

## **JOINING THE SWIM TEAM**

The number of swimmers in any age group will be at the coach's discretion, with priority given to those swimmers that meet the requirements outlined in the SWIMMER RESPONSIBILITIES, Item 3 within the Handbook.

### **REGISTRATION, CONDITIONS, SWIM TRYOUTS:**

Registration will be conducted online at the team website: [www.johnsonranchbarracudas.com](http://www.johnsonranchbarracudas.com). The current year's registration schedule will be posted on the website and included in the JRSC Newsletter and Swim Team Bulletin Board at least 4 weeks prior to the start of registration. A closing date for registration will be determined each year as the need dictates in order to fill the various age groups.

- 1. All returning swimmers in good standing must re-register during the registration period each year in order to retain their position on the team.** A returning swimmer in good standing shall be defined as someone meeting the requirements specified in the SWIMMERS RESPONSIBILITIES section of the Handbook.
2. New swimmers must sign up during the registration period with returning swimmers, and must attend the swim assessment and be approved by the coaches to join the team. Any swimmer that is not invited to join the team after assessments will receive a full refund of registration fees paid.
3. All swimmers new to our team will participate in assessments by coaches, scheduled shortly after registration closes and published on the team website. During assessments, coaches will evaluate swim ability, stroke mastery, water safety, listening skills, and overall ability to be coached with parameters appropriate for each age group.
4. Participation in assessments will be scheduled on the team website.
5. All swim team fees must be paid at the time of registration. A copy of each new swimmer's birth certificate is required by the Nor Cal Swim League and must be provided at the time of attending swim assessments and prior to the registration being approved.
6. ALL SWIMMERS MUST BE MEMBERS OF THE JOHNSON RANCH SPORTS CLUB AT THE TIME OF REGISTRATION. No registration will be approved until the Sparetime membership is verified.
7. All approved swimmers will also be required to register and pay a league fee with the Nor Cal Swim League at least 24 hours prior to participating in any swim meet, including Time Trials.

## SWIMMER ELIGIBILITY

Each Swimmer:

1. May not swim for another club during the season except as provided in section 11.02 of the Nor Cal Swim League By-laws.  
[https://www.teamunify.com/recncsl/doc/356660\\_2\\_BylawsNCSL\\_2016.0622.pdf](https://www.teamunify.com/recncsl/doc/356660_2_BylawsNCSL_2016.0622.pdf)
2. Must be older than five (5) and not be older than eighteen (18) years of age on June 15<sup>th</sup> of the current season.
3. May not participate in any organized swim program consisting of endurance training between February 1<sup>st</sup> and March 31<sup>st</sup>. (*March Barracuda Clinics are acceptable since they focus on technique, not endurance training, and are in accordance with League By-laws.*)
4. Must be water-safe, as determined by coaches.
5. May not participate in any organized swim practice including any instruction or direction either verbal or written (other than stroke & turn lessons, high school practices, or as provided in section 11.02 of the League Bylaws) before April 1<sup>st</sup> of the current season.

## SWIMMER COMMITMENT

1. Within a single swim season, I will attend at least 2 (two) league dual or tri meets and will swim at least 2 (two) events at each of these meets (not to include relays).
2. I will attend the Championship Meet. A request to be excused from Time Trials or the Championship meet must be requested in writing to the JRSC Barracuda Swim Team board of directors ([board@johnsonranchbarracudas.com](mailto:board@johnsonranchbarracudas.com)) and is subject to approval. To help the Coaching Staff prepare the team for Championships it is suggested that a request to be excused from Championships be submitted no later than 2 (two) meets prior to Championships. Medical requests are exempt.
3. I will aim to attend at least 3 (three) practices each week.
4. I will declare (sign In or Out) for each meet on the Team Website by the registration deadline.
5. I will be present to Check-In by the predetermined time at each meet.
6. I will wear appropriate swimwear, goggles, and swim cap (long hair) to practices as directed by the coaches. The team uniform (or racing suit) and teamcap should be worn at all swim meets.
7. I will be on time (as defined by the coaching staff) to all practices and swim meets.
8. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
9. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
10. I will not use, possess, or be associated with any alcohol, tobacco, e-cigarettes, or any illegal substances.
11. I will always maintain a cooperative and positive attitude during practices and meets.
12. I will refrain from bullying. If I witness bullying, I will notify a coach or a parent.
13. I will respect myself and those around me by doing and being my best.