

Additional (SWIMMER) Contract Guidelines

WHAT TO REMEMBER AS A MEYO SWIMMER

- ❑ All human beings have strengths and weaknesses. Sometimes a person's greatest strength might be at the pool or someplace other than the pool. These strengths could include music, theatre, writing, doing well in school, working at a part-time job and a host of others. All swimmers have one thing in common though; they want to build up their bodies and become the best swimmer they can possibly be. You are all working toward the same goal. Do not look down on each other, but build each other up.
- ❑ MEYO swimmers compete against each other and against themselves each time they swim a meet. You, along with everyone else, will have good swims and bad swims. Sometimes, encouragement from a teammate can make you feel better when you have had a disappointing swim. You are all a part of our MEYO family. Stick together and encourage each other at practice and at meets.
- ❑ The MEYO swim team is not an exercise class. If you join the team you are required to compete at meets. This might seem scary at first, but the more you go to meets and compete, the easier it will become, you will have fun, and you will see improvement as a swimmer. Everyone has bad swims, or has DQ'd at some time. That is a fact. Your MEYO coaches and friends are there to support you and many times you learn the most after a DQ. Pick yourself up and carry on.
- ❑ Every MEYO swimmer (boys and girls) will wear a MEYO cap when competing in any and all events at a swim meet. Each year you receive a free cap when you sign up for the team. Any other cap is fine for practice, but is not allowed at a meet. If you forget your cap, you may borrow one from a friend or the coach will give you a new one and \$5.00 will be deducted from your family account. YOU WILL NOT BE ALLOWED TO SWIM A RACE WITHOUT YOUR MEYO CAP. THIS INCLUDES BOYS. A shaved head is the only exception to this rule.
- ❑ Are you being a friend to all MEYO swimmers, or do you only hang out with your select group? Do you make a point of becoming friends with swimmers who are new to the team? Put "Make a New Friend Day" on your list of things to do. You will become a better person.
- ❑ If you are being harassed in any way, the coaches cannot help if they do not know about it. If this should occur and you do not feel as if you want to tell the coaches in person, write a note and put it in the coach's mailbox. If it is easier, have your parent let the coach know in a private meeting. Many times these situations are quickly resolved when coaches gather all the swimmers together and, without naming names, discuss what harassment means and what the consequences could be. Our MEYO family will not be strong if we are hurting each other.

DISCIPLINE POLICY FOR SWIMMERS

- ❑ Realize that, as a MEYO SWIMMER you are an ambassador for the YMCA and the Swim Team.
- ❑ If you are rude, disrespectful, use foul language, hurt anyone else in word or deed, or do not follow the coach's directions during practice, you will be asked to leave practice and your parents will be called, by the coach, that evening.
- ❑ If your behavior warrants it, your parents will be called and you might find yourself pulled from a relay or suspended from an entire meet. If you have been suspended from a meet that you have already entered, your meet fees will not be refunded. If you argue or are disrespectful to a coach at a meet, you will not be permitted to swim and will be asked to leave the meet. The coach has the final say at a meet. Coaches will not argue with you or with your parents.
- ❑ IF YOU ARE ON THE INTERNET IN ANY FORM AND TALK ABOUT ANY OTHER SWIMMER OR ABOUT THE COACHES, YOU WILL BE SUSPENDED FROM THE TEAM. This includes bad things and also good things. Parents do not want their children's names out there in cyberspace. DON'T DO IT! You are a swimmer. Keep your eye on the goal and be the best that you can be!