

NANTUCKET COMMUNITY POOL



Handbook and Code of Conduct

REVISED 10/1/2018

Objectives

The Nantucket Community Pool's Dolphins Swim Team is the only year round, developmental swim team on island. Your children are the cornerstone of our program. We are dedicated to provide the opportunity for your athlete to strive and grow both as a swimmer and as an individual.

Our goal is to develop strong, safe, confident and successful swimmers. Our measure of success is defined by the swimmers gaining respect for the sport, fellow teammates, coaches, volunteers, officials and oneself. We try to instill values such as self-esteem, integrity, teamwork, hard work, and sportsmanship in each swimmer through positive reinforcement and discipline. It is our hope that the life lessons learned from the sport of swimming will transfer to the swimmer's life outside of the pool.

Team History

The team began with twenty swimmers back in 1990 and had only two swim meets. We compete in the Southeastern Massachusetts Swim League (SEMSL) as well as through our USA Swimming Partnership WEST / Nantucket Swimming (WACK). The team averages 110 to a 130 swimmers per year.

Facility

The Nantucket Community Pool is a six lane, twenty-five yard pool and uses a *Colorado* electronic starter and timing system for our home swim meets. Our water temperature is between 82 to 84 degrees F. We have ample locker, shower and bathroom facilities for both boys and girls and a gallery which can seat up to 150 spectators. When using the facility, please help us maintain a level of safety and cleanliness in the locker rooms and in the gallery. Remember during swim meets, swimmers and spectators should remain in the pool area. Entering other parts of the building including the gymnasium is off limits.

Communication

Communication within our team is a major factor in its success. We rely on the parents of our swimmers to keep informed about scheduled meets, practices, and special events. E-mail is our primary mode of communication. Checking your e-mail daily will keep you notified on all current and last minute events, information or changes. Attendance at all Booster Club meetings is also a great way to stay in the loop with upcoming changes during the season. If you have any questions, comments, or concerns that would require an in person conversation, an appointment should be set up in advance with the Head Coach. If the need arises to communicate with your swimmer during practice, this must go through a coach on the deck, keeping in mind these conversations with coaches or swimmers should be kept brief unless urgent.

The Booster Club

The Nantucket Dolphins Booster Club is a non-profit organization comprised of parents and interested members of the community to help support the Dolphins Swim Team. Boosters meets twice per month during the swim season. If you wish to become a voting member, there is a \$5.00 charge. Members are involved in fundraising, ordering apparel, providing concessions, and assisting during swim meets and promotions.

Parental Commitment

An area of responsibility for Dolphins parents include getting their child to practices and meets on time and to provide support to the team at meets. It is important to make sure your child is prepared for practice and meets with working goggles, back-up goggles, appropriate swim suit and towels. Part of a parent's responsibility is to make sure your swimmer is eating a balanced diet before and after practices and meets, getting enough sleep at night and making sure school work is being completed.

Parents aid in facilitating the smooth running of meets and extra team activities. We encourage parents to learn how to work at a swim meet. This allows the coaches to focus on our swimmers and the meet. Some areas of assistance include: Timers for meets (we will train you), operation of the Colorado Timing System & Meet Manager program, concession stands, social activities and chaperones at away meets. Attending Booster Meetings when schedule is a great way to support the team.

Training Groups

Our training groups are designed to help organize and add structure to practices and to set the ground-work for effective coaching strategies to take place. In these groups, the swimmers will have customized workouts designed for their swimming ability. Each group will have a coach or coaches assigned to them.

These groups are not strictly organized by age group, but by swimming ability. The age range for each group is used as a guideline. The coaches hold the final say on who should be placed in each group. The coaches may change lane assignments as they see fit based on ability, improvement, or that days workout.

Development Group

Our Development Group is for 1st or 2nd year swimmers who are focusing on developing proper technique in the four competitive strokes. Starts, open turns and flip turns are introduced. Swimmers will learn proper practice etiquette to ensure that all swimmers have a safe environment in which to learn. Swimmers are encouraged to compete in all home meets. Travel to selected SEMSL meets is optional.

Age Group

Age Group continues to develop proper technique in all four competitive strokes. Starts and turns are further developed as swimmers begin to compete in longer events. Coaches will begin to introduce more complicated “sets” so that the swimmers get used to utilizing the pace clock and keeping track of intervals. Practice terminology and etiquette will be taught which will prepare the swimmers to participate in more complex practices in the future.

Junior Group

Junior Group is utilized as a bridge from our Age Group program to our Senior program. Swimmers will increase their practice time and develop a stronger cardiovascular base. There is a continued focus on developing proper technique, with additional emphasis on beginning to develop more advanced race strategy. The group is designed to prepare our younger swimmers to compete in a variety of events at USS Meets. Developing race strategy during practice is emphasized in order to produce well rounded swimmers who can compete in all offered events. Participation in all home meets and SEMSL away meets is expected. Participation in USS meets is recommended.

Senior / Varsity Group

Senior Group is designed for the swimmer with a strong background and experience in competitive swimming. We will be working on such areas as improving cardiovascular fitness, refining stroke technique and mechanics, racing strategies, the mental aspect of swimming, and dry land training. The swimmers in this group train three to five (3 - 6) practices per week. Participation in as many meets as possible is expected. This group may range from age 11 through 18.

Practice

Practice is the key to becoming a successful swimmer. Learning proper technique and building speed and endurance will only come from consistent practice. All swimmers are strongly encouraged to attend the specified practices for their groups.

All swimmers will be expected to:

- Have and show respect for all Nantucket coaches, staff, teammates and parents.
- Have and show respect for all coaches, swimmers and parents from other teams.
- Have and show respect for all swimming officials and meet volunteers.
- Stay on top of all school work, all of the time.
- Communicate regularly and clearly with coaches regarding attendance, illness, injuries, etc.
- Take personal responsibility and accountability for actions and performance during practices and in competitions.

- Set personal and realistic goals and do the things necessary to achieve them.
- Receive constructive feedback and praise graciously.
- Work as a team to achieve individual and common goals.
- Pay attention.
- Have a positive attitude.
- Enjoy the process as well as the end result.
- Have FUN!

Locker Rooms

There are 4 locker rooms associated with the Nantucket Community Pool. The smaller locker rooms whose entrance is located by the front desk are labeled Men's and Women's. The Nantucket Community Pool controls who has access to these rooms. The larger locker rooms whose entrance is located by the gymnasium are labeled Boy's and Girl's. These rooms are shared with the Nantucket High School's Athletic and Physical Education Departments.

Swimmers who are in 6th grade or higher must access the larger rooms. Swimmers who are in 5th grade and lower are recommended to use the smaller rooms. Periodic sweeps of all 4 rooms are conducted by the staff of the Public Schools.

Misbehaving in the locker rooms is not tolerated. Swimmers should quickly and quietly get dressed. Showering before entering the pool is a state law. A shower after use of the pool is up to the swimmer but should be done in a timely manner. Locks should not be placed on the lockers. Personal belongings can be brought out to the pool deck to remain secure.

If a problem should arise in the locker room, a coach or staff member should be notified immediately.

Health/Nutrition

Proper nutrition is essential for all levels of swimmers. A diet with a proper balance of Carbohydrates, Proteins, and Fats (macronutrients) is highly appropriate for young athletes. Staying hydrated helps the body perform at optimal levels and is a very important part of training and competition. Swimmers should bring a filled bottle of water or other non-carbonated, caffeine-free fluid to practice.

The team will, at times, invite guest speakers to deliver age appropriate guidance on proper diet and hydration.

Swim Meets

South Eastern Massachusetts Swim League (SEMSL)

Teams in the SEMSL include:

- Nantucket Dolphins, Nantucket, MA
- Marshfield Area Swim Klub (MASK), Duxbury, MA
- Willy's East Swim Team, Eastham, MA
- YMCA of Martha's Vineyard

At times, other local teams may be invited to participate in SEMSL meets. In the SEMSL, a swimmer's age as of October 1st determines their age for the entire season. There are five different age groups in the SEMSL:

- 8&Under
- 9-10
- 11-12
- 13-14
- 15&Over

Swimmers may not swim in a younger age group but may move up to an older age group in an individual or relay event. A swimmer must be a member of the team for a minimum of six weeks and have participated in a minimum of two league-sponsored meets in order to be eligible to swim in the SEMSL Championships held in March.

USA Swimming / New England Swimming Meets

Together with Willy's East Swim Team, members of the Dolphins are able to compete as part of WEST / Nantucket Swimming (WACK). WACK competes within New England Swimming (NES) which is underneath the larger umbrella of USA Swimming. Meets for the majority of WACK swimmers will be within New England typically once per month, including post season meets hosted by NES. WACK members do have the opportunity to qualify for meets outside of New England including Speedo Sectionals, Zones, Futures, Junior Nationals, Senior Nationals, and Olympic Trials.

Getting involved with the WACK portion of the team is an additional commitment level on the parent and the swimmer. The parental involvement includes additional travel to swim meets, an increased fundraising responsibility and being able to stay on top of team communications.

Swimmers will need a certain level of training and understanding of the strokes. 12&Under swimmers should be able to legally complete 50 yards of each stroke, 100 yards of three of the four competitive strokes, as well as a 200 IM. 13&Over swimmers should be able to legally complete 100 yards of each stroke, 200 yards of three of four strokes, a 200 IM, and a 500 freestyle. All swimmers should be able to be relatively independent on the pool deck as sessions can last up to 4 hours.

Sign Ups for Home and Away Meets

Intrasquad Meets

Most intrasquad meets will not require a signup prior to the meet. Swimmers should arrive early to an intrasquad meet to check in with coaches. Due to specialty events or other planning purposes some intrasquad meets will require signup prior to the meet. Parents will be notified via email and asked to complete electronic signup.

SEMSL League Meets

Parents will be notified via email with a link to electronically sign up for the meet. Spaces for away meets will be limited based on the number of swimmers we can transport on our team bus.

USS Specialty Meets (WACK)

Parents must utilize our Team Unify site (www.wackswimming.com) to sign up for USS meets. Parents will be informed when registration has opened, and must signup prior to the stated registration deadline. New families will receive training on how to utilize the Team Unify site.

USS Championship & Invitational USS Meets (WACK)

Signup for USS meets with qualifying standards will be handled via a separate email to those swimmers who are eligible. Swimmers are expected to attend meets for which they qualify. Coaches should be notified as soon as possible if your swimmer is unable to attend a championship meet for which they qualified. During the season, swimmers and parents will be kept up to date by the coaching staff on qualifying standards and which championship meets a swimmer should attend. All qualifying times are posted on the team's Team Unify website.

Conduct for Home and Away meets

- Swimmers should stay together as a team. Team support will motivate our swimmers to perform at their very best. Our swimmers should maintain a sportsmanlike attitude in both their successes and disappointments.
- Warmup times can vary given the size of each meet. Coaches will provide a time that swimmers are expected to arrive at a meet. If swimmers do not arrive on time they may be scratched or removed from the meet.
- If a swimmer has signed up and will not be participating in the meet, the parents should notify the coaches as soon as possible.
- Swimmers are expected to stay for the entire meet to help support and cheer on their teammates. The coaching staff may approve exceptions to this policy.
- The pool deck is for swimmers, coaches and volunteers. Spectators should view from the appropriate location.
- All swimmers are responsible for picking up their personal belongings and trash on the deck and in the locker rooms after all swim meets.

Transportation for Away meets

SEMSL Meets

- Swimmers will be provided boat and bus transportation to and from the meet.
- Parents and swimmers will be given an arrival time to meet at the boat in the morning. Individuals who do not arrive by the specified time may be removed from the trip.
- Swimmers 9 & Over may travel with the team without the direct supervision of a parent.
- Swimmers 8 & Under may be required to be under the supervision of a parent or adult (not a coach). This will be handled on a case by case basis as determined by the coaching staff.
- The coaching staff reserves the right to require that certain members (of any age) have parent supervision in order to travel to away meets.
- The swimmers are expected to follow the rules of coaches, all ferry/bus staff, as well as the rules of the host team.
- If a swimmer should travel separately from the team, their travel costs are the responsibility of the parent. For example: If a swimmer after the meet decides to drive with a parent and not on the team bus, the parent is now responsible for all costs.
- Swimmers may be restricted from travel meets due to behavioral issues at practice, home meets, and away meets. Travelling with the team is a privilege, not a right.

USS Meet Travel (WACK)

- The coaches will determine “team boats” for each USS meet. There may be multiple designated boats for both the outbound and inbound trips in order to accommodate different sessions and start times.
- The Nantucket Community Pool will pay for each swimmer’s boat ticket on a team designated boat. Parent travel will not be paid for by the NCP unless they are a designated coordinator/chaperone for the trip.
- Each team boat will have either a coach or parent designated as the ticket coordinator. Anyone not arriving by the determined arrival time will be removed from the travel roster. A ticket will not be purchased for your swimmer if they are not present.
- Swimmers are allowed to make alternative travel plans to the meet. Alternative travel will not be paid for by NCP. Once a swimmer has been removed from outbound or inbound travel (or both) they may not be placed back on the travel roster for that trip.
- Once the first team travel boat departs for the meet, swimmers may only be removed from the travel roster and cannot be added. Please inform the coaches of alternative travel plans as soon as possible. Once the meet has begun the coaches should not be spending significant time planning travel.
- Boat cancellations
 - Outbound: The coaches will determine the next available boat to travel to the meet. In the event of a significant weather delay we may be forced to cancel our participation in the meet. Per USA Swimming Rules, swimmers are not allowed to attend a meet without the supervision of a coach from their team. Even if a swimmer is already off island, they may not attend a meet without a member of the coaching staff.

- Inbound: The coaches will determine the next available boat to return to the island. Parents should routinely check their email to receive updates from the coaching staff regarding the status of all team boats.

Meet Conduct

We all know that during the excitement of competition emotions can run high. It is important that everyone associated with the Dolphins Swim Team (coaches, parents and swimmers) keep their emotions in check. If a problem should arise during a meet, the proper course of action is to see the Head Coach. Under no circumstances is anyone allowed to confront a referee, official, or an opposing team's coach. Part of the coach's responsibility is to relay any question or disagreement to the appropriate person. Running a swim meet is a very difficult and time consuming endeavor. We need to approach each situation with proper respect for the host team and staff. Maintaining positive working relationships with host teams is vital to ensuring that our swimmers have ample opportunities to compete.

Practice Conduct

Parents may watch practices from the pool gallery. Parents are never allowed to be on deck during practice. Any communication between parents and swimmers (only if necessary in an emergency) should be done through a coach. Parent involvement during practice can be distracting to your swimmer, as well as the other swimmers in the pool. It is vital that the coaches have their full attention to create a positive learning environment for all swimmers.

Alcohol, Tobacco & Drug Policy

All members of the Dolphins are expected to refrain from the use of drugs, alcohol and tobacco products. If any swimmers is found to have used any of these substances, either by their school or law enforcement, the swimmer will be subject to the following disciplinary actions:

- 1st offense
 - Dolphin Team Member: Miss the next Intrasquad AND SEMSL meet;
 - WACK Team Member: in addition to missing an intrasquad and SEMSL meet, the swimmer will miss their next USS meet. For members of the Whalers, they will miss the next USS meet AFTER they return to the team from the high school season.
- 2nd offense
 - A second offense of this policy (at any time in the future) will warrant a meeting with the swimmer, parent, Head Coach and Aquatics Director where additional disciplinary action will be determined. The action taken will be at the discretion of the Head Coach and Aquatics Director.

Electronic Device Policy

Parents and Swimmers of the Nantucket Dolphin Swim Team may not utilize electronic devices in the locker room facilities. Cell Phones and all other electronic devices should be stored away in a bag or personal item prior to entering the locker room facility. This policy also extends to the pool deck and any facilities in a practice or meet situation used by the swim team such as the gymnasium or classroom facilities. If a swimmer is in violation of this policy they will be immediately suspended from all team activities. They will be allowed to return to team activities after a meeting between the swimmer, parents, Head Coach, and Aquatics Director. A plan to reintegrate the swimmer will be determined by the Head Coach and Aquatics Director. The Nantucket Community Pool does reserve the right to remove the swimmer from the program if we believe it is warranted.

Addressing Bullying

Bullying of any kind is unacceptable on the Nantucket Dolphins Swim Team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The program is committed to providing a safe, caring and friendly environment for all of our swimmers. If bullying does occur, all swimmers and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach or member of the staff.

Appeals of Disciplinary Actions

Swimmers and their families have the right to appeal any disciplinary actions to the Director of the Nantucket Community School. The Director will review the case and determine if the disciplinary action is in line with the Dolphins Handbook and Code of Conduct.

Equipment

Nantucket Dolphins (SEMSL)

It is required that Nantucket Dolphin team suits will be worn at all SEMSL and team intra-squad meets. Dolphin team suits are available via our online store and can be purchased year round.

WEST / Nantucket Swimming (WACK)

Specialty Meets

WACK team suits are required at all team specialty meets. WACK suits are available via our online store and can be purchased year round. Swimmers will not be permitted to compete in a non-team suit unless approved by the coaching staff.

Championship & Designated Meets

The coaches will designate which meets are appropriate for tech suits to be worn. Tech suits have a very limited lifespan and should not be worn at meets for which a swimmer is not rested or tapered. Coaches will consult with and educate swimmers on when and where it is appropriate for tech suits to be utilized. The appropriate use of tech suits will differ from

swimmer to swimmer based on their meet schedule. However, please note that tech suits are never required.

Practice Suits

Practice suits can be any suit besides the current years meet suit. 2 piece suits are not allowed to be worn at any practice. Practice suits should be competitive swimming suits in order to reduce drag. Increased drag can lead a swimmer to develop poor stroke mechanics and in some cases can contribute to injuries. Meet suits are NOT to be worn at practices. They need to be snug to avoid unnecessary drag.

Caps and Goggles

Caps and goggles are mandatory for all meets and practices. Meet caps will be provided at the beginning of the season. Additional caps are limited. It is recommended that a swimmer have two functional pairs of goggles at all times. Periodic inspection of goggles is recommended as rubber elements of the goggles can erode over time. Keep in mind that a swimmer's goggles are often their most personal and important piece of equipment! Comfortable and effective goggles are crucial to having a good practice or meet.

Clothing and Footwear

Appropriate clothing should be worn on the pool deck during meets which should be comprised of team apparel. Footwear should be worn at all times in the locker rooms and hallways. An apparel committee through the Booster Club helps put together the team gear.

Team Banquet

A banquet is held at the end of the season to honor all swim team members and parents. All swimmers will receive a participation award and be personally recognized.

**NANTUCKET DOLPHINS SWIM TEAM
LETTER OF COMMITMENT**

I, the undersigned, acknowledge and agree that I have read, reviewed with my swimmer and understand the documentation of the Handbook and Code of Conduct for participation on the Nantucket Dolphins Swim Team.

I, along with my swimmer, further acknowledge and agree to follow and abide by these same guidelines, rules and regulations as stated in the Handbook and Code of Conduct to the best of our abilities as a participating member of this program.

Parent/Guardian (signature) _____ Date _____

(Print name) _____