

SWIM TEAM POLICIES

(Revised 2010)

1. BE INFORMED. Read carefully the Constitution of the Beckett Ridge Swim Team Parents' Association, the Tri-County Swim League Rules and Guidelines, and the Tri-County Swim League Constitution and By-laws. Check your mailbox (file folders) at the pool frequently to receive information on swim team events and activities.

2. INFORM HEAD COACH IN WRITING when your child/children must miss a meet. Your children are automatically placed in a dual meet line-up unless you tell the coach **IN WRITING** (by **SIGNING OUT** by **NOON** on Friday prior to a Tuesday dual meet on the appropriate vacation page in the swim team notebook) that you will be unable to attend. This information is entered by the parent on the appropriate vacation page in the swim team note-book/binder kept at the pool desk. (**Deadline: by noon of the day prior to the meet.**) Dual meet line-ups are written the day before the scheduled event. Children who do not show up for a meet make chaos of carefully planned meet line-ups, particularly relays. Much time is spent by the coaching staff writing line-ups. Entries to invitational are prepared approximately 1 to 1½ weeks in advance of the date of the meet. Individual swimmers must **SIGN UP** for invitationals in a special binder or with the coaches.

3. SEE TO IT THAT YOUR CHILDREN ATTEND PRACTICE REGULARLY. The season is short, and the more practices attended, the more progress your child will make. Try to plan vacations; visits to Grandmas; basketball, soccer, cheerleading, wrestling and scout camps for August. Evening practices are offered on Monday, Wednesday, and Friday evenings.

4. QUIZ YOUR CHILDREN. Announcements are made daily, and most children need a bit of "prodding" to give you the necessary information. For example, do you know that we have team pictures, membership rosters to pick up, schedules of events, and team social events? ASK and you shall receive. Check you mail boxes frequently.

5. PAY YOUR FEES. Swim team fees and invitational fees are collected at two designated sign up dates in April. All fees (invitational and team) must be paid prior to attending the first practice. You will be charged entry fees for invitationals if your children are signed up even though they don't show up for the meet. There is no charge for dual meets. Day before intrasquad meet, 50% of swim team fees will be returned to new swimmers only, provided written notice is given to the head coach.

6. GET YOUR CHILD TO PRACTICE ON TIME! Announcements are made immediately prior to practice, and practices are too short to miss. Plan to arrive 10 to 15 minutes ahead of scheduled practice time to help with the lane markers (Gold Group).

7. ENCOURAGE YOUR CHILD TO DO HIS/HER BEST TIME (NOT TO WIN).

There are a wide variety of skill levels in summer swimming. New swimmers cannot be expected to swim faster than swimmers who have practiced all winter, but they can try to swim faster than their own best time. Keep an individual record of your child/s times. (See page 29 of handbook.)

New and less experienced swimmers will be placed in exhibition heats. When their times improve and they achieve a higher skill level, they will be placed in the regular, or scoring heats. Experienced swimmers will also swim in exhibition heats when space is available, and their name is drawn by means of a lottery system.

The fastest four swimmers are placed on the "A" relay for all invitationals and championships. During two dual meets, however, relays may be arranged for the purpose of "team building" or "equalized" when swimming smaller or weaker teams. A fair rotation of swimmers will be implemented. Line-ups will be clearly marked "team building" or "equalized" during these two meets.

8. REST: See to it that your children (particularly younger children) REST on the day of a meet. Playing all day in the hot sun at the pool does not promote maximum performance in the evening. It is strongly recommended that swim team members not be found at the pool after 1:00 PM on dual meet days.

9. VOLUNTEER TO HELP AT MEETS. Every family is required to supply a qualified worker (a responsible family member 14 years or older) for at least three (3) regular season meets, plus two (2) sessions during the BRST Invitational. (See #23.) We ask that all deck officials **WEAR WHITE**. Opportunities to sign up to volunteer for various positions will be available at registration and throughout the season.

10. HAIR AND JEWELRY: Long hair hinders good swimming, and it is impossible to coach children with long hair obstructing eyes, nose and mouth. There are three options: (1) haircut; (2) swim cap; (3) pigtails and/or braids.

Coaches should not have to hold or hunt for lost earrings, bracelets, rings, and other jewelry. **LEAVE JEWELRY AT HOME!** Pierced earrings lost on the pool deck are painful to step on. Don't wear them at meets, practices, or during recreational swimming.

11. DIET BEFORE COMPETITION should consist of starchy food, some protein, and adequate fluids, more of the latter on hot days. Avoid excessive sugar as in candy, soda pop, and dry Jell-O. **LEAVE BOXES OF JELL-O AT HOME.** More specific sports nutrition information is provided by the BRST for its membership, for the parents' handbook.

12. WEATHER: Swim practice is NEVER CANCELLED!! only delayed, during thunderstorms. Beckett Ridge swimmers practice during rainy weather as long as there is no thunder. Coaches' and pool staff discretion will prevail under severe conditions.

If inclement weather arises before a dual meet or an invitational, the event will be DELAYED for thunderstorms, but will carry on if it is just raining. Bring appropriate clothing for yourself and your children.

13. SWIMMER'S EAR: One "occupational hazard" of summer swimming is swimmer's ear. If the ear is painful when you pull down on the earlobe, it is most likely swimmer's ear. (ALL OTHER TYPES OF PAIN, SEE YOUR PHYSICIAN IMMEDIATELY.)

If caught early, swimmer's ear can be treated at home with a commercial preparation called SWIM EAR (sold at drugstores) or with the following home preparation:

2 parts 70% alcohol

1 part good quality white vinegar

The above home preparation can be used as a preventative as well.

It also helps to dry the ears after swimming with a soft tissue, rolled up, or with a hair blower. If conditions do not improve after a few days, SEE YOUR PHYSICIAN.

14. SMOKING/ALCOHOL POLICY: U.S.A. Swimming, Inc., rules expressly forbid smoking in any designated area for swimmers during warm-up period and competition. This area includes any place inside the fenced in portion of the pool at home meets or away meets. This prohibition also includes alcoholic beverages.

15. DUAL MEETS: During dual meets the team will remain in an area designated by the coaches. Children who cannot be found and miss an event have not only deprived themselves of an opportunity to swim, but also another child who could have been placed in the event instead. If a swimmer is a NO SHOW at a scheduled dual meet without informing the head coach before start of warm ups he/she will not be permitted to swim in the next scheduled dual meet.

16. NEW PARENTS: Feel free to ask questions, but please wait until practice and the meet are over. Coaches can't coach and guard the safety of your children while conversing with parents.

17. DUAL MEET AWARDS: When Beckett Ridge hosts a dual meet, our swimmers will receive ribbons in the scoring (not exhibition) heat for 1st through 8th place in individual events. Swimmers in **EXHIBITION HEATS** will receive **PARTICIPANT RIBBONS**. These fourth through eighth place ribbons are awarded as an extra incentive for our swimmers. As an additional incentive to our **swimmers**, a heat winner ribbon will be given to the winning swimmer at the completion of each non-scoring (exhibition) heat. At **away meets** awards are given as prescribed by the Tri-County Swim League. (See page 35, Rules and Guidelines.)

While we want every swimmer to receive ribbons, **WE CANNOT AWARD RIBBONS TO SWIMMERS WHO HAVE BEEN DISQUALIFIED.** A disqualification (DQ) indicates the swimmer has committed some infraction of the rules during the race or in the start, turn, or finish portion of the race. U.S.A. Swimming, Inc., prohibits the assignment of awards, times, or points to swimmers who are disqualified.

As a general rule, ribbons are not given out until the day after a dual meet; however, the discretion of the awards committee prevails.

18. BATHROOM POLICY: Swimmers are encouraged to use the bathroom immediately upon arising and before coming to the pool in the morning. Parents of younger swimmers must assume responsibility for their children's restroom behavior, in the event that children have been involved in causing inoperable or usable difficulties with the shared facilities in the club restrooms.

19. WATER ENTRY POLICY: Swimmers are not permitted to dive into the water during the warm-up period before practice or before meets. Feet first entry, with at least one (1) hand on the pool edge is considered proper entry technique.

20. GOLD GROUP PRACTICE POLICY: After morning announcements and ample time to put on caps and goggles, swimmers will be given 60 seconds to enter the water. Anyone remaining on deck after the countdown will be barred from practice that day. Any swimmer who is barred from practice for failure to enter the water or for other disciplinary reasons will not be permitted to swim in the next scheduled dual meet. Any Gold Group swimmer barred from practice for any reason will not have attendance counted for that day.

21. DUAL MEET LINE UP POLICY: In age groups where there are more swimmers than spaces in the line-up, every attempt will be made by the coaching staff to place each swimmer in a minimum of 1 individual event and two relays (for home meets and/or other 8 lane pools) and 1 individual event and 1 relay (for away meets, 6-lane or 4 lane pool). After each swimmer has been scheduled for an equal minimum number of events, the remaining open lanes will be filled by means of a lottery system. When a swimmer has been selected by random lottery draw to fill an open lane at a particular dual meet, the individual will not be eligible to swim in any additional open lottery lane until everyone else in the age/gender group has done so. After every swimmer in the age/gender group has been drawn once, the names are reshuffled and randomly drawn again. This process continues throughout the season to help ensure each child has a more equal number of opportunities to swim individual events.

22. RELAY SELECTION POLICY AT INVATIONALS AND CHAMPIONSHIPS: Swimmers with the season's fastest times will be placed in the medley relay, which occurs at the beginning of an invitational or championships. The freestyle relays will be selected on the basis of the 8 fastest individual freestyle times swum that day so that all members of the Beckett Ridge Swim Team will have equal access. Swimmers who don't swim the freestyle event at Championships that day will

still be considered for selection on the free relay team by using their current season best freestyle time.

RATIONALE: When coaches determine A & B relays, swimmers who train year-round generally have an advantage during the early season since they have been training all winter. Swimmers who only train in the summer don't improve their times until the end of the season. This policy gives the summer only swimmers an opportunity to participate and score for Beckett Ridge at championships.

23. FAMILY COMMITMENT: All Beckett Ridge Swim Team member families are required to fulfill volunteer positions in at least 2 (two) scheduled dual meets during the season excluding the 'Championships at Miami University'. Also each family needs to commit to 2 (two) positions at the Chris McCullough Invitational. If you have signed up (committed) for a scheduled meet, and fail to show or fail to find a replacement, you will be charged \$50 per occurrence (\$200 maximum). If a replacement fails to show, it is the original volunteer who is responsible for the fine. Failure to fulfill volunteer requirements also will result in the maximum \$200 fine. All fines collected will go directly to the equipment needs of the team. In the event you are unable to work on the day, time or position you signed up for, **YOU** are responsible for supplying your own qualified replacement, and you are responsible for notifying the Timing Chairperson of the change and substitution. This does not, however, count as a fulfilled session for the family that needed to change their schedule.

24. REFUND POLICY: 50% of team fees will be returned to first time swimmers when request is submitted in writing to head coach no later than a day before the annual intrasquad meet.

25. SPORTSMANSHIP: Parents and swimmers are expected to exhibit good sportsmanship at all times during practice, dual meets, invitational and championship meets. Ridicule, derogatory remarks, and taunting directed toward opponents and teammates, both verbal and non-verbal, are strictly prohibited. Appropriate sanctions against the offending parent and/or swimmer will be decided by the swim team board to include banishment from the pool deck and/or swim meets for a specified period of time. If the offending behavior continues, the matter will be brought before the club management for appropriate action.

26. TEAM SELECTION POLICY: Swimmer must be able to swim across the pool, 25 meters, without the use of floatation devices, lane lines, the sides of the pool or any other supportive measures. The swimmer will be given 2 chances (freestyle and /or backstroke) at the Intrasquad to meet the ability requirement. If the swimmer fails to accomplish this requirement, the member will be reimbursed 50% of the swim team fee and will not be allowed to participate in the current season. There are no exceptions to this policy. All swimmers must be 5 years of age by June 1, 2010 and meet the ability requirement to be accepted on the Beckett Ridge Barracuda Swim Team.