

**WAUNAKEE**

**WAVE**

**ATHLETE AND**

**PARENT**

**HANDBOOK**

**2019-2020**

# ATHLETES

## **TEAM EXPECTATIONS:**

I will be a gracious winner, a gracious loser, I will respect my parents and I will respect my coaches.

I will represent myself and this team by applying myself in a positive manner in the pool, in the classroom and as a positive and productive member of society.

I will remain in the water after every race and acknowledge the swimmers to my right and left in a timely and appropriate manner so as not to disrupt the meet.

I understand that any behavior deemed unsportsmanlike by my coach may result in any or all of the following: a change in relay privileges, removal from the meet or workout, a change in training levels, change in coaching, meet participation or practice suspension and/or removal from the team.

As a member of this team I am an extension of my team, my coaches, my community and my family. I am expected to be conducting myself with character, integrity and class at all times.

If I break the law in any way as a member of this team I may potentially face permanent removal from this team.

Hazing will not be tolerated. If a hazing incident occurs, EVERYONE involved, whether doing the hazing or being hazed, will immediately be suspended and may face suspension or permanent removal from the team.

# TRAINING/MEETS:

I will encourage my training partners and teammates selflessly. I will habitually bring a positive attitude and contribute positively to the success of this team each day at workout.

I understand that I am expected to maintain an appropriate attendance record. I understand that continued attendance records lower than the expectation of my level may result in a change in levels, coaching, and/or practice/meet/dryland participation alterations.

I will arrive fully prepared ***at least 5 minutes prior*** to the beginning of the workout. This includes swimming and dryland. Arriving after this designated time is considered late and is not safe or healthy for myself or my teammates.

I understand that if I am tardy (arriving less than 5 minutes prior to the start) to an event (practice, workout, dryland) although I am present, I may be asked to sit out and/or leave. I understand that this is done with my safety and the safety of my teammates in mind.

I am expected to be timely in changing before and after practice. All levels have a 10 minute time limit in the locker rooms after practice. If this is violated, locker room privileges will be revoked.

I will have all necessary and appropriate gear out and ready for all training sessions. This includes all of the following:

Ripple and Breakers	Age Group Bronze 1/1A	Age Group Bronze 2	Age Group Silver
-level-appropriate bathing suit	-level-appropriate bathing suit	-level-appropriate bathing suit	-level-appropriate bathing suit
-goggles and backup goggles			
-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)	-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)	-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)	-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)
-kick board (provided at pool)			
-fins (provided at pool)			
-water bottle	-water bottle	-water bottle	-training snorkel
			-water bottle

Age Group Gold	Senior Bronze	Senior Silver	Senior Gold
level-appropriate bathing suit	-level-appropriate bathing suit	-level-appropriate bathing suit	-level-appropriate bathing suit
-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.	-goggles and backup goggles	-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.	-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.
-goggles and backup goggles	-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)	-goggles and backup goggles	-goggles and backup goggles
-swim cap	-kick board (provided at pool)	-swim cap	-swim cap)
-kick board (provided at pool)	-pull buoy (at pool)	-kick board (have your own)	-kick board (have your own)
-pull buoy	-fins (some are at pool but no guarantee your size is there)	-pull buoy	-pull buoy
- 'strokemaker' paddles or equivalent brand.	-training snorkel	- 'strokemaker' paddles or equivalent brand.	- 'strokemaker' paddles or equivalent brand.
- fins (need your own). Preferred = <b>DMC ELITE TRAINING FINS</b> or equivalent	-water bottle	-fins (need your own). Preferred = <b>DMC ELITE TRAINING FINS</b> or equivalent	- fins (need your own). Preferred = <b>DMC ELITE TRAINING FINS</b> or equivalent
-training snorkel		-training snorkel	-training snorkel
<b>-water bottle (&amp; use it!)</b>		-tempo trainer	-tempo trainer
		<b>- NOSE CLIP</b>	<b>- NOSE CLIP</b>
		<b>-water bottle (&amp; use it!)</b>	<b>-water bottle (&amp; use it!)</b>

I will be responsible for and taking care of my equipment. I understand it is not my parent's job to ensure that I have these thing each day for practice – it is my job. I understand that if I am not properly prepared for workout it is not my parents fault, it is mine. I understand that if I am not properly prepared for what we will be doing in workout that day, I may be asked to sit out or leave the training session.

I understand that if I will not be at a scheduled workout, for whatever reason, I am to notify my coaches in person no less than 48 hours prior to the start of that workout. I understand I may need to also discuss with the Head Coach my upcoming absence.

I understand that if I am injured, my attendance requirement does not change. I understand that if I cannot swim, I will kick; if I cannot kick, I will pull and/or any other combination of activities as seen appropriate by my coach. I also understand that dryland may be the most viable option for me while I rehab my injury. I understand that I am expected to approach my modified workouts (ie: kicking, pulling, dryland) with the same intensity as I would my regular training session.

I understand that any behavior I exhibit during meets or workout deemed distracting or unsportsmanlike will be addressed immediately. I understand that the addressing of this behavior may be done in any of the following ways: being asked to “sit out” or leave the workout temporarily or permanently, change in levels, change in coaching, practice suspension, meet suspension and/or removal from the team.

I understand that it is my responsibility to use the toilet or any other facilities prior to the start of workout to ensure that I do not need to leave the pool multiple times during workout to go to the bathroom. I understand that if I do need to use the bathroom multiple times, it is because I am sick and I need to let my coach know.

Under no circumstances am I to leave a training session mid-workout without the direct involvement or knowledge of a coach. I understand that if I am found to be doing this, this choice may result in a change in levels, coaching, participation, practice suspension, meet suspension and/or removal from the team.

I understand that it is my responsibility to bring a water bottle, full and prepared, to workout.

I understand that a tech suit is a privilege, not an expectation. I understand that I am only to wear in workouts or meets suits that are approved by the coaches. The wearing of any tech suit at any time at any meets can only be done with the approval of a coach. **No exceptions.** In September 2020, no athlete under the age of 12 years can wear a tech suit at meets unless they are at an upper level meet. Again, speak with your coach regarding approval.

I understand that I am not to attend additional swim meets outside of the proposed meet schedule without a coach present. I understand that the meet schedule has been built around the training schedule as designed by the coaches.

I will keep the facilities that we use clean and presentable at all times. This includes but is not limited to: the Waunakee pool, the deck and the Waunakee High School locker rooms. All expectations are applicable to Lodi High School when appropriate.

## **ACADEMIC:**

Class attendance is not optional. If I abuse this rule or guideline, I will have a meeting with the Head Coach and my parents to discuss the permanence of my position on this team.

I may only be absent from class on days when team travel is required for meets, in the event of a family emergency, when I am medically excused or at the discretion of my parents. No exceptions.

If I am struggling academically, I am required to seek help. Failure to do this which consequently results in low or unacceptable grades may result in practice or meet suspensions, level adjustments and/or a compromised position on this team until my grades improve.

## **TRAVEL:**

Attire for team travel may sometimes be specified by the coaches and/or Team Captains. It is my responsibility that all gear is accounted for and that my clothes are accounted for and clean.

When appropriate, we will travel to and from a destination as a team.

When appropriate, I am to sleep in my own hotel room and with my assigned roommate(s) only.

There are absolutely no girls in guys rooms / no guys in girls rooms on any away meets.

I am responsible for paying any charges or fines incurred in my hotel room during my stay.

Drugs, alcohol and inappropriate conduct are all prohibited. Anyone found in violation of this rule will be sent home immediately at their own expense and will be suspended from competition and/or practice for the remainder of the season with no refunds given. In extreme cases, the swimmer may be removed temporarily or permanently from the team. This decision is made solely by the coaching staff and/or board.

All meet rosters, including travel meet rosters and training trips, will vary and will be determined solely at the discretion of the coaching staff.

## **NUTRITION:**

As a member of this team, I am required and expected to keep my body fueled for optimal performance and to the physical standard of an athlete. If I do not know how to do this, I need to seek the guidance of a coach.

I must fuel my body within :30 minutes upon the completion of my workout.

I must clear all supplements through the coaching staff before consumption *of any sort*. No exceptions.

## **COMMUNICATION:**

I am expected to communicate all issues, concerns and problems to a coach or a Team Captain.

I understand that communicating with a coach does not guarantee that I will get what I want.

I understand that it is my coach's job to deliver messages that will help me and this team get better. I understand that sometimes these things may be difficult for me to hear. It is my job to be mature enough to handle these conversations and discuss these issues with my coach(es) as they arise.

I WILL NOT LIE. I will not lie to my teammates, my parents and I undisputedly will not lie to a coach.

I will not communicate with my coaches in the same manner as I would my peers. My first mode of communication with my coach needs to be face-to-face. I understand that it is not appropriate for me to text my coach and I will not get a response. The appropriate order to attempt to communicate with my coach is:

1. Face-to-face conversation
2. Phone call
3. Follow-up e-mail (once #'s 1 & 2 have been attempted)

If I need to discuss something with a coach, I need to set up a meeting time. I will not expect that a coach can stop what they are doing before, during, or after workout to have a lengthy conversation at my convenience. I need to schedule an appointment with a set date and time to discuss any concerns, issues or problems with my coach.

## **SOCIAL MEDIA:**

I will use social media wisely. I will remember that once I post something online, it never actually goes away. If I don't want the coaching staff and/or my family seeing it or knowing about it – I WILL NOT PUT IT ONLINE.

I am a representative of this team, the coaches, my family and my community. I will keep any negative comments about other teams and/or athletes to myself. This is inclusive of posting replies to articles and/or other postings. **I will not embarrass my team, my coaching staff, my family or community with my social media usage or postings.**

## **TECHNOLOGY:**

All technology should be used sparingly or not at all when on team trips, at meets and at all team functions. This is inclusive of all phones, I-Pods, I-Pads and laptops.

Keep cell phone usage to a minimum at swim meets. If you miss your race due to paying attention to your phone, cell phones may become prohibited on the pool deck.

I am expected to follow the pool safety rules on the pool deck and in the locker rooms at all pool locations. This includes not having/using cell phones in the locker rooms, as this is against USA Swimming policy, along with Wisconsin law.

# PARENTS

As a parent, I understand that I want to support my child as a member of this team in a positive and healthy way.

I understand that I need to allow my child to develop a coach/athlete relationship with his/her coach and that it is in the best interest of my child and their understanding of the sport to allow that relationship to grow.

I understand that sometimes my child will be asked to do things in the pool, meet or dryland that he/she feels incapable of doing. I understand that this is the cornerstone of any athletic endeavor. I understand that the foundation of coaching is to inspire or ask athletes to attempt certain things that they do not feel capable of accomplishing. I understand and support the coaching staff with this knowledge in this process.

I will respect the decisions of my child's coaches regarding my child's workout behavior, attendance, meet behavior and how he/she chooses to represent this team. I understand that I may not agree with all decisions made by my child's coach. I understand that I am expected to maintain the "48-hour rule".

- **48-Hour Rule:** Parents must wait a total of 48 hours after a swim meet, practice or exchange of any sort either with a parent or an athlete before attempting to discuss their concern with the coach.

I understand that my child's coach and/or the Head Coach reserve the right to make all final calls about training levels, relay positions, meet attendance and meet registration.

I understand that it is the responsibility of the coach to choose my swimmers events for meets, not me or my swimmer. Events are chosen to reflect what swimmers have worked on, or are done to challenge my swimmer. I am not to "request" events to their coach.

I understand that I will review any upcoming meets for my child's group (based on group level) in a timely manner, and decline my child if not available. If my child is only available for a specific day/session, I will make a note in the comments section to indicate their availability.

I understand that as a parent, I am an extension of the Waunakee Wave, its coaching staff, its athletes and all other parents. I understand that my behavior towards the coaches, other teams, parents and/or athletes, along with postings on social media will be viewed as such and any behavior deemed inappropriate or unsportsmanlike by the staff may result in the suspension of my attendance at any and all practices, competitions and/or any fundraising efforts, and/or the removal of my child from the team.

I understand that embarrassing or belittling my child regarding anything swimming related will not be tolerated. I understand that any knowledge of this will be addressed immediately and may result in the suspension of my attendance at any and all practices, competitions and/or any fundraising efforts.

I understand that it is the job of the coaching staff to deliver messages that will help my child and this team get better. I understand that sometimes these things may be difficult for me or my child to hear. It is my job to be mature enough to handle these conversations and follow the appropriate protocol if there is something I would like to discuss with a coach. I understand that it is not appropriate to text a coach and that I will not get a response. The appropriate protocol for me to communicate with a coach is:

1. Follow the 48-hour rule
2. Place a phone call to set up a face-to-face meeting, or
3. Send an e-mail to request a face-to-face meeting.

If I need to discuss something with a coach, I need to set up a meeting time. I will not expect that a coach can stop what they are doing before, during, or after workout to have a lengthy conversation at my convenience. **I will never come on deck before, during or at the end of any scheduled workout to discuss a concern with any coach.**

I understand that communicating with a coach does not guarantee that I or my child will get what I/they want.

I understand that I am not to sign my child up for or have them attend additional swim meets outside of the proposed meet schedule without a coach present. I understand that the meet schedule has been built around the training schedule as designed by the coaches.

I understand that my child is expected to maintain an appropriate attendance record. I understand that if my child is in Age Group Silver or above, my child needs to contact the

coach if he/she will not be attending workout or will be late. I *clearly* understand that I am not to have this conversation or make this phone call for my child. I understand that if my child does not call more than 10 minutes prior to the starts of any scheduled workout, he/she may not receive an answer. I understand that continued attendance records lower than appropriate for my child's level may result in a change in training level, coaching, participation, practice suspension and/or meet suspension.

I am responsible for picking up my swimmer within 15 minutes of the completion of their practice, or ensuring that they have a ride. Coaches and custodial staff must be able to lock up the pool in a timely manner.

I understand that once a practice schedule time and group has been offered to my child, I am not allowed to choose another practice time or schedule. I understand that the placement of my child in his/her level is done at with the expertise of the coaching staff and the best interest of my child and their success in this sport in mind.

I understand that unless it is an absolute emergency, I am not ever to be texting or calling my child on deck during a meet.

I understand that when I sign my child up for the season, I am expected to fulfill the financial requirements for the entire season. If I decide to leave the team before the completion of the season, I understand that am still expected to pay for the remainder of the season.

I understand that volunteering for team hosted meets is **REQUIRED** for all families each season, even if my swimmer is in the high school season, training trip, or is not in the age group for the meet. If I do not complete the volunteering requirements at each team hosted swim meet, I understand that I will be charged a fee designated by the Treasurer. **NOTE: Anything done outside of working at a team hosted meet, i.e: fundraising, marketing, or bringing a concessions item such as food, drink, or coolers DOES NOT count as working a volunteer shift.**

I understand that I am not to expect the granting of any special exceptions for my child of any sort at any time.

# Waunakee WAVE Code of Conduct and Travel Policy

I understand that it is a privilege, not a right to be to this team. I understand that it is a privilege to have been asked to attend this trip, it is not my right to be here.

As a member of this team I am an extension of my team, my coaches, my community and my family. I am expected to be conducting myself with character, integrity and class at all times.

## Travel:

- Attire for team travel may sometimes be specified by the coaches and/or Team Captains. It is the swimmers' responsibility that all gear is accounted for and that their clothes are accounted for and clean.
- Swimmers will travel to and from all destinations with the team.
- Swimmers will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the Head Coach.
- Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the Head Coach or a chaperone.
- When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three people. 12 & Under athletes will be accompanied by a chaperone or coach.
- Swimmers must respect all vehicles used for transportation. This includes keeping all travel vehicles clean at all times.

## Hotel:

- I am to sleep in my own hotel room and with my assigned roommate(s) only.
- There are absolutely no girls in guys rooms / no guys in girls rooms on any away meets at any time. No exceptions.
- I am responsible for paying any charges or fines incurred in my hotel room during my stay. This includes any damages or thievery at hotel.
- No room service.
- Swimmers must participate in contracted group meals.
- Swimmers must be quiet and respect the rights of teammates and other guests staying in the hotel.
- Swimmers must respect all given curfews as designated by the Head Coach at all times.
- Head Coach makes all final roommate assignments. Swimmers may not change or ask to change rooms.

## Technology:

- All technology should be used sparingly and with respect to all teammates and roommates. This is inclusive of all phones, I-Pods, I-Pads and laptops.
- Keep cell phones out of sight and noise free at swim meets– this is inclusive of all text messaging.

## Behavior:

- If I break the law in any way as a member of this team I may face permanent removal from this team.
- Drugs, alcohol and inappropriate conduct are all prohibited. Anyone found in violation of this rule will be sent home immediately at their own expense and will be suspended from competition and/or practice for the remainder of the season with no refunds given. In extreme cases, the swimmer may be removed temporarily or permanently from the team. This decision is made solely by the Head Coach.
- Swimmers must use appropriate behavior when in all public places.
- Swimmers understand that the needs and well-being of the team will always come first.

## Acknowledgement:

- Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - Dismissal from the trip and immediate return home at the athlete's expense
  - Disqualification from one or more events, or all events of competition
  - Disqualification from future team travel meets
  - Financial penalties
  - Dismissal from the team
- The directions & decisions of the Head Coach and chaperones are final.

I understand the terms of the Code of Conduct as it has been presented to me. I understand fully all rules and regulations as outlined in this Code of Conduct. By signing on this line I am acknowledging and accepting responsibility for all decisions made that may have consequences related to those outlined in this Code of Conduct.

---

Athlete Signature

---

Date

---

Athlete Printed Name

I understand the terms of this Code of Conduct as they pertain to my child. I accept all financial responsibility incurred by my child as a result of any violation of this Code of Conduct. I understand that any fees or fines paid by the team on my child's behalf as a result of any violation of this Code of Conduct will be my responsibility to pay-in full within 30 days.

---

Parent Signature

---

Date