

Rocklin Mavericks Handbook

(Member of Rocklin Swim Team)



Mission: To provide the culture, training, and development for swimmers of all ages and abilities to become all that they choose to become.

Vision: To create a world-class aquatics program in the City of Rocklin where dreams are achieved, challenges are conquered, and swimming is fun in a safe and supportive environment.

Our Culture: We Value and Respect...

- Parents, student athletes, and our coaches
- A safe environment
- Integrity/honesty
- RST team and individuals similarly
- Hard work/dedication
- Fitness and well being

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INTRODUCTION

Welcome to the Rocklin Mavericks!

Our USA Swimming (USAS) competitive group under the non-profit Rocklin Swim Team (RST) organization is our Rocklin Mavericks with club code ROC. Our RST mission is to provide the culture, training, and development for swimmers of all ages and abilities to become all that they choose to become. Our RST vision is to create a world-class aquatics program in the City of Rocklin where dreams are achieved, challenges are conquered, and swimming is fun.

RST started in 1996 as a small recreational summer league team. The continuous growth of RST sparked an interest for developing swimmers through the long haul to compete at higher level competitions through high school and beyond. As a result, the RST Board of Directors founded its competitive year-round program in March of 2015.

The team offers year-round competitive program for swimmers ages 18 and under. The USAS region for the team is Sierra Nevada Swimming Incorporated, a non-profit local government organization of USA Swimming.

TEAM PHILOSOPHY

The team's coaching goal is to help shape swimmers to become vibrant self-motivated people, and secondly, our philosophy is to provide the environment, culture, development training and inspiration that encourage each swimmer to become all that they choose to become.

RST's coaching goal is to support swim careers beyond high school. In addition, we support the ideal for each swimmer to emerge from swimming having mastered the important life skills needed to be successful beyond the pool. We believe that it is important for every coaching staff member to acknowledge the fact that every athlete(s) are people first, and swimmers second. The team coaching staff recognizes, embraces and supports the different developmental phases of our swimmers, from age group through young adulthood. Our program is progressive and adapts training to best meet the needs of swimmers at each level. The underlying foundation of our program is built upon core values that include: a hard work ethic, goal setting, tenacity, not being defeated by failure, joy found in effort, good sportsmanship, personal responsibility, health, striving for personal excellence and the value of the journey.

TRAINING PHILOSOPHY

Our training philosophy is based on the Elite Training Triad. This model consists of three important training elements: Mental, Technical, and Physical.

Mental

Our mental training program's aim is to teach swimmers to think like champions. Kids that think like champions act – and swim – like them. It also teaches them to have fun with an understanding that results come from hard work and improvement will often be incremental. Swimmers should strive to improve in as many ways as possible, especially with each practice. We teach these lessons in a variety of ways. We instruct not only in the pool but through team meetings and Coach's Weekly Emails.

Technique

The WET program or in the water training focuses on speed that is fundamentally built from technique irrespective of the stroke. This is the foundation. We believe technique comes first and speed is second. Understanding this principle is vital.

We instruct technique daily even on main sets that have a physiological focus. We do not allow our swimmers to swim mindlessly up and down the pool. We use simple basic principles to breakdown each stroke through fundamentals, and we refer to those points continuously.

Physical

Once technique is learned, the aerobic base can be developed. Daily, a practice session has one primary physiological focus with one major stroke as we cycle through the week.

Dryland also plays a major role regarding overall conditioning and swimmer physical development. Out of the water we ~~generally~~ work on athleticism (coordination, agility, quickness, core strength, flexibility in key joints). Precisely what we do depends on the time of the year (and weather outside), the part of the season, and the ages of the developmental levels of the swimmer.

USA SWIMMING

USA Swimming is the national governing body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which specified all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. In 1981, the USA Swimming Headquarters office was established in Colorado Springs, Colorado and located at the Olympic Training Center. As the national governing body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

HOW IS USA SWIMMING ORGANIZED?

International

The International Federation for the Aquatic Sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of the four aquatic sports - swimming, synchronized swimming, diving and water polo.

National

USA Swimming is a member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

Zone

We are divided into four separate zones - Central, Eastern, Southern and Western. Each zone elects two representatives to the national Board of Directors. The team is in the Western Zone.

Local

Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and each has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC. Our LSC is Sierra Nevada Swimming Incorporated.

HOW USA SWIMMING OPERATES

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are 50 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming.

USA SWIMMING HEADQUARTERS

USA Swimming Headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, resources and general information about swimming related activities. USA Swimming staff is available to assist you in answering questions or providing additional information about USA Swimming, (719)-866-7946.

PRACTICE GROUP STRUCTURE

After each new swimmer evaluation by coach, swimmer(s) will be placed in the most appropriate group. While the groups are primarily set up by age, other factors will be considered when determining the swimmer's practice group placement. These factors include, but are not limited to, the swimmer's maturity level, performance and attendance. Practice group placement is at the sole discretion of the team coaching staff. Families will register their swimmer to the coach determined swim group at RocklinSwimTeam.org.

BASIC SWIMMING INFORMATION

COMPETITIVE STROKES

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, the individual medley (IM) events require the competitor to swim all four strokes in the following order butterfly, backstroke, breaststroke and freestyle.

RELAYS

Other swimming events include relays, which consist of a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay). The coaching staff decides all relays, including the relay orders and participants.

SWIM SEASONS

The swim year is divided into two seasons. The winter or “short course” season runs from early September to March. The meets are typically held in a 25 yard pool. The summer or “long course” season runs from late March to early-August. These meets are generally held in 50 meter pools (Olympic size).

COMPETITION

The team staff does not see the first-place person as the only winner. We would rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, working toward goals, and personal achievement.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sports as organized play to demonstrate and measure one’s abilities. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These things make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by USA Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Age group classifications are not offered at every swim meet, it is the swimmer's age on the first day of a meet which will govern the swimmer's age for the entire meet.

Within each age group, there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "B", "BB", "A", "AA", "AAA", and ultimately "AAAA". USA Swimming (www.usaswimming.org) publishes the times required for each ability level each year. This permits fair, yet challenging, competition on all levels.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification. Swimmers must meet the minimum time standards to enter the meet.

SWIM MEETS

MEET SIGNUP PROCEDURE

At the beginning of the season a meet schedule will be posted in Team Unify (TU) listing all the meets the team will attend. Once you decide to attend a meet you can select which session or days you would like to swim. Many meets offer a Friday/Saturday/Sunday or Saturday/Sunday format with two sessions per day. Other meets may have only one session or run for only one day. In most cases, the swimmer's age on the first day of the meet will determine which session they can enter, the days that they swim is at your discretion. A list of your swimmer's meet selections is available when you log on to the website, ome.swimconnection.com, and it is each family's responsibility to check the accuracy of their own entries. Please notify the Head Coach or your athlete's group coach of any discrepancies.

Each family enters their swimmer into the specified meet and chooses what events the athlete will swim. Be aware that some meets have qualifying times required for meet entry. You select which meets and days that you will attend and pay online to complete meet entry. Scratching events is typically not allowed, but in some cases with the approval of the coaching staff, an athlete may be allowed to scratch an event. If you decide not to attend a meet you have signed up for you will need to notify the Head Coach.

CHAMPIONSHIP MEETS

Athletes are expected to compete in all championship meets once they qualify. Individuals qualifying for multiple championship meets the coaching staff will determine which meets are best for the development of the swimmer.

OFF SCHEDULE SWIM MEET POLICY

It is discouraged to attend meets that are not on our meet schedule. Training plans are designed around the posted meet schedule and attending off schedule meets can interfere with an athlete's progression. The team athletes should only attend the meets listed on the team meet schedule. It is against USA swimming rules to attend a swim meet without a coach present. The team coaching staff will not attend or enter athletes in off schedule meets.

TYPES AND LEVELS OF SWIM MEETS

Dual/Tri/Quad Meets

Occasionally the team will compete with one, two or three other team(s) in this type of meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

Developmental Meets

These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.

Qualification Meets

These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.

JO Championships

At the end of each short course (spring) and long course (summer) season, a JO Championship meet is sanctioned by Sierra Nevada Swimming, the governing body of swimming in the state of California.

Zone Championships

After the state championships are held in the summer, a swimmer may qualify to participate in the Western Zone Championships by swimming a national "AAA" time. This is an all-star meet

where swimmers, compete as a member of the Sierra Nevada LSC team competing against other states from the West.

Speedo/USA Swimming Sectional Championships

This is a high caliber regional team championship meet. The team's swimmers meeting qualifying time standards for this meet travel to different locations throughout the Midwest to compete against the best swimmers in the region.

USA Swimming National Championships

Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USA Swimming National Championships. As with the Sectionals, the team's swimmers meeting the national qualifying time standards travel to various cities throughout the country to compete against America's best swimmers. There is both a SC and LC National Championship. There is a Junior National Championship, for swimmers 18 and under, and an Open National Championship for swimmers of any age. Swimmers can qualify for national 13 teams that represent the United States in international competition through their performances at Nationals.

Prelim/Final Meets

The format for a Prelim/Final meet differs from a normal meet in that the swimmer must swim the event in the prelim session in order to qualify for the finals session. A swimmer is only eligible to score points or win awards if they are in Finals or Consolation Finals. If a swimmer places among the top 8 (in an 8 lane pool) after their morning swim they then qualify to swim in the Championship finals in the evening session. Some meets also swim a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, they qualify to participate in the Consolation finals in the evening session. In the evening finals session, the Consolation heat swims first followed immediately by the Championship heat. During the prelims, the results are usually posted within 1/2 hour of the conclusion of the event. If a swimmer does not wish to swim in a final swim they may "scratch" the event and not be penalized. This must take place within a half hour of the posting of the preliminary results. Therefore, within approximately 1 hour of the end of an event, a swimmer should know if they have made finals. A swimmer should never leave the meet without making sure if they are a finalist or an alternate. United States Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are barred from participating in the remainder of the meet (individual events and relays). Alternates (the 17th & 18th place swimmers) should check with their coach about attending finals. If a swimmer makes it into Finals or Consolation Finals they are expected to swim and represent our team.

Circle Seeding is used only in the prelims of Championship meets in events that have "prelims & finals". This affects only the top 24 seeded swimmers (8 lane pool) which compete in the last 3 heats. All other heats are regular seeding. Circle seeding goes like this: The fastest seeded swimmer will be in the last heat in lane 4. The second fastest swimmer will be in the second to last heat lane 4. The third fastest swimmer will be in the third to last heat lane 4. The fourth fastest swimmer will be in the last heat lane 5 and so on.

The finals are seeded like a regular meet as are any events that are swam as timed finals such as relays, distance freestyles and other events most often held on Friday evening as a timed finals session. If a swimmer qualifies for finals it is expected that they will swim. They are representing not only themselves but also our team in the competition. If for some reason the athlete cannot compete in finals they have 30 minutes from the time the initial results of prelims have been posted to declare the intent to scratch or to scratch. All decisions about scratching must be discussed with the coaching staff prior to doing so. Once the 30 minute window has passed an athlete can no longer be scratched. If an athlete does not show up for a finals swim the rules state that they will be removed from the remainder of the meet.

The coaching staff must approve all scratches. If an athlete qualifies for finals, they are expected to swim unless there are extraordinary circumstances for which they would need to leave the meet.

PARENT COMMITMENT AND PARTICIPATION AGREEMENT

As a member of our team, family participation is vital to our program's success. It is important to note individual commitment by contributing your time improves our program and eliminates a small number of parents doing all the work. When you register your swimmer for our team, you will agree to the Swim Meet Timing Requirement and the Annual Volunteer Requirement. For the purpose of tracking Volunteer Hours in Team Unify accounts, the season or "Swim Year" is defined as September 1 through August 31. Families participating a partial year will have requirements prorated. We are a team – 100% parent participation ensures team success!

Swim Meet Timing Requirement

We are required to provide timers and certified officials at every Sanctioned Sierra Nevada Meet where our team competes to assist with the efficient operations of the event and so our swimmers can receive their awards. A parent or family member is required to time at any meet your child swims, however Sierra Nevada Meet Officials determine the number of timing seats our team is obligated to fill as well as the number of USAS Officials required from our team per day or per session (FRI/SAT/SUN, AM/PM). The number of timing shift(s) and certified USAS Officials a team is required to provide are determined by the formulas provided on every Meet Sheet. A Meet Volunteer Job Posting is sent via email prior to any meet which includes a link for

each Timing Shift and Official's Shift scheduled. Parents are required to use this link to sign up for a minimum of one timing shift per meet. This process is on a first come first serve basis. Failure to show up to work your assigned shift without the necessary notification will result in the assumption that you are opting to select the "buy-out" option in lieu of timing. Charges will be seen during the next month's billing cycle.

- If your swimmer is not attending an away meet, you are not required to volunteer.
- If your swimmer is attending an away meet but you are unable to fulfill your timing or USAS Official's obligation, you must make other arrangements (see below) prior to the start of the meet.
- If all timing shifts are not filled before sign ups close, families with swimmers registered that did not work a timing shift at the most recent previous meet will be contacted and expected to commit to fulfilling one of the available open timing shifts.
- Families fulfilling our team's USAS Official requirements are not required to sign up for timing shifts.

Other Arrangements

1. Make arrangements for another Family to take a shift on behalf of your swimmer.
2. Your Swimmer may fulfill a timing shift for a session they are not swimming, for example a Senior swimmer timing for the Age Group session.
3. You may pay a \$50.00 "Buyout Fee" and waive the shift timing responsibility for the meet. You will be required to pay the \$50.00 fee prior to the closing of job sign ups.

Swim Meet Timing Non Participation Penalty

It is the parent's obligation to notify the Volunteer Coordinator if you are unable to attend any of our team's swim meet in which your swimmer is registered. Notice does not eliminate your timing shift obligation. It is the parent's responsibility to secure other arrangements for the timing shift requirement at each meet their child swims. Failure to sign up or make other arrangements to cover at least one timing shift at three consecutive meets in which your swimmer participates in or failure to show up to work your assigned timing shift without the necessary notification will result in the assumption that you are opting to select the "buy-out" option in lieu of timing. The charges outlined above will be seen during the next month's billing cycle.

Annual Volunteer Requirement

Each team family is expected to volunteer and contribute a minimum of 20 hours annually as described below. Families serving as RST Board Member, Committee Chair, or USAS Official will meet this annual volunteer requirement for their swim year of service.

A. 16 Hours at Home Meets

We can host two 2-day meets annually. At each of these meets, every family is required to sign up for 2 job shifts, with a maximum of 1 timing shift per meet. Families will need to check in and out with the team's Deck Volunteer Check-In to ensure receiving credit for volunteer time worked. If a swimmer is unable to swim at a hosted meet, or the parents will be out of town and unable to make their volunteer commitment, they are expected to discuss the issue with the Volunteer Coordinator. The family will be able to make up their volunteer shifts at another home meet or work these hours as additional hours under category B listed below.

B. 4 hours at Team/RST Events*

Each family is expected to volunteer and contribute a minimum of 4 hours annually:

1. Volunteering a job shift at a WAVE or MAVERICKS 1-day home meet** **and/or**
2. Volunteering for a MAVERICKS or RST social or fundraising event **and/or**
3. Volunteering for a MAVERICKS or RST committee

*Minimum may be adjusted dependent on the MAVERICKS Hosted Meet Volunteer Requirement as noted in Section A.

**For any Parent Supporting the MAVERICKS 1-day meet or a WAVE meet; a Credit of 4 hours is given for every shift worked, regardless of the job. To receive credit requires you check in and out with the Deck Committee Chair Person and specify you need credit on your Team Unify account.

Annual Volunteering Non Participation Penalty

Volunteering is tracked in Team Unify account accessible to you at any time. Instructions for accessing your TU hours are as follows:

- Log into TeamUnify
- After logging in, on the side bar menu click on **Events & Competition > Event & Job Reports**
- You can then select the date range to get **Job Signup Report for My Account**

If you see a discrepancy, send a detailed email to volunteer@rocklinswimteam.org. All hours worked are confirmed by the Volunteer Coordinator.

Failure to meet your annual volunteer commitment will result in the following fine:

- Mavs - \$250.00

If you receive a Notice of Failure to meet Volunteer Minimum, you will have 2 weeks to make arrangements to meet your annual volunteer commitment. We intend for this policy to be reasonable and will work with any family to ensure volunteer hours are fulfilled before any

financial penalty is assessed. Families must make every attempt to do their part and support the team.

At the end of the season, any family failing to meet the volunteer commitment will be immediately assessed the penalties as listed above. You will have 2 weeks to make payment or your swimmer will be suspended from participation in any RST program until the debt is paid.

FINANCIAL TERMS AND CONDITIONS FOR PARTICIPATION

MAVERICKS Fees Billed and Payable to RST

New Member Registration Fee

Those joining the team will be charged a non-refundable New Member Registration Fee of \$125 per swimmer capped at 2 per family. As part of this fee, the swimmer will receive a team t-shirt and team picture.

Monthly Dues

Monthly dues are credited-debited from your Team Unify account on the first business day of each month as agreed in the payment obligation form. A \$25 late charge will be assessed if dues are not collected by the first of each month. When joining, all fees will be charged on the first of the following month.

The option to pay by check is only granted by review and approval by the RST Board of Directors. Any check(s) returned to the Rocklin Swim Team for Non-Sufficient Funds will be subject to a \$50 additional handling charge.

Withdrawals

Notice of withdrawal for any reason except Medical must submit a “30 day Notice to Quit” via email to registrar@rocklinswimteam.org. Should you fail to submit a 30 day Notice of Intent to Quit, the monthly dues for the month of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to the Rocklin Swim Team, and are payable upon termination of participation.

Leave of Absence

A swimmer can take a Leave of Absence and pay a monthly fee of \$30. The swimmer will be able to return without being charged the \$125 New Member Registration Fee. The full monthly rate

will be charged if the swimmer participates in more than (4) four workouts per month during his/her time on leave of absence.

National or Regional Fees

USA Swimming Registration

An annual USA Swimming membership registration fee is required of all swimmers. This provides liability insurance for your swimmer as they train and compete, as well as when they participate in a sanctioned team event. USA Swimming governs competitions, keeps a database of all swim times, and provides athletes with educational materials and information about the sport. The USA Swimming registration is a non-refundable fee. Families register or renew their swimmer(s) annual membership with USA Swimming (our Region is “Sierra Nevada” and our team code is “ROC”). New registration is done at any time throughout the year and must be completed before your swimmer can participate with the team. Renewal is typically done between September 1 and December 31 for the following swimming year. The swimming year runs from September to August, traditionally from the start of “short course” season to the end of “long course” season, while the finances remain on a calendar year. Thus, new swimmers registering in September are signed up for the remainder of that year and all of the next year. Annual and Seasonal fees may change year to year so please contact registrar@rocklinswimteam.org.

Meet Entry Fees

Meet entry fees are in addition to the monthly dues. Visit rocklinswimteam.org under Practice/Meets for Meet Signup instructions to access swim meet portals to register and pay meet entry fees.

EQUIPMENT

The team website at RockinSwimTeam.org has a list of equipment recommended by the coaching staff under the tab TEAM STORE. Remember to put your name on everything and get a bag with several pockets. Most items can be purchased throughout the year.

Team Caps

All swimmers choosing to wear a swim cap must wear our team cap. The team swim cap can be purchased and yearly there is a preorder opportunity for last name team caps.

Team Suits

At all swim meets swimmers should wear either the designated team suit/ solid black or solid blue suit.

Tech Suits

The following is our technical suit policy:

A technical suit is a swimming suit that is designed only for the function of competition. The durability and comfort of a technical suit will not allow an athlete to train in them. A technical suit is normally much more expensive than a training or team suit. In the past technical suits offered a great competitive advantage for an athlete, but with more defined suit policy from FINA and USA Swimming that advantage has diminished.

Many swimming teams have some policy regarding the use of technical suits in competition.

RST wants parents to be aware of the following:

1. 10 and under swimmers should not use technical suits and in many LSC's the use for that age group is prohibited. There is no documented evidence that technical suits benefit the performance of athletes in that age demographic.
2. The cost of technical suits makes them unattainable for some athletes. We do not want to add any pressure on parents by increasing the cost of our sport.
3. Performance is not the only evaluation of success for younger swimmers. The coaches want to see a growth in technique, understanding of rules, work ethic, and above all character. Technical suits play no part in that.
4. Swimmers develop a mental dependency on a technical suit, placing more trust in technology than their personal ability. A separate record of best times needs to be kept once a technical suit is worn for competition. One best time list for races swam in team/practice suit and one list for races swam in a technical suit.

Team training placement is based upon athletic performance. As a result, athletes will be allowed to use technical suits. We are a competitive swimming team. However, the use of a technical suit should be discussed with each group coach prior to competition. Athletes in the Juniors and the Seniors training groups should be mindful of their performance and training plan. Please be respectful and open minded about when coaches feel the appropriate time and need to purchasing and using a technical suit. The coaching staff, on the same hand, will be mindful of an athlete and family's rationale for wearing a technical suit at a given competition.

Athletes should be communicating with their coaches about training and performance. The coaches want to work with swimmers and families to achieve the highest measure of success. Consult your coach, work together to find the competition that will accent your athletes training and together we can be successful. If an athlete has not discussed wearing a technical suit before a swimming competition with their group coach, then they will not be permitted to wear it. Come prepared to meet with your coach, tell them why the upcoming competition is a good time, tell them how your feel.