

PARENT COMMITMENT

1. Ensure my swimmer(s) arrives to practices on time, as set by the coaching staff
2. Ensure my swimmer(s) is as well rested, hydrated, and properly nourished as possible at meets and practices.
3. Declare my swimmer(s) as "In" or "Out" for each meet of the season as required by the coaching staff.
4. Set an example of good sportsmanship through positive behavior and communication.
5. Use appropriate procedure to resolve conflicts (See Conflict Resolution Procedure in Handbook).
6. Agree to the Volunteer Policy as set forth for each season (See Volunteer Policy in Handbook).
7. Commit to my swimmer's attendance to at least 2 league meets a season and both days of Comstock Championships. Excusal from Championships attendance must receive Board approval (See Handbook for guidelines).
8. Read and understand the Handbook.
9. Adhere to Alcohol and Tobacco policies as described in both the Handbook and the Rules of Johnson Ranch Sports Club.

CONFLICT RESOLUTION PROCEDURE

When a conflict arises between parents and coaches, email is the best way to communicate any concerns you may have. If you prefer to meet in person, the following steps should be taken:

1. Avoid discussing the issue with other parents or coaches on deck.
2. Schedule a specific time to meet with a coach via phone or email with a reason for the meeting.
3. Be prepared with specific concerns and suggestions to resolve the issue.
4. If the conflict is not resolved, the parent should take the written complaint to a member of the swim team board and if it is still unresolved, contact the Club Manager at JRSC.
5. To email the entire board please use: board@johnsonranchbarracudas.com