

Triumph Aquatics Club

Club Guidelines

1. PRACTICE AND GAME TIMES

Please pay attention to the start and end time of practices. Practice start time is the time that the Coach will begin practice, so athletes are expected to arrive 10-15 minutes prior to posted practice start times. Athletes use this early arrival time for important dry land stretching, which helps to reduce the chance of injuries. Also, please be prompt when picking up your child, especially during the winter session. On occasion, a practice can run over if a specific skill is being taught; however, for liability purposes, we must insist that all players are picked up promptly after practice.

2. ROSTERS & PLAYING TIME

Athlete performance is constantly evaluated and therefore rosters are always subject to change. Coaches determine roster placement and playing time decisions based on several factors including the player's attitude, practice attendance, and skill level and ability. If there is a question or concern about athlete team/roster placement or playing time, the following steps should be taken by the athlete:

- The ATHLETE should approach his or her coach to discuss
- If not resolved, the head coach of that age group and potentially the technical director should be brought into the discussion between the athlete and the coach of that team.
- If the issue remains unresolved between the player and the coach, parents can arrange a meeting time with the Coach.

Please do not surprise the coach with an impromptu meeting before or after practice or a game. Please respect the Coach's need to supervise players at these times and set up a mutually agreeable time in advance of a meeting. We encourage all parents and family members to attend the games but we certainly cannot guarantee playing time as a result of family attendance. There will be competitions where everyone will get equal playing time and others where playing time will vary greatly between athletes. While we appreciate and applaud the sacrifices you make as a family to travel to the various competitions, we will never base playing time on whose family is there. We hope that you are there to support the entire team, not just your athlete.

3. POOL FACILITIES

We rent pool time from local high schools and cities and do our best to adhere to posted practice times. However, we are ultimately at the mercy of the institutions that we rent our facilities from and therefore subject to maintenance matters. While it doesn't happen often, pools do break down from time to time. When this happens, we will do our best to inform you as soon as an issue is brought to our attention. As "renters" and guests, it is very important that the facilities we use are treated respectfully. All items brought to the

pool deck (practices and games) by our players should leave with our players. All trash must be cleaned up and all equipment cleared. The space should always be left in better condition than we found it. Please make sure that athletes have all their belongings when leaving the pool deck. Mistreatment of the facilities we use could result in our losing the right to rent in the future, so please be sure to adhere to this policy.

4. TAC ATTIRE

During competitions and travelling, all players must adhere to our TAC attire policy. The goal is to present a unified image. Financial aid is available to ensure all athletes have required attire.

The following is a list of required gear:

- TAC Suit
- Seafoam green T-shirt
- Black T-shirt

5. ATHLETE BEHAVIOR/SPORTSMANSHIP

All players are expected to conduct themselves in a respectful and positive manner at all times; especially when dealing with coaches, referees, teammates, and competitors. As representatives of the club; good sportsmanship is expected in and out of the pool. Players who violate these standards will be suspended and potentially removed from the club.

6. SPECTATOR BEHAVIOR

As a parent, you play a special role in contributing to the needs and development of your children. Through your encouragement and good example, you can help all athletes learn good sportsmanship and self-discipline. In sports, young people learn to work together, sacrifice for the good of the team, enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun. Support Your Child Supporting your child by giving encouragement and showing interest in their team is very important. Teach your child that good sportsmanship, hard work, and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

7. BE A POSITIVE ROLE MODEL

Parents should model behavior that is expected of athletes. Applaud good plays by your child's team and remain supportive through the ups and downs of the game. The athletes see and hear everything that happens "in the stands". Support all efforts to remove verbal and physical abuse from youth sports. Encourage sportsmanship Show respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or sporting event. Do not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures. Don't be a Sideline Coach or Referee Refrain from coaching or refereeing your child or other players from the sidelines. Respect the officials and their authority during games.

Never question, discuss, or confront coaches or officials. Under no circumstances is it ever acceptable for a spectator to approach a referee or the scoring table. If there is an issue that you feel needs to be addressed, please wait until after the game to address it with the Coach. If parents choose to remain on site during practice, we ask that they sit in the stands, rather than on deck and do not interfere with practice. Any parent interfering with practice will be asked to leave the deck.

8. CLUB COMMUNICATION – CHECKING WEBSITE AND EMAIL

We will communicate in two methods; emails from our website and push notifications through Team App. Our club relies heavily on Team App for communication purposes. Our coaches will post and update via team app, as well send out reminder emails. All athletes and parents are strongly encouraged to use our Team App. We ask that parents and players make sure that their email information is current each season when registration occurs. It is the parents and the player's responsibility to make sure that they read and respond to team emails. This is especially true when a request is sent for player availability. We cannot sign up for a tournament until we are certain that we will have enough players available to compete. It is a poor reflection on a team and our club if we sign up for a tournament and then must forfeit because we do not have enough players.