



# Lodi Blue Wave CREW

## Recreational Swim Team Regulations and Expectations

**Must be at least 6 years old AND able to swim two lengths of the pool using proficient freestyle.**

### Swimmer expectations

- Be respectful to all. This includes your fellow swimmers, parents, coaches and lifeguards.
- Listen and follow directions from coaches and lifeguards.
- Be on time for practice and meets (unless approved ahead of time).
- No leaving practice or building early without parent and coach approval.
- No leaving the pool area during practice without coach approval.
- Appropriate locker room behavior is **mandatory**.
- No cell phones/electric devices in the locker rooms, must be checked in at pool office prior to entering locker room.**
- No eating in locker room or pool area.
- Upon arrival for practice, swimmers will take a seat on the bleachers. No one enters the pool until their coach permits.
- Keep your hands to yourself
- Follow all pool rules, including, but not limited to:
  - No diving without permission from a coach
  - Never enter the pool backwards or do flips
  - No running on the pool deck or in the locker rooms
  - No hanging on the lane lines
  - No horseplay, hitting, goofing off etc.
- At swim meets:
  - Always remember the Lodi community you represent. Take pride and respect for yourself, your team, spectators and opponents.
  - Be polite and courteous.
  - Sportsmanship, win or lose, is your priority.
  - Events will only be changed or scratched by coaches.
  - Find a coach immediately after your race to discuss your swim.

If expectations are not met, swimmers will receive consequences deemed worthy by the coaches. Consequences will be carried out in the following order.

1. Verbal reminder of expectations
2. Time out of the water during practice
3. Discussion with parent
4. Time off from the team (no refunds)
5. Dismissal from the team (no refunds)

## Parent expectations

- Attendance will be taken at each practice. **Parents MUST notify the pool office by phone or email of a swimmer absence.** Please let the staff know in advance if your swimmer will have a set practice schedule each week, and then we will not need to make a phone call home.
- Parents will remain outside of the pool area during practices.
- Check the bulletin board, team website and your email weekly for updates.
- Respect coaches decisions on level placement, meet events, and consequences for behavior issues.
- Drop off and pick up your child **on time** for practices **by 5:15 pm** and meets.
- Young swimmers need to be **picked up inside the pool lobby**. The parking lot is very busy and often dark during these times and safety is our priority.
- Transportation is not provided for swim meets. At least one parent/guardian per participating swimmer family must accompany the swimmer(s) for the duration of the swim meet.
- Volunteer at swim meets. Sign-up for shifts/jobs will be emailed with swimmer signup for the meets about 2 weeks prior to the meet. At least 1 adult per participating swimmer family **must** volunteer during a shift for home swim meets. Please find a replacement volunteer if you are unable to help. We can not run home swim meets successfully without many volunteers!
- At swim meets:
  - \* Always remember the community you represent. Take pride in yourself, your team, other spectators and your opponents.
  - \* Be polite and courteous.
  - \* Sportsmanship, win or lose, is your priority.
  - \* Events will only be changed or scratched by coaches.

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We have read and agree to the swimmer and parent expectations for the Lodi Blue Wave CREW swim team 2016/2017 season (the information above is also in the Handbook 2016-17!

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PARENT SIGNATURE

DATE

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CHILD(REN) SIGNATURE(S)

DATE

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CHILD(REN) SIGNATURE(S)

DATE

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CHILD(REN) SIGNATURE(S)

DATE

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Please print swimmer name(s)