



HEAD COACH
SHELLEY LECHNIR

SWIMMER RESPONSIBILITIES

Swimmers Code of Ethics

As a representative of my team, my Y, and my community, I will...

- exemplify behavior that will build up and not tear down.
- practice good sportsmanship during practice and meets through my actions and words.
- attend every practice and meet that I can or will notify my coach if I can not.
- listen and learn to my best ability what my coaches are teaching me.
- respect to ALL, even if I disagree with them.
- encourage my parents and family to be involved in my Blue Wave Swim Team.
- uphold and practice the core values of the Community Y.
- communicate my needs with all involved.
- share with my team my successes and disappointments.
- respect Y property and other facilities we visit.

During Practices I will...

- obey all pool regulations and rules.
- be prepared for practice, arriving with all my gear.
- be on deck prior to the start of a training session for set-up .
- not enter the water until given permission by the coach.
- listen and follow directions of the coaches.
- use all equipment and facilities for their intended purpose.
- not interfere with the ability of other swimmers to workout.
- properly warm up prior to practice and meets.
- be attentive and exhibit respect to coaches and teammates.
- attend training regularly .
- practice core values of caring, honesty, respect, responsibility, empowerment, leadership and wellness.
- encourage fellow teammates.

Attitude

All swimmers should display a healthy attitude during practice. This includes a positive attitude towards the workout, other swimmers and the coaches. Improper attitudes will be handled by coaching or aquatic staff and parents.

Attendance

Swimmers should be on deck with equipment ready at the time designated for his or her time slot. If an athlete is consistently late, the swimmer and parents will be notified.

Swimmers must attend practices regularly before participating in competition. The definition of regularly will be determined by the coaching staff. We understand that families today are very busy, therefore, we simply ask that you visit with the coaching staff should you foresee a problem with practice schedules. The coaching staff may not recommend swimmers for competition if the swimmer does not attend practice regularly. Swimmers involved in other sports are required to work out their schedule with the coaching staff in advance.

Discipline

The following progressive disciplinary measures will be taken if the rules and spirit of competition are violated:

1. Swimmer received a verbal warning.
2. Swimmer sits out that activity or event for 5-10 minutes.
3. Swimmer will be asked to leave the activity or event for the day.

4. Swimmer will be denied competitive swimming privileges for one meet.
5. Swimmer will be removed from the Blue Wave swim team for the season.
6. If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.

EQUIPMENT NEEDS

Practice Suit -This is a suit worn during practice sessions. These are typically made of nylon or polyester. The suit should be of the competitive style. We encourage swimmers not to wear their team suit or meet suit to practice in order to keep them in good condition for swim meets. Make sure to rinse suits with clean tap water after practice to keep suits lasting longer. A product called "Chlorout" can be found in the fish section at Wal-Mart that is also useful.

Competition Suit -A team racing suit is recommended for each swimmer that is competing. This suit is usually 2 sizes smaller than the practice suit to reduce resistance and increase the glide through the water. Team suits are picked out and specified by Parent Support Group and coaching staff. See the above recommendations for caring for your suit. **ORDERS GO OUT THE FIRST WEEK OF PRACTICE.**

Cap - Latex or lycra swim caps cut down resistance and protect hair from the effects of chlorine and pool chemicals. **PERSONALIZED TEAM CAPS CAN BE ORDERED WITH TEAM SUIT.**

Sweats -Some type of warm-up sweat suit should be worn at meets and to and from practice during cold weather. Athletic apparel should be worn by older swimmers during dry land exercise. Warm clothing is highly recommended to avoid becoming chilled.

Team Clothing – Available for purchase during the swim season. Order forms will be available at practice and on the team website.

Goggles - Goggles are available in different types, colors and costs. Pay attention to the shape of the swimmer's eye when purchasing for maximum safety and comfort.

Water Bottle - Bring a plastic water bottle to practice to ensure proper hydration during practice.

Towels - Large thick towels are typically preferred by swimmers, but of course any regular towels will work.

OTHER INFORMATION

Bulletin Board

Look for swim team information that is posted on the bulletin board in the Natatorium. Coaches will post special events, meet results and information you need to know. Ribbons, medals and notes that need to go home are located in the portable file box under the bulletin board. Information is also posted regularly on the official team website: www.bluewaveswimteam.com.

Team Pictures

Team pictures will be scheduled for November.