

PARENT INITIALS AND DATE: \_\_\_\_\_



# Welcome to The 2017-2018 StingRay Swim Team!

**FAMILIES ARE RESPONSIBLE FOR READING ALL FORMS/AGREEMENTS IN THIS PACKET.**  
AFTER READING THIS PACKET, MEMBERS MUST FINISH ONLINE REGISTRATION (NO NEED TO TURN IN A HARD COPY OF THIS PACKET EVEN THOUGH THERE ARE MANY PLACES REQUIRING SIGNATURE AND INITIALS).

→ **MEMBERS MUST CHOOSE A HOME POOL: SAC MARINER**  
(Swimmers must pick one pool as home pool. Going back and forth between pools is not allowed except during closures/approved exceptions/shared workouts like AMs at SAC).

**ACCOUNT LAST NAME:** \_\_\_\_\_

**SWIMMER LAST NAME:** \_\_\_\_\_

(IF DIFFERENT)

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**NOTE: SRST is not associated with Snohomish Aquatic Center or Mariner HS.**

SRST is privately owned by Coach Ben Olszewski. This packet (with all pages initialed and forms completed) must be delivered to Coach Ben at Mariner HS or Coach Kyle at Snohomish Aquatic Center on or before your first practice.

Swimmers without a packet/payment on file cannot swim. All members must have paid off account balances from the 2016-2017 Season (at or before the time of registration).

**PLEASE FOLLOW RULES OUTLINED FOR EITHER PRIORITY OR SECONDARY REGISTRATION (outlined on website).**

**Contact:**

Ben Olszewski – Head Coach/Owner

Cell: 425-736-5600

Email: coachben220@gmail.com

Web: www.stingrayswimclub.com

Facebook: <https://www.facebook.com/groups/stingrayswimteamrocks/>

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## 2017-2018 Summary of Program Changes

- A) Coach Darrell Cray will have AG1 and AG2 coaching duties at Mariner. All former AG2 swimmers will stay with Coach Ben. All former AG2 swimmers are encouraged to sign up as “Seniors” and take advantage of all the training. If swimmers do not want to sign up for the full training program they can remain as AG2 but will swim with Coach Ben.
- B) Coach Cody Shurtz will be returning and co-coaching with Ben at Mariner.
- C) Coach Natasza Krajcovic will return to SAC and take over the AG2 and AG3 groups. These groups will be combined and now called AG2.
- D) Coach Kyle will be running a Sprint and Distance group this season. Swimmers in the distance group will have interaction with both Coach Kyle and Coach Natasza.
- E) At Mariner: Our weekly schedule is slightly different ([see updated schedule](#)).
- F) All former SRST swimmers must pay the 50% rate during HS. Families who don't pay this fee will not have a spot saved on the team and if they do return (space permitting) they will owe the full amount of the 50% rate x the number of months they were gone (3 max). Any months beyond 3 will be charged full rate.
- G) This season we are hosting 4 meets.
- H) Timing at non-hosted swim meets: Parents attending swim meets where the host team requires assistance in timing will participate in the overall share of the timing assignment. Typically this happens in the long course season, but it's possible at any meet. Parents not able to help will be charged an additional \$15 per meet. It's perfectly fine to trade volunteer time with other families or to pay swimmers to sit in on timing assignments. Timing assignments will be shared equally between SRST families.
- I) Vacations: This isn't anything new, but the coaches would like to request that families take vacations after championship swim meets. Our goal is to put our most competitive team up on the blocks and we want to see the finished product after working with kids for 5-6 months. If a vacation must be taken prior to the big meet we would like to see a solid 6 week training block prior to the big meet. That being said, any vacation during the season will have a negative impact on performance. Sometimes a younger swimmer might return from vacation and then swim fast, but we want to make sure our swimmers are making a strong connection between the preparation and the performance.
- J) Team Store: This year our ONLY team store is the store available online via our website. Coach Ben may sell some apparel and equipment that he has in stock at lower rates.
- K) Fees are increasing. This is due to the following reasons:
  - A) Rental rates have increased over 8%.
  - B) We are increasing our national travel budget.
  - C) Payroll is increasing.
- L) Super Parents: This year the only way to get a super parent discount is to become an official. See the Fees page on the website for details. This year Coach Ben is paying for officials Non-Athlete Reg. + 2 white SRST logo polo shirts.

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## **2017-2018 Philosophy & Mission**

**Note: Additional info about our Philosophy can be found in the “Philosophy” tab on our website.**

This is probably the most important page in this packet. There are over 50 USA Swimming Member teams in western Washington and several in close driving distance. There are also very good YMCA programs and several summer-only programs. Our goal is to attract and partner with families who share similar vision/values.

As SRST has grown and developed, so has our ability to more clearly define who we are as an organization. For years we have used the term “family friendly swim team”. While this is still accurate, it has become apparent that this terminology needs to be defined and expanded upon.

### ***SRST: “Family Friendly COMPETITIVE Swim TEAM”.***

Here are some bullet points to help us define what this means to our swimmers, parents and coaches:

- We are a team that expects families to participate actively (parents must help at our swim meets and in any situation where help is needed beyond what the coaching staff is capable of handling). Not helping out would definitely disqualify a family from participation on the team.
- We value each and every member of the team no matter what your level of success. Having said that, we celebrate the accomplishments of our high achieving swimmers and work hard to provide the best opportunities for the development of upper level swimmers. An example would be using funds to send a coach and swimmer to a special training camp for national qualifiers.
- Swimmers must participate in swim meets. Swimmers must compete at championship meets that they qualify for (including relays). This point should be considered carefully, since it could impact family trips and logistically mean missing school and driving to Federal Way or elsewhere.
- Swimmers must follow team rules. This is also worth strong consideration.
- We are “coach owned and coach operated”. We are a gossip-free-team. All communication is direct.
- We do not have an attendance policy. We like to remain as flexible as possible for families that do other activities. Having said that, we will teach the kids about the connection between hard work and results and we will work to inspire kids to increase their commitment level and set goals.
- We are a low-stress team that discourages any kind of drama and divisive bleacher talk. When we do have issues we encourage a respectful, calm discussion between the parties and if necessary we follow our Conflict Resolution Policy.
- There is no parent coaching on SRST. Parents relax in the bleachers and let the coaches work with the swimmers. We have found that many parents like to coach their kids, so this is worth very careful consideration.
- We value the journey as much or more than the results. Accomplishments and records come and go, but character and values remain for a life time.
- Whenever possible we support the greater Snohomish community. An example of this would be bringing in canned goods for a food drive at the pool. As StingRays, we participate in activities like this.
- SRST coaches are straight-forward and honest. Swimmers will learn to accept constructive feedback in a positive way.

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## 2017-2018 StingRay Fees

TYPE	AMOUNT	DESCRIPTION	PUT YOUR TOTAL IN THIS COLUMN:
<b>Annual SRST Family Admin</b>	\$200	Per Family Fee (Annual)	
<b>USA Swimming Registration</b>	\$73	Per Swimmer Fee (Annual)	
<b>Month-to-Month Training Fee</b>	\$115 – Silver \$115 – Gold \$160 – AG1 \$230 – AG2 \$260 – Senior \$130 – HS Rate (3 x WK for swimmers doing both HS & SRST part-time) <b>Super Parent Discount:</b> See Fees Tab on website.	→ Per Swimmer Fee → Note: For multi-swimmer families there is a 15% discount on 2 <sup>nd</sup> /3 <sup>rd</sup> /etc. swimmers (does not apply to Silver/Gold). → Family Max: \$400/mo. → If new to team and joining mid-month, email Coach Ben for prorated first month rate.	
<b>Checks are made out to NAG (Northwest Aquatics Group).</b> Packets/payments are to be mailed to: PO Box 652 Monroe WA 98272		<b>Grand Total:</b>	

Monthly Fees are charged on the first of month and due by end of month. We do not charge late fees, but we do expect on time payments.

**Want the above total on credit card? If “yes” sign here:** \_\_\_\_\_

Please set up Auto Billing ASAP! Go to website, then Team Info/Billing FAQs for instructions.

**Other Fees:**

- 1) Equipment: Cost will vary depending on group and quality of equipment.
- 2) Meet fees: SRST charges \$15 surcharge on top of all other meet fees for each swimmer/each meet. Meet hosts will charge a separate surcharge for each meet and then there is a per event charge (see meet info for each meet to get exact fees). A typical meet might look like this:
  - A) \$15 SRST Admin
  - B) \$15 Host Team Admin
  - C) \$4/race and swimmer chooses 6 races....\$24
  - D) Relays: No charge (included in the \$15 SRST Admin). TOTAL IN THIS EXAMPLE IS: \$54 FOR ONE SWIMMER. There is typically one meet per month for beginners and 1.5 for higher level swimmers.
- 3) Travel for meets: Parents provide your own transportation/food/lodging/etc.
- 4) Apparel/Uniform: Fees will vary depending on what gear you buy.
- 5) Hosted Meets: Each family will be required to pay \$15 per SRST hosted swim meet. There will be 4 hosted swim meets in the 2017-2018 Season. This fee is to help with the cost of food for officials and visiting coaches.
- 6) In the month of March there will be a \$200 per family charge. This fee is simply part of our overall budget and helps pay for coaches, pool space and taxes during a time of the year when income is at the lowest point.
- 7) Billing FAQ: Go to website. Hover mouse over Team Info then click Billing FAQ in drop-down.
- 8) \$100 charge for families not volunteering at SRST hosted meets.

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## 2017-2018 Disclosures & Important Info:

- 1) SRST is privately owned. Please do not drop off money or packets at front desk at SAC. All questions regarding SRST should go to SRST staff. Your main contact at SAC is Coach Kyle Endres. Your main contact at Mariner HS is Ben Olszewski. Coach Ben owns the team and handles all billing questions.
- 2) Volunteer Expectations: SRST requires that all parents volunteer 2 shifts per family at each of our 4 hosted swim meets.  
**HIGH SCHOOL SWIMMERS ALERT:** If you have previously been a member of SRST and wish to return, you must volunteer at our meets regardless of whether your swimmer is doing HS swimming or not. A \$100 Swim Meet Fee will be charged for families who do not volunteer and wish to return to the team.
- 3) SRST offers a “year-round experience” with month-to-month payments (exception: no swimming in Aug. after our last meet; Aug. is prorated). This means that in any given month there will be pool closures, cancellations and interruptions. SRST monthly payments are not adjusted or prorated during these interruptions. Some examples include:
  - One week pool closures: This year we will take one week off at the end of March. This is an annual break between short course and long course.
  - Closures for holidays.
  - Closures for maintenance/school events.
  - Closures for bad weather.
  - Closures for coach illness.
  - Closures/delays for high school swim meets.
  - Other closures**ALL CLOSURES WILL BE LISTED ON THE “CALENDAR” TAB** ON THE WEBSITE, PLEASE REVIEW THE CALENDAR LINK AND MAKE NOTE OF CLOSURES IN YOUR PLANNER/FAMILY CALENDAR. Expect the Calendar tab to be updated from time to time as new info on closures becomes available. These changes will be noted in the weekly new email that goes out on either Sunday or Monday each week.
- 4) Closing your account: When you decide to stop swimming, just email Ben one week before your desired end date and your account will be turned off and you will not be billed. All accounts will be automatically turned off at the end of the season.
- 5) Injuries: Injuries do happen in swimming. Sometimes we see acute impact injuries and other times kids experience overuse injuries. It’s extremely important that swimmers follow rules and are consistent in their training in order to decrease the chance of injury. Swimmers should report injuries to their coach immediately.
- 6) Swim Meets – Your direct coach may not be present at the swim meet but all swimmers will always be assigned to a coach on staff. Sometimes kids get disqualified. Sometimes kids miss races and there are no refunds. Swimmers are not guaranteed a ribbon or award. Swimmers are assigned to relays by the coaching staff; there are no guarantees a swimmer will be on a relay. Swimmers do not always drop time. Sometimes you will be required to be a timer when the host team requires it. Sometimes long travel is required for meets. Every effort will be made by the coaching staff to offer a meet at least once per month for those who are Bronze level swimmers, but sometimes this may not be possible.
- 7) SRST does not allow parent coaching.
- 8) Swimmers will have stroke issues they need to work on at all times. Sometimes corrections take a long time to implement. If swimmers cannot improve their strokes in the group environment, we recommend the swimmers take private lessons.
- 9) Swimmers will likely experience failures and setbacks. Improvement is not linear.
- 10) SRST does not offer prorates for missed workouts.
- 11) Move-ups/Group Assignments: Coaches are in control of all roster assignments. A parent has the right to hold their swimmer back if they want.

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## Account/Billing Info:

Parent (1) Last Name:	
Parent (1) First Name:	
Parent (2) Last Name:	
Parent (2) First Name:	
Parent Phone 1:	
Parent Phone 2:	
Account Email 1:	
Account Email 2:	
Address:	
City:	
Zip Code:	
<b>Note to Parents: Coach Ben must manually create your SRST account. After this is done you will be emailed login details. Then you can enter your account and adjust phone/email/other details, sign-up for meets, set-up automatic billing, etc.</b>	

### **Account Notes:**

- 1) Members may log into personal accounts at any time and update emails and other info. Coach Ben does not update member accounts.
- 2) Some families may want to consider adding an athlete email to the account. This is especially important for older swimmers who manage their own swimming/drive to practice.
- 3) Auto Billing is BEST! Set up auto billing by going to website, then Team Info/Billing FAQs (in drop down menu).

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## Swimmer Info:

Please print multiple copies of this page if you have more than one swimmer.

Swimmer Last Name:	
Swimmer First Name:	
Swimmer Middle Initial:	
Swimmer Birthday:	
Swim Group: (circle)	Silver-----Gold-----AG1-----AG2-----AG Late-----Senior
Age: (helps us eliminate errors in birthday line above)	
Swimmer Shirt Size: (circle one)	Youth small – youth medium – youth large – youth XL – adult small – adult medium – adult large – adult XL
Gender: (circle one)	MALE                      FEMALE
Starting Date:	
Emergency Contact:	
Emergency Contact Phone:	
Emergency Contact Relationship (brother/neighbor/etc.):	
Doctor Name:	
Doctor Phone:	
Special Medical Notes: (allergies and medications, etc.)	

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## Volunteer Commitment:

The sport of swimming does not run without parent volunteers. Volunteers are the backbone of competitive swimming throughout the USA, both nationally and locally.

**As part of your membership here at SRST we have a requirement that each family contribute to helping us run four swim meets in the 2017-2018 Season.** All families must help and if you are not able to help you cannot be a member of the team. Parents must be willing to work regardless of whether their swimmer is participating in the meet and regardless of if the meet is hosted at SAC or elsewhere (this year we are again hosting in Federal Way in June). There will be many jobs that require no experience and we will do a short training at each meet to review expectations.

Why take on running a swim meet?

- 1) If we don't who will? SRST, as an organization, is committed to contributing to the betterment of Pacific Northwest Swimming and if needed the Western Zone and Section. Without teams hosting swim meets there would be no infrastructure and ultimately no sport.
- 2) Swim meets provide a revenue stream for teams. This income helps keep the sport as affordable as possible. Without our hosted swim meets, monthly fees would have to increase by roughly 17-20%.
- 3) By hosting meets at SAC, we are able to offer our members a convenient location and access to one of the best pools in the state of Washington. Not all pools are created equal and some pools like SAC (that were specifically built for racing) offer a competitive advantage. This is very important to our swimmers trying to qualify for the various championship meets offered locally and nationally.
- 4) By hosting our own meets, we are given the flexibility to offer our own unique format that we feel best serves our swimmers and the overall population of swimmers in the northwest. As an example: Until other teams recently caught the vision of our Pacific Coast Meet, we were the only team to host a meet at the world class King County Aquatic Center in the 50 meter format open to all swimmers (including first timers who have never done a meet). We feel meets like this are essential to the development of all swimmers in Pacific Northwest Swimming.

Note: The Divisional Meet, Winter Challenge and Feb. Divisionals all have a format dictated to us by Pacific Northwest Swimming.

**MUST SIGN BELOW IN ALL THREE SPOTS.**

<b>Meet Name:</b>	<b>Date:</b>	<b>Location:</b>	<b>Shift Required:</b>	<b>Signature:</b>
Fall Divisionals	December 2-3	SAC	2 shifts per family (age 13+)	
Winter Challenge	January 27-28	SAC	2 shifts per family (age 13+)	
February Divisionals	February 23-25	SAC	2 shifts per family (age 13+)	
Pac Coast	June 15-17	KCAC (Fed. Way)	2 shifts per family (age 13+)	

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## Required Equipment/Team Uniform:

**Note: Swimmers should carry their own gear in a mesh gear bag. All swimmers will also need a 3-ring binder with paper and pens. Finally a water bottle is required at all workouts. Any swimmer with asthma should have their medication available on deck and have their name on it.**

<u>Group</u>	<u>Equipment Required</u>
Silver	Kickboard, fins, extra goggles, front snorkel, Breaststroke fins by coach recommendation.
Gold	Kickboard, fins, extra goggles, front snorkel, Breaststroke fins by coach recommendation.
AG1	Kickboard, buoy, fins, front snorkel, 2 x tennis balls, hand paddles, Breaststroke fins by coach recommendation. Note: Mariner swimmers must have their own yoga mat as well
AG2	Kickboard, buoy, fins, front snorkel, hand paddles, tempo trainer, ankle strap, 2 x tennis balls. Note: Mariner swimmers must have their own yoga mat as well
Senior	Kickboard, buoy, fins, front snorkel, tempo trainer, hand paddles, PowerBags...optional - monofin. Note: Mariner swimmers must have their own yoga mat as well
Note: Coach Ben sells front snorkels for \$15: EMAIL COACHBEN220@GMAIL.COM Note: Buy PowerBags <a href="#">CLICK HERE</a> Note: Buy ankle strap <a href="#">CLICK HERE</a>	

SAC Dryland: Tennis shoes, personal mat, water bottle, 2 tennis balls (put name on everything)

Mariner Dryland: Tennis shoes, personal mat, water bottle (put name on everything)

### Required Uniform:

- 1) Red SRST t-shirt....Coach Ben has shirts in inventory for \$12.
- 2) Black suit (SRST logo suits are optional)
- 3) Black team cap...Coach Ben has caps in inventory for \$5.

Once you have been assigned to a group and accepted onto the team you should order your equipment so you have what is needed for practice (varied suits are okay for team practice).

It is highly recommended that you initial or write your full name on every piece of equipment you own. Also, it's highly recommended that swimmers get in the habit of doing an equipment check after every practice.

**COACHES ARE NOT RESPONSIBLE FOR LOST SWIMMER GEAR OR APPAREL.**

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## Conflict Resolution Policy:

This policy will help define how to deal with both swimmer-to-swimmer issues and issues swimmers have with their coaches.

SRST prides itself on having a positive environment for kids. We are very much like a family and as we all know, families often have disagreements. Our goal in the early years of swim team life is to teach kids the rules and give them the structure to help them navigate successfully through a practice. As the kids get older, we help them find their voice and encourage them to work out their issues directly with their teammates (with respect as the foundation of all interactions).

Sometimes, despite our best efforts, there are issues in the practice between swimmers. Sometimes there are issues between coaches and swimmers.

When parents become involved we follow these 4 steps:

**Step 1:** Consider that there are at least two sides to every story. Gather facts and take time to evaluate before reacting.

**Step 2:** Consult directly with the coach of your child. If you anticipate a long discussion, please set a meeting and make sure to approach the coach outside of practice hours. It is best to emphasize the word “discussion”. Talk it out and focus on finding common ground, understanding, solutions and plans/strategies to be successful in the future.

**Step 3:** If you have consulted directly with your child’s coach without resolution, you may proceed to contact the Site Manager of your pool to explain the situation. Please review the steps you have taken up to this point and allow the Site Manager time to collect all sides of the story. Expect the Site Manager to circle back around with you after gathering all the facts. It’s possible that the Site Manager may have Coach Ben sit in on further discussions.

**Step 4:** If you have consulted directly with the Site Manager without resolution, you may proceed to contact the Team Owner, Ben Olszewski to explain the situation.

Ben will ask if you have talked directly with the coach. Once this is established, Ben will gather information from the parent, swimmer and coach. This information will be evaluated and then a plan of action will be communicated with all parties involved.

Ultimately, a decision will be made by Coach Ben. In most cases, The Resolution Process will never reach step 4 and in the rare cases it does, it will be the desired outcome to make a decision that best serves all parties and is in the best interest of the team as a whole.

**Step 5:** Coach Ben will make a decision and all parties will move forward in a positive direction to help build our family friendly, competitive team environment.

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## **Swimmer Code of Conduct (& Expectations):**

### **Concept:**

All swimmers should have access to a safe and productive environment where the focus is on improving as an athlete and growing in character.

### **Expectations:**

1. Work to the best of your ability at all times.
2. Be coachable. Listen to your coach and follow instructions.
3. Have goals. Be able to recite your major goals.
4. Display a positive attitude. Leave “bad days” at the door.
5. Be patient. Swimming is not about instant gratification.
6. Respect yourself and others at all times.
7. Be punctual.
8. Be prepared. Always have all your gear; no assumptions about what you will or will not need.
9. Communicate with your coach.
10. Be responsible.
11. Attend swim meets regularly and participate in full at the championship meets.
12. Wear team gear.
13. Be behind the block 5 minutes before warm-ups start at swim meets.
14. Complete all tasks assigned by the coaching staff.
15. Stay clean and tidy. Help set up and pick up.
16. Follow all pool and team rules.
17. Show great sportsmanship. Go above and beyond to make others feel good.
18. Eat healthy.
19. Never give up.
20. Show integrity. Do what you say and say what you do.
21. Treat others how you would expect to be treated (or better).
22. Communicate directly. If you can't say it to their face, don't say it.
23. No drama. We tolerate, respect and accept personal differences.
24. We always compete. Competition is healthy.
25. We celebrate the successes of our team members.
26. We are honest like Michael Phelps; we get what we train for in the long run.
27. We are process-driven vs. results-driven. Admire your trophy but take pride in what got you there.
28. Improve your technique. Listen, watch, feel, focus and repeat; never stop learning.

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## **Swimmer Code of Conduct (& Expectations):**

### **Avoid The Following:**

1. No swearing.
2. No inappropriate talk (see Coach if you need clarification).
3. Keep your hands to yourself.
4. Fighting and/or bullying are not tolerated.
5. No deck changing or inappropriate gestures.
6. No alcohol or tobacco or any illegal drugs or any substances banned by USA Swimming or FINA.
7. No vandalism.
8. No theft.
9. No verbal attacks.
10. Do not cut corners or cheat.
11. Do not disrespect the staff, officials, parents or any patrons.
12. No weapons, fireworks, explosives, glass, or anything dangerous allowed during NAG activities.
13. Do not leave or go outside of supervision during NAG activities. Exceptions are swimmers with a driver's license (who have permission from parents or guardian), swimmers 18 years or older, or anyone who is leaving with a parent or guardian.

### **Progressive Discipline:**

1. Verbal Warning
2. Sit in Bleachers
3. Removed From Workout
4. Parents Called
5. Suspension
6. Removal From Team

Note: Depending on the severity of the offense, a swimmer may be removed from the water and/or suspended immediately. A good example would be if a swimmer were to physically attack a teammate. If you have questions, please ask.

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## Parent Code of Conduct (& Expectations):

### Concept:

We want patient and supportive parents. It's well known that behind any great champion is a loving and caring parent who supports the child and the coach. We envision an environment where the parent allows the coach to coach, while offering unconditional love and support of the child as they grow and develop. Not every swimmer will win medals or stand on top of the podium, but with support and care, every swimmer has the ability to enjoy the sport, learn valuable life lessons and develop character traits of a champion.

### Expectations:

- 1) Great parents are patient and loving.
- 2) Parents should allow the coach to coach and even better, support the coach.
- 3) Use direct communication. Comparing negative notes with other parents only causes trouble and does nothing to address the concern.
- 4) Display a positive attitude.
- 5) Respect yourself and others at all times.
- 6) Be punctual. Most of our swimmers rely on parents to set the example. We value and expect punctuality.
- 7) Be prepared.
- 8) Communicate with your direct coach.
- 9) Get swimmers signed up for meets (or encourage them to handle it).
- 10) Follow all pool and team rules.
- 11) Show great sportsmanship. Your swimmer will win and lose; it's all part of the process.
- 12) Supply healthy food for your swimmer.
- 13) No drama. We tolerate, respect and accept personal differences.
- 14) Pay on time. If there are issues with finances, please communicate.

NOTE: As the child grows into the teen years we expect much of expectations to shift to the swimmer. Our goal is to develop self-sufficient young people who "own" their swimming and can take care of themselves. Start early to help your child take on responsibilities.

### Avoid Doing the Following:

1. Carrying a stopwatch at practice or meets or interrupting coaches during practice.
2. Signing your kid up for swim meets not on the team schedule/calendar (this is against team policy).
3. Evaluating or talking negatively about your coach in front of your child.
4. Approaching an official at a swim meet. Any complaints or concerns should always go through the coaching staff.
5. Verbal attacks.
6. Disrespecting the staff, officials, parents or any patrons.
7. Bringing weapons, fireworks, explosives, glass, or anything dangerous during NAG activities.
8. Public inappropriate behavior at NAG events (contact NAG for explanations).

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## **Swim Meet Commitment:**

**As part of our team, swimmers must participate in swim meets (even new members).** In the past, meets have not been a requirement, but with the addition of non-competitive swim classes at SAC (Snohomish) and in Everett (Columbia Athletic Club and YMCA programs), there is no longer a need for SRST to offer recreational swimming as part of our programming.

We recommend one swim meet per month for people new to the sport. Note that meets cost extra money (as outlined in the fee section of this registration packet). Meets are typically broken into sessions with each age group having a one hour warm-up and competition lasting approximately 4 hours. The process for entering a meet is posted on our website in Team Info/Swim Meet Info. Specific meet info will be posted on our website as it is received from each host team. SRST will send out a pre-meet email on the Wednesday before the weekend swim meet reminding families of expectations and updating last minute details like timelines/psych sheets. If you are brand new to swim meets, please don't hesitate to ask a veteran swim parent how meets work.

Parents must read meet info, log into SRST account and sign-up for each desired meet as sign-ups become available. Signing up for a meet online is a commitment to pay. Parents/swimmers may log in to their account any time up to the entry deadline and change the event selections (swimmers select their own events and coaches will provide guidance as necessary...just ask your coaches for help). Very Important: SRST entry deadlines will always be before the entry deadline stated in the meet info.

As meets become available, important details will always be emailed out to accounts in advance. **SWIMMERS MUST BE ENTERED IN AT LEAST 3 MEETS BEFORE APRIL AND 3 MEETS FROM APRIL TO END OF SEASON.**

Attending one day of a multi-day swim meet is acceptable. Ideally, swimmers should enter one meet per month minimum. Each family will provide their own transportation to & from swim meets. Coaches will help educate swimmers and families about advancing, time standards, meet eligibility, goal setting, etc.

It is highly recommended that families read through the information we have posted on our website in "Team Info/Swim Meet Info". This is where you will begin to learn about how swim meets work.

Each family should communicate with their direct coach as to which events are most appropriate for the upcoming meet. Coach Ben will not know what events are best for each swimmer on the team, but the direct coach of each swimmer will know exactly what events are a good fit for each swimmer.

Please be aware that each pool we visit will have specific and very strict rules about how the meet is conducted. One example is that most teams have designated parent areas. **SRST PARENTS MUST RESPECT ALL RULES DICTATED BY THE HOST TEAM.** Refusing to respect the rules at a pool is damaging to the reputation of our team in Pacific Northwest Swimming. If a coach nicely reminds you about what area you can/can't be in when at a meet, your polite cooperation is expected.

PARENT INITIALS AND DATE: \_\_\_\_\_



## **2017-2018 Swim Meet List:**

NOTE: Meets may be added as necessary.

Please [Click Here](#) to see the latest swim meet schedule.

## **2017-2018 Practice Schedule:**

Practice schedules are set in September, but subject to change based on pool availability, growth of the team, coaching availability and other factors.

Please [Click Here](#) to see the latest swim meet schedule.