

Pleasant Prairie Patriots Team Handbook



PX3

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1.0 Introduction

Welcome to membership with the Pleasant Prairie Patriots (PX3). We are a part of the Village of Pleasant Prairie RecPlex, a not-for-profit local government organization. PX3 offers year-round competitive swimming for anyone between the ages of 5 and 18+ who is able to swim one length of the pool (25yards) freestyle and backstroke nonstop. We are affiliated nationally with USA Swimming and locally with Wisconsin Swimming Incorporated.

2.0 Team Philosophy

The philosophy of the program is to provide each member a team-centered environment, whether your goal is to perfecting your strokes, get fit and make friends, make the high school team, or take the sport to the highest level. PX3 is designed to add value to your child's life and in turn add value to our community.

2.1 Team Goals

1. To aid in the development of positive self-image and to nurture high self-esteem.
2. To encourage high academic standards.
3. To provide an environment for learning the values of hard work, commitment, self-discipline, leadership, and responsibility.
4. To develop and improve health and fitness in the swimmers.
5. To provide a competitive 12 month swim program in line with USA Swimming.
6. To bolster sportsmanship and camaraderie among teammates and with other teams.
7. To accommodate all swimmers with appropriate training and qualified coaching based on age, ability, and dedication.
8. To develop a love for the sport of swimming in all of the athletes to carry with them through life.
9. To develop a team of year round swimmers rather than seasonal athletes.
10. To have fun and success at all age and ability levels.
11. To develop future leaders.

3.0 Benefits of Swimming Competitively

3.1 Physical

- Swimming is an ideal sport for developing muscular and skeletal growth (because it uses all of the body's major muscle groups) in addition to high aerobic endurance and stamina.
- Swimming enhances flexibility by exercising all of the major joints in a full range of motion, thus capitalizing on the natural flexibility of young athletes.
- Swimming develops superior coordination because it requires combining complex muscle movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of motion.

- Swimming is the most injury-free sport of all those offered to children.
- Swimming becomes more than a sport to most of those who participate, engaging them in fitness for life.

3.2 Intellectual

Athletes develop intellectual competence as they learn more about the sport and techniques and incorporate skills into goal setting. They improve by exploring new ideas, and new ideas put to practice result in a stronger self image.

3.3 Social

Despite competing against the clock for times, swimming is also a team sport. Traveling, competing, winning, and losing together fosters irreplaceable relationships among teammates.

3.4 Personal

Most sports competitions end with one winner and one loser, but with swimming, success is based on personal improvement and reaching goals. No matter who has the most points at the end of a meet, everyone can win.

4.0 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 that specified that 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. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is 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.

4.1 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 Group 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. PX3 is in the Central 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 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 Wisconsin Swimming Incorporated (WSI).

4.2 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.

4.3 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.

USA Swimming
One Olympic Plaza
Colorado Springs, CO 80909-5707
Web site: www.usaswimming.org

5.0 Practice Group Structure

The Pleasant Prairie Patriots offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Patriots to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of their abilities. For group practice times please click on the schedule.

New swimmer tryouts will be conducted at 4:45pm on the first Monday of every month. The swimmer will go through a brief evaluation with a coach and then will receive group placement. For more information please contact Coach Kristen Benetti: kbenetti@plprairiewi.com or 1-262-925-6750

5.1 Barracuda Group- The Barracuda Group is the entry level of the Patriot Swim Team. All Swimmers in the Barracuda must be able to swim 25 yards without stopping of freestyle, 25 yards without stopping of backstroke, be able to jump into deep water and be under the age of 10. We recommend that swimmers complete a lesson's program and participate in our pre-competitive swimming lessons program before joining the Swim Team.

Goals of the Barracuda Group: (not criteria)

1. Learn the basics concepts and rules of the four competitive strokes
2. Develop the beginning skills for proper turns
3. Push off and streamline to flags with a dolphin kick
4. Enjoy the sport of swimming and the Patriot Swim Team

5.1 Red Group- The Red Group is the second level of the Patriot Swim Team. This is a 10 and under training group. The Red Group has two roster groups, Red 1 and Red 2.

Red 1: In order to be a member of the Red 1 Group an athlete must able to swim one length of each competitive stroke and dive off the blocks into deep water. The Red 1 Group will consist primarily of 8 and under swimmers, novice 10 and under swimmers, and very new 11 year old swimmers.

Goals of the Red 1 Group: (not criteria)

1. Continuous 200 freestyle with flip turns
2. Continuous and legal 100 Individual Medley with correct stroke transitions
3. 8x50 flutter kick @1:15
4. Learn proper starts for all 4 strokes from the racing blocks
5. Enjoy the sport of swimming and the Patriot Swim Team

Red 2: In order to be a member of the Red 2 Group an athlete must achieve 3 individual 10 and under B times in their gender. This can be found in the USA Swimming Age Group Motivational Time Standards. Swimmers in this group will be 10 and under only. Athletes in Red 2 Group must also meet all the requirements of the Red 1 Group.

Goals of the Red 2 Group: (not criteria)

1. Continuous 500 freestyle with flip turns
2. Continuous and legal 200 Individual Medley with correct stroke transitions
3. 8x50 flutter kick @1:05
4. Learn to Read a pace clock
5. Enjoy the sport of swimming and the Patriot Swim Team

5.3 White Group: The White Group is the third level of the Patriot Swim Team. This is a 12 and under training group. The White Group may also have new 13-14 swimmers that have not yet met the Senior Group training requirements. The White Group has two roster groups, White

1 and White 2. Swimmers in the White Group will strive to improve their technical performance, as well as their competitive performance. They will actively engage in both long term and short term goal setting, while participating in the training process that will help them achieve those goals.

White 1 group will continue to place great emphasis on being a part of the Patriot Swim Team and help the swimmers how to understand successful team dynamics.

White 1: In order to be a member of the White 1 Group an athlete must complete all the requirements of the Red 1 Group and be 11 years or older.

Goals of the White 1 Group: (not criteria)

1. 10x100 Freestyle @1:40, swam correctly
2. 10x100 flutter kick @2:30
3. Perform a legal 100 of each stroke in a competitive swim meet
4. Perform a legal 200 of 2 different strokes in a competitive swim meet
5. Understand how to use pace clock and leave on correct interval send offs
6. Enjoy the sport of swimming and the Patriot Swim Team

White 2: In order to be a member of the White 2 Group an athlete must be 12 and under and have 3 BB times in the 11-12 age group of their gender. These times can be found in the USA Swimming Age Group Motivational Time Standards.

Goals of the White 2 Group: (not criteria)

1. 10x100 freestyle @1:30, swam correctly
2. 10x100 flutter kick @2:10
3. Perform a 200 of each stroke legally in a competitive swim meet
4. Perform a 400 Individual Medley legally in a competitive swim meet
5. Develop consistent practice attendance habits
6. Continue development of excellent start and turn skills
7. Enjoy the sport of swimming and the Patriot Swim Team

5.4 Blue Group: The Blue Group is for the Middle School Swimmer that has made the commitment to swimming excellence at a young age and is the 4th level of the Patriot Swim Team. This group is designed as a high performance training group for athletes that accept the responsibility of setting spectacular goals and committing the time to achieve them. These swimmers are determined to take their swimming as far as it can go. 12 and under members must have 2 WSI State Qualifying Times and 13-14 members must have 1 WSI State Qualifying Times.

Goals for the Blue Group:

1. 20x100 Freestyle @1:20, swam correctly
2. 10x100 flutter kick @1:50 3.75% attendances to all group practice
4. Long Term Goal Setting of Junior National Qualifying Time

5. Attend all swim meets recommended by the Blue Group Coaches
6. Enjoy the sport of swimming and the Patriot Swim Team

5.5 Senior Group: The Senior Group is the 5th level of the Patriot Swimming Team and will consist of 13 and over swimmers. This Senior Group will place great emphasis on the continuation of excellence in all four competitive strokes, development of leadership skills, and high performance in competitive swim meets. The Senior Group is divided into two training groups.

Senior 1: The Senior 1 Group will be made up of 13-14 swimmers and novice high school swimmers. In order to be in the senior group athletes must be able to swim all four competitive strokes, read a pace clock and execute send offs, and exceed all requirements for the Red 1 training group.

Senior 1 Goals: (not criteria)

1. 15x100 freestyle @1:25, swam correctly
2. 10x100 flutter kick @2:00
3. Legal 200 of each stroke swum in competitive swim meet
4. Legal 400 IM swum in competitive swim meet under 6:00.00
5. 75% practice attendance for all group practices
6. Long term and short term goal setting
7. Attend all swim meets recommended by Senior Coaching Staff
8. Enjoy the sport of swimming and the Patriot Swim Team

Senior 2: The Senior 2 Group will be made up of competitive and committed high school swimmers. In order to be in Senior 2 a high school swimmer must have 3 A times in 15-16 year old age group of their gender. These times can be found in the USA Swimming Motivational Time Standards. A 13-14 year old swimmer can be in the Senior 2 Group, but they must have a SC Speedo Sectional Time Qualification. They must also be able to commit to the group expectations.

Senior 2 goals: (not criteria)

1. 20x100 freestyle @1:15 female/1:10 male, swam correctly
2. 10x100 flutter kick @1:40
3. 85% attendance for all group practices
4. Long term and short term goal setting
5. Attend all swim meets recommended by the Senior Coaching Staff
6. Enjoy the sport of swimming and the Patriot Swim Team

6.0 Basic Swimming Information

6.1 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.

6.2 Relays

Other swimming events include relays, which are 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). All relays are decided by the coaching staff including relay orders and participants.

6.3 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 mid August. These meets are generally held in 50 meter pools (Olympic size).

6.4 Competition

The Pleasant Prairie Patriot Swim 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 sport 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, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that 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.

6.5 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. Not all age group classifications are offered at every swim meet. The swimmer’s age on the first day of a meet will govern the swimmers 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”. The times required for each ability level are published each year by USA Swimming (www.usaswimming.org). This permits fair, yet challenging, competition on all levels.

In addition, Wisconsin Swimming has its own set of time standards, including WSI 12 and Under Championship and WSI 13 and Over Championship time standards, which can be found on Wisconsin Swimming Incorporated website. (www.wisconsinsswimming.org)

In some cases, a swimmer may be in a different class in each stroke. An example: a “C” breaststroke time, a “B” freestyle time, and a “AA” backstroke time.

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. In meets with time standards swimmers who have not met the minimum time standard cannot be entered.

7.0 Swim Meets

7.1 Meet Signup Procedure

At the beginning of the season a meet schedule will be posted in the event section listing all of the meets that the team will attend. To sign up for meets you will need to log into the team website and click on attend or decline for each individual event. 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 format. Other meets offer one day and one session only, it will vary and it is at your discretion. A list of everyone’s meet selections will be posted on the website, www.patriot-swimming.com, and it is each family’s responsibility to check the accuracy of the entries. Please notify the Head Coach or your athlete’s group coach of any discrepancies. The following is coaches contact website: <https://www.teamunify.com/Contact.jsp?team=wikbst> . Information regarding meets such as, entries, meet information and warm up times will be posted on the website as it becomes available.

The coaching staff enters all athletes into the meets and chooses what events the athlete will swim. You select which meets and days that you will attend. You will be billed for meet entry fees. 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. Meet entries are sent in 4-6 weeks before the meet. Once entries have been sent in there will be no changes or additions to the meet. If you decide not to attend a meet that you have signed up for notify the Head Coach. If entries have not been sent in you will be removed from the meet, if however entries have been sent in you will be billed for the entry fees even though you do not attend the meet.

Some meets have qualifying times that must be met in order to enter. If you want to attend the meet, mark it on your meet sign up sheet and if the athlete meets the time standards they will be entered. If they have not yet achieved the qualifying standard they will not be entered. The coaching staff will notify you if you are not entered.

7.2 Championship Meets

Athletes are expected to compete in all championship meets that they are qualified for. For individuals qualifying for multiple championship meets the coaching staff will determine which meets are best for the development of the swimmer.

7.3 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 staff will not do entries for off schedule meets.

7.4 Types and Levels of Swim Meets

1. Dual Meets-Occasionally the Patriots will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.
2. 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.
3. Qualification Meets-These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.
4. State Championships-At the end of each short course (winter) and long course (summer) season, a State Championship meet is sanctioned by Wisconsin Swimming, the governing body of swimming in the state of Wisconsin. Wisconsin Swimming sets the qualifying time standards for these championship meets. There are two championships held each season: the 12 and Under Championship and the 13 and Over Championship open to any swimmer in the state who has met the qualifying standard for their age group.
5. Zone Championships - After the state championships are held in the summer, a swimmer may qualify to participate in the Central Zone Championships by swimming a national "AAA" time. This is an all-star meet where swimmers, compete as a member of the Wisconsin Zone team competing against other states from the Midwest.
6. Speedo/USA Swimming Sectional Championships- This is a high caliber regional team championship meet. PX3 swimmers meeting qualifying time standards for this meet travel to different locations throughout the Midwest to compete against the best swimmers in the region.
7. 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, PX3 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

teams that represent the United States in international competition through their performances at Nationals.

7.4.1 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 his/her 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, he/she qualifies to participate in the Consolation finals in the evening session. In the evening finals session, the Consolation heat is swum 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 he or she 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 his/her coach about attending finals. If a swimmer makes it into Finals or Consolation Finals he/she is expected to swim and represent the Pleasant Prairie Patriots Swim 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. For an event with 60 swimmers, the Preliminary seeding is shown in the following table.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1			#59	#57	#58	#60		
Heat 2	#55	#53	#51	#49	#50	#52	#54	#56
Heat 3	#47	#45	#43	#41	#42	#44	#46	#48
Heat 4	#39	#37	#35	#33	#34	#36	#38	#40
Heat 5	#31	#29	#27	#25	#26	#28	#30	#32
Heat 6	#21	#15	#9	#3	#6	#12	#18	#24
Heat 7	#20	#14	#8	#2	#5	#11	#17	#23
Heat 8	#19	#13	#7	#1	#4	#10	#16	#22

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 RMSC 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.

All scratches must be approved by the coaching staff. 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.

7.5 Swim Meet Volunteer Information

Meets can be fun! They give parents a chance to be a part of their child's swimming experience. They also give us a chance to get to know other swim families. By working together, we can provide a very enriching experience for swimmers and their families. Because PX3 is a Village of Pleasant Prairie run organization with only a small amount of employees, parent/guardian participation in swim meets is essential to the success of our team. Every family is required to volunteer at swim meets, and we have a variety of positions to accommodate both novice and experienced parent volunteers. At most meets the host team requires us to provide timers and officials.

PX3 will ask for families to volunteer a certain amount of sessions at swim meets on a quarterly basis based upon the number of swimmers on the team and the number of events the team is hosting. The quarters will be broken up as follows: 1. January 1st-End of Short Course Season (mid-March); 2. April 1st-June 5; 3. June 5- End of Long Course Season (early August); 4. September 1st- December 31st. The number of sessions will be in the area of 2-3 per quarter and only based upon need. Families that exceed volunteer sessions will not be compensated or credited unless specifically notified by Aquatics Director and Head Coach.

Listed below are the various positions for which we must provide workers at each home meet:

7.5.1 Head Timer

Provides backup stopwatches for all lanes and organizes lane timers.

7.5.2 Timers

To provide backup times for the swimmers to verify the electronic signal from the lane touch pad. Each lane has two or three timers. All participating teams provide these. The number needed for each meet varies depending on the number of teams participating and the number of lanes. Timers are responsible for controlling stopwatches and recording times.

7.5.3 Runners

Responsible for collecting recorded times for each swimmer after each heat and taking them to the results table.

7.5.4 Clerk of Course

Responsible for calling swimmers to events, providing event cards to swimmers, lining swimmers up for each heat and event. Some meets, particularly in the championship series, do not have a clerk of course.

7.5.5 Awards

Responsible for transferring results of each event onto ribbons and/or medals.

7.5.6 Volunteer Coordinators

Responsible for organizing parent workers to fill all volunteer positions at swim meets.

8.0 Equipment

PX3 has a vending agreement with Kiefer. All team equipment, including suits, can be purchased from Kiefer at a discounted price. Kiefer will also offer on-site sales during swim meets and suit fittings once each season.

8.1 Team Suits

PX3 is not sponsored by a specific suit company, therefore technical suits can be any brand. Equipment can be ordered from Kiefer, please follow the link on our website www.patriot-swimming.com. Your order will be shipped directly to you from the store or you can pick it up at their office. 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 for 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.

PX3 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.

Because PX3 training placement is based upon athlete performance 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 high performance training groups, white/blue/senior1/senior2, should be especially mindful of their performance and training plan. Please be respectful and open minded about when coaches feel the appropriate time for a technical suit will be. The coaching staff, on the same hand, will be mindful of an athlete and families rationale for wearing a technical suit at a given competition.

Athletes should be communicating with their coaches about training and performance. PX3 wants 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, than 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.

If attending a team competition we ask that swimmers wear our team suit that can be purchased from Kiefer. We require that if athletes are wearing a cap it must be a PX3 team cap. This is our “team Jersey”. Caps can be purchased at the RecPlex aquatics desk or from a PX3 coach.

8.2 Care for Suits

Rinse suits out every day after practice in clean (non-chlorinated) water and hang them to dry. They will last much longer if you do this habitually. Occasionally washing in cold water with a mild soap is fine.

8.3 Caps and Goggles

A cap is required for girls and preferable for boys. Team caps must be worn at swim meets.

Goggles are required for all swimmers at both practice and meets.

8.4 Care for Caps

Rinse in clean cold water and towel dry. Sprinkle with powder after drying to maximize cap life and make it easier to get on.

8.5 Hair Care

There are special shampoos and conditioners available that remove chlorine.

8.6 Storage

Put your name on everything and get a bag with several pockets. A swim bag can be ordered through Kiefer.

8.7 Training Equipment

Training equipment (fins, paddles, snorkels, pull buoys) may be purchased to facilitate training. Ask coaches what equipment is needed for your child's practice group. Equipment should be kept in a mesh bag labeled with the swimmer's name, and each piece of equipment must be labeled with the swimmer's name.

9.0 Parent Guidelines

9.1 Be Patient

To have a successful program, there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the Pleasant Prairie Patriots Swim Team and acquaint yourself with this section if you are a returning PX3 parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as a member of PX3.

9.2 The Coach is the Coach

We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces the best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often times insurmountable, confusion as to whom the swimmer should listen to. They want to follow their coach's directions, but they also want the respect and love from their parents.

Negative "dinner table" talk or gossip around the pool about a coach in earshot of any swimmer, will create questions of confidence in that swimmer's mind. This can be extremely detrimental for the future of this athlete's swimming career.

Avoid rumors and negative talk completely. If you have a problem, concern, or complaint, please contact the coach immediately. The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, interest, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

Listed below are some questions to determine if you are a pressure parent. If you answer yes to one or more of these questions, you may be in danger of pressuring your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment obvious?
- Do you feel that you have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you find yourself wanting to interfere during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?

9.3 Parent/Swimmer Story

Christopher Anderson tells a story that goes like this: One hot, muggy summer, I traveled to Southern California to conduct a seminar on the mental and emotional side of sports with a swimming team. During a break, while in the restroom, I saw a little boy; maybe 8 years old, in his racing suit run into one of the stalls and throw up. Concerned, I asked if he was all right.

"Yes," he mumbled, just before he ran back out onto the pool deck.

As I returned to the pool deck, the coach I was working with approached me and asked if I would mind talking to one of his younger swimmers. It was the young boy I had seen in the bathroom.

"He throws up before every meet; he wants to know why," the coach said. "I told him you might be able to help him."

"I can try," I said, turning to the boy. "Are you a pretty good swimmer," I asked.

"I guess so ... I don't know," he replied.

"Are your parents very interested in your swimming?"

"My dad is."

I looked around and spotted a man sitting in the bleachers watching us intently. "Is that your dad over there? The one with the clipboard on his lap?"

"Yes! How did you know?" he asked, wide-eyed.

I asked him if he was afraid his dad would be disappointed in him if he didn't do well. He thought so. Then I asked if he thought his dad would stop loving him if he didn't continue to improve. He looked at me for the longest time, then finally lowered his eyes and said in a very soft voice, "... I don't know."

"That must be scary for you," I said gently, "...perhaps enough to make you feel so much pressure that you get sick before every big race." He continued staring at the ground, not moving, not saying a word.

"Would you be willing to go over and ask your dad something? Ask him if he will still love you if you don't swim fast enough. Tell him I wanted you to ask this question because you don't know the answer."

He looked up at me, hesitating.

"Can you do it? I know it takes a lot of courage." He slowly nodded, and then walked over to his father and asked the question.

As his father listened, his face went from stunned surprise to sadness. He glanced at me, then turned back to his son, put his clipboard aside, reached out and just held him.

This is only one example. There are thousands of other situations in competitive swimming where pent-up emotions are creating some sort of pressure. It's a natural part of our sport. Swimmers are already dealing with many normal emotional situations in life - grades, fitting in with friends, mothers and fathers, brothers and sisters, growing up - yet on top of that, they compete in a year-round, highly competitive sport, which only heightens all of their emotions. Swimming World April 1995

9.4 10 and Unders

10 and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins PX3, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

9.5 Swimmer Performance

It is impossible for anyone to always get best times. There will be meets that athletes will be competing in where they will be tired from training and will not do their best times. This is normal. The coaches develop a season, yearly and quadrennial training plan that has different training periods. Each training period has varying foci to achieve the desired results at the end of the season. Some of the periods involve the athletes swimming tired and those are the times when they may not do their best times. Even the best swimmer will have meets where they do not do their best times but they can learn a great deal about how to race better. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year in which they will be rested and tapered to peak.

9.6 Do Not Swim Through Your Child

Do not live your athletic dreams through your children. If they fail to meet your expectations then you and they feel disappointed and frustrated. Let the swimmer choose the goals. Let the swimmer choose the intensity. We urge all parents to step back and look at the larger picture and to be patient with your child and allow the coach to be patient with your child. Swimmers will not achieve lifetime best times in all meets. The training plan sometimes has the athletes swimming through a meet tired to have greater success down the road. Once again, be supportive of your child, their coach and the overall program -- and they will be successful!

9.7 Parent's Responsibilities

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

- It is mandatory that swimmers be on time to warm up at swim meets. On time means the swimmer is on deck ready to swim 5 minutes before the start of warm up. Athletes are also responsible for positive check in which must also be done prior to warm up.
- Parents are not allowed on the pool deck at any time unless in an official capacity. This is a USA Swimming rule and will be enforced strictly.
- Athletes cannot scratch events without the permission of the coaching staff.
- The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. In this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children." It offers some very useful and sound advice on communicating with your swimmer.
- Be on time to pick up your child after practice.
- It is PX3 policy and USA Swimming that coaches will not transport swimmers.

The following is a transportation policy that is in effect for all functions related to the club: It is hereby the stated policy of the Pleasant Prairie Patriots Swim Team, effective immediately and until either revoked or restated by the Village of Pleasant Prairie, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the Pleasant Prairie Patriots Swim Team as a purely private agreement between the parties involved and that neither the Pleasant Prairie Patriots Swim Team nor the Village of Pleasant Prairie, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.

9.8 Ten Commandments for Swimming Parents

I. Thou shall not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.

II. Thou shall be supportive no matter what. There is only one question to ask your child, "Did you have fun?" If the sport is not fun, your child should not be forced to participate.

III. Thou shall not coach your child. You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

- IV. Thou shall only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.
- V. Thou shall acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.
- VI. Thou shall not criticize the officials. If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.
- VII. Honor thy child's coach. The bond between coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child or any swimmer; it will only serve to hurt that child's swimming.
- VIII. Thy child shall have goals besides winning. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."
- IX. Thou shall not expect thy child to become an Olympian. There are approximately 300,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are very slim. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medals they may have won. Swimming builds good people and you should be happy your child wants to participate.
- X. Be involved with your child's activities. In this day and age parent-child time is decreasing. There are many club jobs or activities that need volunteers for meets or daily functions. By getting involved in your child's club you will help the team function better, your child will see that you're interested in their interest and you get to make new friends while spending more time with your child.

10.0 Club Communication

10.1 Website

Most information will be available on the PX3 web site. It is the best source for up to date information. (www.patriot-swimming.com)

10.2 Email

Information will be sent out through email. It is each family's responsibility to make sure that we have your current email address. Communication to the team can be done through contacting your athlete's group coach. The coaches page is as follows:
<https://www.teamunify.com/Contact.jsp?team=wikbst>

10.3 Parent/Coach Communication

When contacting the coaches, please be considerate of the coach and the swimmers. The best time to speak to the coaches is by appointment, to call, or by email (<https://www.teamunify.com/Contact.jsp?team=wikbst>). Practice hours and meets are not a time to communicate with a coach. Sending a note to the coach with your swimmer is another good way to get information to them. The coaches direct office line is 1-262-947-3640.

10.3.1 Problems with the Coach

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created.

Listed below are some guidelines for a parent raising some difficult issues with a coach:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- Listen to the coach. Generally, coaches are very patient with the progress of young swimmers. DO NOT misinterpret a coach's patience as non-caring or incompetence. Parents who want to push their children cannot understand the coach who seems to be holding the children back. In reality, most coaches see the larger view of the child's swimming career and are planning a long and steady road of progressively more difficult tasks to continue to improve. Coaches do not have all the answers, but they make it their livelihood to keep children in the program for the long term.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 10-100 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
- If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
- If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

10.5 Problems or Questions Procedure

All of your questions should be directed to the people who can answer or solve your problem. Follow the guidelines below to get answers and solve problems quickly. These guidelines promote open communication between the parents, swimmers and coaches. Problems or Questions regarding practice, stroke instruction, meets, team rules and the training program should be discussed with the individuals below, in the order they are listed, until you are satisfied that the problem is resolved or question is answered.

1. The swimmer's group coach
2. Head Coach
3. Aquatic Director

Do not leave questions or problems unanswered. Direct your concerns to the appropriate party!

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves.

- Swimmers need to prepare themselves for a 100% effort each time they come to practice.
- Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.
- Swimmers are expected to attend as many practices as their schedules permit. There is a direct correlation between regular practice attendance and improvement in performance at all levels of the program. In order to get better you have to practice.
- Swimmers should be on time for practice. They should be changed and on deck 5 minutes before practice starts. If a practice group is in the water athletes should not talk to the coaches unless it is an emergency. When a practice group is in the water the coach's attention is on the swimmers in the water.
- Athletes should also remain in practice until the end of the session. However, if a swimmer must leave practice early, he/she should inform the coach at the beginning of practice.
- Swimmers are expected to assist the coaches with pool preparation (lane lines, flags, etc.).
- Swimmers should swim in the lane assigned to them by the coach.
- Swimmers are expected to be respectful and courteous to their coaches and teammates at all times. They should be quiet and attentive whenever the coach is speaking. Additionally, no rough behavior or inappropriate language will be tolerated at PX3 functions, practices or meets.

11.0 Athletes Responsibility

11.1 Athlete Code of Conduct

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all team functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the team, whether parents or swimmers, must protect and improve the excellent reputation the team has throughout the state and country.

12.0 Disciplinary Code

This Disciplinary Code shall apply to all behavior occurring during or at an activity or function that is associated with the Pleasant Prairie Patriots Swim Team including but not limited to: swim practice, swim meets, team trips, team outings, or individual group outings and addresses objectionable behavior by members of Pleasant Prairie Patriots Swim Team occurring outside of club activities.

The types of objectionable behavior shall be divided into three (3) classifications:

Class I – Shall deal with the behavior that is considered very severe and disruptive, possibly life threatening and/or in direct violation of governmental laws. These are actions that are so detrimental that it is not desirable to have such a person associated with the team.

Class II – Shall deal with behavior that is considered disruptive; having a detrimental effect on one’s self, other members of the team, or the general public; causes significant damage to the reputation of the club and/or their coaches; leading to the possible injury of self or other persons.

Class III – Shall deal with behavior that is somewhat disruptive; does not portray the Pleasant Prairie Patriots Swim Team in a good light; and other actions that are not in compliance for good behavior as a member of a team or society in general.

12.1 Class I Objectionable Behavior:

Unacceptable Behavior (including, but not limited to): Sale or distribution of illegal drugs; conviction of felony and fighting that results in the severe bodily injury of any person (regardless whether at a club activity or not).

Disciplinary Procedure:

- Aquatic Director and Head coach shall send notice of hearing to parent/guardian and swimmer via e-mail.
- Hearing before Aquatics Director and Head Coach with parent/guardian and swimmer being given the opportunity to be present; the facts shall be presented by the family and Head Coach.
- The Pleasant Prairie Patriots decision to be mailed to the parent/guardian and swimmer within one week via certified e-mail.

Recommended Discipline:

May result in membership termination or other action as determined by Aquatics Director and Head Coach.

12.2 Class II Objectionable Behavior:

Unacceptable behavior as a member of the Pleasant Prairie Patriots Swim Team at team functions practices and meets. This behavior would include, but not be limited to: Possession or use of illegal drugs, alcohol, or tobacco, theft, or significant vandalism.

Disciplinary Procedure:

- Aquatic Director and Head coach shall send notice of hearing to parent/guardian and swimmer via e-mail.
- Hearing before Aquatics Director and Head Coach with parent/guardian and swimmer being given the opportunity to be present; the facts shall be presented by the family and Head Coach.
- The Pleasant Prairie Patriots decision to be mailed to the parent/guardian and swimmer within one week via certified e-mail.

Recommended Discipline:

1st Offense – Suspension from the team for a minimum period of thirty (30) days of the swimmer’s season (these days may extend into the swimmer’s next season, if needed).

2nd Offense - Suspension from the team for a minimum period of sixty (60) days of the swimmer’s season (these days may extend into the swimmer’s next season, if needed).

3rd Offense – Shall be considered a violation of Class I Objectionable Behavior and handled according to the disciplinary proceedings of Class I Objectionable Behavior.

* Terms of suspension shall be spelled by the Aquatic Director and Head Coach and must be adhered to by the swimmer/parents in order to be reinstated by the Committee at the end of the suspension period. During the periods of suspension, swimmers remain a member of Pleasant Prairie Patriots Swim Team and thereby all dues and fees are still due in full from the swimmer. The swimmer cannot be reinstated until any fees and/or dues that are in arrears are paid in full. Additionally, during periods of suspension, all work session requirements remain the

responsibility of the swimmer and any missed session will be charged in accordance with the then current fee schedule.

12.3 Class III Objectionable Behavior:

Unacceptable behavior at Pleasant Prairie Patriots Swim Team practices, competitions and team functions that include, but are not limited to: minor vandalism, being disruptive in practices or meets, abusive language or behavior, insubordination to members of the coaching staff, chaperones, or others, littering, other acts of misconduct as determined by the coaching staff.

Disciplinary Procedure:

• Handled by the Coaching staff (Parents will be involved if anticipated discipline will result in a suspension).

Recommended Discipline:

As determined by the coaching staff (including but not limited to, extra laps, clean-up duties, suspension from practice, and/or suspension from meet(s)). Repeated Class III offenses may result in the offense being considered a Class II Objectionable Behavior. During all investigations into allegations of Class I & II offenses, involving questioning or interviewing of the subject swimmer, a parent, or guardian of such swimmer shall be present.

TERMS AND CONDITIONS FOR PARTICIPATION

Pleasant Prairie Patriots Swim Team

1. The yearly club registration fee and USA Swimming registration fee are not refundable and must be paid prior to the swimmer entering the water.
2. When a swimmer is moved from one group to another, he/she must pay the monthly fee for the highest group in which they participate.
3. MONTHLY DUES ARE TO BE PAID BY THE 15th DAY OF THE MONTH. NONPAYMENT OF MONTHLY DUES PAST THE DUE DATE, WHICH IS THE 15th DAY OF THE MONTH, WILL NECESSITATE NONPARTICIPATION FOR THE SWIMMER(S) UNTIL PAYMENT IS MADE AND A \$15.00 LATE FEE.
4. Meet entry fees are in addition to the monthly dues. Nonpayment of entry fees will also necessitate non-participation for the swimmer(s) until payment is made.
5. Should a swimmer decide to discontinue participation with the Pleasant Prairie Patriots Swim Team, 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 Pleasant Prairie Patriots Swim Team or Village of Pleasant Prairie, and are payable upon termination of participation.
6. All swimmers, who are members of the Pleasant Prairie Patriots Swim Team, are required to participate at their highest level of achievement in championship meets (including relays).
7. Each parent and swimmer is responsible for reading and understanding the contents of the "PX3 Team Handbook".
9. Any checks returned to the Pleasant Prairie Patriots Swim Team for Non-Sufficient Funds will be subject to a \$25.00 additional handling charge.

I understand and agree to the above terms and conditions of the Pleasant Prairie Patriots Swim Team in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of the Pleasant Prairie Patriots.

Swimmer(s) Name (Please Print) _____

Signature of Parent or Guardian _____ Date _____

