behavior.

During meets:

1) Please arrive to meets on time.

Swimmers should be on deck fifteen minutes before our team's scheduled warm-up time.

2) Team uniform policy

a. Swimmers must wear a team cap if they choose to wear one. Team caps are always available to purchase from the deck coach.

b. Swimmers must wear either

i. a blue aquablade suit (the team suit)

ii. Any solid blue or black suit

c. Wearing team t-shirts, team sweatshirts or team warm-up suit are encouraged during meets.

3) Scratches

a. Scratches for regular meets must be submitted either verbally or in writing to a deck coach before the team's warm-up.

b. Scratches during championships must be submitted to the head coach in writing two days before the scratched event.

4) Relays

The head coach will decide all relays for all meets. A relay will be determined generally by an individual's times. However, the head coach may choose to change the relay at anytime before the race based on a swimmer's behavior, or the obtaining of a faster time by another swimmer.

Parents

The family is an important part of the swim team. The parent's job is to support their swimmer, no matter how well they swim.

1) Parents are responsible for making sure their swimmer arrives on time for all practices and meets.

2) Please check your email regularly to make sure you have not missed any important information or changes.

3) Please communicate with the coaches when you have a concern or disagree with something rather than complain to another parent. When another parent brings a complaint to you, encourage them to go to the coach. Remember, the problem will only

be solved if the coach is included, and the success of our swimmers depends on the cooperation of everyone involved.

4) Parents are not allowed to watch their kids practice except Saturdays and Sundays. This rule will help coaches and swimmers be more focused on coaching and training.

5) Meets we host act as fundraisers and help to defray the cost to run the swim program. Parents are expected to attend and volunteer at meets hosted by our team in order to do their fair share. Parental help is required to run an effective meet as noted below. Families are expected to volunteer all sessions that your kid(s) is swimming in. Families are expected to volunteer at least one session per day if meet is 1-2 sessions per day, or two sessions per day if meet is 3 and more sessions per day if your kid(s) is not swimming in the meet. Pre-high school season swimmers are only responsible for meets that they have during the pre-season.

6) Since our meets act as fundraisers, families will be charged a fee if they do not provide a volunteer for a home meet as follows:

\$60 / family / session – child is **not** swimming in the meet and family doesn't volunteer at the meet (You can send your kid (over 12), your friend, your relatives or anyone to work).

\$85 / family / session – child **is** swimming in the meet and family doesn't volunteer at the meet.

\$40 /family / session – **additional fee** if parent doesn't show up to scheduled volunteer session **and** did not notify the volunteer coordinator or the head coach in advance.

6) Every family is asked contribute \$10 or \$10 value for a family with 1 swimmer or \$15/\$15 value for a family of 2 or more swimmers of any snack, drink, or fruit for our concession stand requested for each meet.

7) Parents of swimmers participating in any away meets should share the timing hours that are assigned to our team from host team.

Thank you for your support!
Head coach Mei Han of
Mei's Typhoons Swim Club

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