

# Eagles Swim Club Policies, Procedures and Expectations

All swimmers must abide by the USA Swimming code of conduct. A signed copy must be turned in ASAP. Swimmers must also abide by the NBPS Honor Code.

## Practice:

All swimmers are expected to be on time for practice unless advised in advance in a timely manner.

Swimmers may not leave the facility without prior notification during practice times. Parents are expected to come on deck to pick up their children in the case of early dismissal.

Parents are encouraged to attend the last 10 minutes of practice. We feel this is in the best interest of your swimmers in order to establish a culture of self-expression and independence.

## Swimwear:

Swimmers are expected to represent Eagles Swim Club and wear the corresponding appropriate gear at competitions.

Swimsuits must conform to USA Swimming standards. NBP Varsity suits and caps will **not** be permitted during club season.

## Equipment:

Swimmers are expected to have spare goggles and caps at practices and meets. A clear pair of goggles is preferred during Standard Time.

All other equipment needs will be discussed on an individual basis.

## Swim Meet Expectations:

Have fun, enjoy the journey and enjoy competing with your teammates and other swimmers. Make friends!

Demonstrate sportsmanship; wish them good luck prior to a race and extend a hand to your competition and tell them 'great swim' following a race.

Be polite and respectful to all.

DQ's are part of a learning process. The officials are there to point things out so that corrections can be made.

Bring healthy food and snacks, water, sunscreen, multiple towels, footwear and weather-appropriate clothing.

Swimmers are expected to arrive 1 hour prior to the meet start time unless otherwise given permission. Swimmers may ask for a delayed arrival only when their 1st event timeline is 90 minutes beyond the initial start of the meet. In this case swimmers are expected to arrive 1 hour before that 1st event.

Swimmers are required to sit under the team tent. Parents will not be permitted to sit with the team. We want to establish a culture of independence and team unity.

Swimmers are to be prepared when attending a meet. They must have the meet timeline printout, pre and post Meet Strategies and Analysis forms, Goal Time form and Warm Up and Re-Warm up Guidelines form.

Swimmers are to check in with Coach as soon as they arrive to the facility.

Prior to an event swimmers are encouraged to see me and are required to do so immediately following their event before visiting with their parents. This allows me to give feedback in a timely and meaningful manner prior to their swim down and next event. Swimmers are required to swim down following an event and are required to re-warm up prior to their next event time permitting.

Parents are expected to support and not coach. Hugs and more hugs and encouragement are all that is expected from parents. Under no circumstance should any technical advice be given at any time. This insures that there is no conflicting information given that will only cause confusion and undermine our process. Our expectations from meet to meet will differ from yours. We will be process-driven and not outcome-driven.

Parents are always encouraged to meet and discuss any concerns at the appropriate times.

Swimmers are to check with me prior to leaving the facility. This insures that any further information regarding the day's outcomes or next day can be delivered at this time.

#### Swim Meet Administration:

Swim meet sign ups are conducted online. The cost will then be added to your account. Members with outstanding accounts will not be permitted to sign up for meets. Meet withdrawal prior to registration deadline will not incur any costs. Once meet entries are sent in to the meet host, you will be responsible for costs incurred. Accounts must be up to date prior to signing up for a meet.

Meet surcharges may be applied by Eagles Swim Club specifically to offset travel and coaching expenses.

Meet schedules are subject to change. Attendance can dictate if meets are held or attended.

Coaches will have final say on individual and relay team\_entries.