

Guidelines for Swimmers and Parents

Swimmer's Responsibility as Team Members

- Be on time.
- Bring to practice what you need: swim goggles, swim cap, water bottle and the appropriate clothing needed when doing dry land training.
- Respect your coaches and teammates.
- Pay attention and work hard.
- Be cooperative and respect the rights of others.
- Take copies of all notices that are handed out and give them to your parents **RIGHT AWAY**.
- Find out about all announcements, meet entry deadlines, practice changes, & cancellations when absent.
- Help with appropriate fundraising.
- Swimmers are responsible for the set up and take down of equipment. Don't wait for the other guy to do it.
- Talk to coaching staff when questions or concerns arise regarding meet line up.
- Do not take excessively long showers, save hot water for others.

Swimmer's Responsibility for Swim Practice

- The level at which a swimmer progresses is determined by their desire to succeed, dedication, and knowledge of the sport of swimming. In other words, a swimmer must have the strength and courage recognize their weaknesses as a swimmer and attempt to make those weaknesses into strengths.
- Eat healthfully.
- Get plenty of sleep.
- Manage your time appropriately. Take care of your other responsibilities (i.e. school work) before you come to practice so you can concentrate on your personal development and work towards reaching your goals.
- Bring a note from your parent if you will be leaving practice early.

Coaches Responsibility to Swimmers

- Coaches will act professionally.
- Coaches will demonstrate positive reinforcement and apply appropriate yardage training.
- Coaches will give equal attention to all swimmers.
- Coaches will stress stroke technique in practices as well as yardage.
- The coaching staff's word is final in all matters concerning team practices and the lineup for meets.
- The coaching staff is responsible for the supervision of swimmers during practice.
- The coaching staff has the authority to take disciplinary action toward any swimmer causing problems during practice or during actual meet events. This may include suspension from practice and/or meets. Any swimmer who continually is a disciplinary problem risks permanent expulsion from the team.

Swimmer's Rules of Etiquette at Meets

- Know the rules of the meet, the schedule of events, your event number and if in a relay, your spot on the relay, and the strokes you are swimming. Perform to the best of your ability.
- Be courteous, respectful, and polite to all officials, coaches, competitors, and hosts.
- Swimmers are expected to attend all meets that they have entered unless the coaching staff has been notified prior to the meet. If a swimmer is a no-show (has not notified the coaches) and causes a relay to be scratched, that swimmer will be charged for the entire relay, not just his/her portion.
- The coaching staff makes the final decision as to whether or not a swimmer may scratch an event.
- Swimmers must be ready to warm up as a team when warm-ups begin. Swimmers who are late may be asked to warm up by themselves and may jeopardize their relay positions at the meet.
- Swimmers must talk to the coaching staff promptly after each relay and individual swim.
- Swimmers are responsible to keep all team areas clean.
- Swimmers are to arrange for their own meals at meets.
- ALL SWIMMERS, BOTH BOYS AND GIRLS, MUST WEAR THEIR MEYO CAP WHEN THEY SWIM AT MEETS.

Parent's Responsibilities to the Swimmers

- SIGN UP AND PAY FEES ON TIME OR SWIMMERS WILL NOT BE ABLE TO PARTICIPATE IN MEETS.
- Get swimmers to and from practices and meets on time.
- Buy necessary items for swimmer to participate, such as swim caps, goggles, and water bottles.
- Parents should not talk to the coaches or swimmers during a practice except in an emergency.
The pool balcony should be used to observe the team workout, NOT the Aquatics Office or POOL DECK.

Guidelines for Swimmers and Parents

Parent's Responsibilities to the Team

- Participate in Booster Club activities. Swim Team Parents are automatically members of the Booster Club.
- Volunteer to help with team fundraising. Fundraising is essential to provide a quality program. Our continued fundraising efforts will ensure up to date equipment and training aids that benefit the entire team.
- Volunteer to assist at home meets. When you help at home meets you will always be relieved to allow you to watch your children swim. Please return to your area after your child's race to ensure the same courtesies to other parents.
- Volunteer to serve on the Booster Board or chairperson positions.

Parent's Responsibilities and Rules of Etiquette at Meets

- Arrive at away meets at least 15 minutes prior to scheduled warm-up times to allow your child to find the rest area and locker rooms, to change into their suit, and to find the pool.
- Write your swimmer's event numbers on one of their hands with a pen and throughout the meet help them aware of the events being called. Getting your child to the block on time is the responsibility of the parent and the child, not the coach.
- Supervise your swimmer at meets when they are not on the pool deck. Parents are responsible for the supervision and disciplining of their children when they are off deck. This includes before and after practice (i.e. in the locker rooms) and between actual swim meet events.
- Respect all coaching decisions regarding meet lineup. Encourage your swimmer to communicate with the coaching staff if they have questions or concerns regarding the meet lineup.
- Discuss any concerns you have about the officiating and/or meet direction with the coach and let him/her handle any problem that may occur during competition.
- Consume food and beverages in the proper areas and keep those areas clean.
- If your child will miss a meet and you do not call ahead and inform the coaches, your child will be considered a no-show. If MEYO cannot cover the relay with another person, you will be charged the fee for the entire relay.

The Meyo Swim Team Harassment Policy

- No one deserves to be harassed.
- It is the policy of the Madison East YMCA Swim Team to maintain a respectful and caring environment that is free from harassment.
- The definition of harassment is: verbal or physical conduct that has the purpose or effect of creating an intimidating, hostile, or offensive environment, or interferes with the individual's Swim Team participation, work, or learning performance. This includes: sexual harassment, threats, pushing, fighting, and verbal statements about an individual that makes them feel uncomfortable or lowers their self esteem.
- Swimmers need to document all instances of harassment by notifying their coaches immediately. Harassment by non-Swim Team patrons of the YMCA should be reported to the front desk. Any swimmer who continually is a disciplinary problem risks suspension or permanent expulsion from the team.

Parent's Role in Competitive Swimming (A Message from the Coaches)

You, as a parent, play a large part in the success of your children's swimming career by helping them set their personal goals and by teaching them to have their priorities straight. You can begin this by believing that respect, discipline, and education are the keys to making a child a decent person NOT swimming. Believe that if they have these virtues instilled in their life, they will be a better individual, and also by the way, a much better swimmer. Then, trust in your child's coaches. The coaches are dedicated to your children and this will make their job a lot easier. Do not tell your child how they should swim a race instead leave that to the coaches. DO support your child no matter how they perform. Teach your child to be humble when they are gracious when they lose. If you see winning as only a medal count then your child will not be a winner in the true sense of the word because they will not be building the strong character that they will need to see them through the rest of their lives. The unconditional love and support from you will put them ahead of a lot of their competition. Though their competitors might beat them sometimes, if they know their parents are there to help them feel good about what they have tried to achieve, they will not give up.

We have a wonderful group of energetic children, on the MEYO Swim Team, who want to learn how to become better competitive swimmers. As coaches, it is our job and our duty to help them achieve their goal as only swim coaches can. Please trust us to do that job. By standing back and allowing us to do our job, you show your child that we are worthy of their trust and that they should be comfortable to form a solid coach/swimmer relationship with us. Only you can be a parent to your child giving that unconditional love and teaching them the virtues they need to be successful adults. If you focus on that, and that alone, the swimming will come along too. We know that the skills, discipline, and integrity that your child will learn from a MEYO swimmer will stand them in good stead, not only now, but also in the years to come.