## Swimmer & Parent Responsibilities

## Swimmer Responsibilities

- 1. Read this document
- 2. Check your team calendar
- 3. Regularly check the bulletin board at the pool and keep your parents informed
- 4. Be respectful to Coaches and teammates
- 5. Be on time for practices You will not get credit for a practice if you arrive after everyone is in the water (after dryland), if you spend a large amount of time in the restroom, or leave practice unusually early.
- 6. To receive a Season Bar, you must attend at least 15 full practices, the coaches will be taking attendance daily.
- 7. If you leave practice early, you MUST sign out.
- 8. Follow coaches instructions at practices and meets.
- 9. Notify coaches before the line-up is finalized if you cannot swim at a Saturday meet. (Fill out the "I Won't Be Here" form and turn in by June 11)
- 10. Don't forget the last chance to sign-up for B meets is no later than the morning practice before the meet.
- 11. When you get to a meet, find a coach and put your initials next to your name so everyone knows you are there.
- 12. Be on time for warm-ups at swim meets
- 13. Swimmers MUST STAY for the ENTIRE meet! Relays are not set up until the break right before the relays are held. Many times the meet winner is determined by the Relays—Stay and cheer on your teammates!
- 14. Cheer for your teammates
- 15. It is the responsibility of the swimmer to come to the coaches after they swim in a meet to get feedback
  - 16. Help pick up your Team area after meets—Throw away trash, stack chairs, get all your things

## Parent Responsibilities

- 1. Attend the parent meeting on June 1st. This is the best way to have your questions answered and to address any team issues.
- 2. Know where the swim team box & information notebook is on the front desk at the pool. Keep informed.
- 3. Read the bulletin board at the pool OFTEN!
- 4. Make sure that your swimmer(s) are at the pool on time and stays for their practice
- 5. The pool is not open during practice, therefore, no one is allowed on the grounds during this time. Families MUST stay "up top" (in the Snack Bar area and along the Locker Rooms to Guard Area) This is a liability issue for the pool as there are not any Guards on duty to handle any issues that may arise.
- 6. Post the team calendar in your home and know your swimmer(s) schedule
- 7. Transport your swimmer(s) to and from meets and practices (directions to pools are on the website, and in the handbook)
- 8. Swimmers MUST STAY for the ENTIRE meet! Relays are not set up until the break right before the relays are held. Many times the meet winner is determined by the Relays—Stay and cheer on your teammates!
- 9. Supervise your children at meets and activities
- 10. Notify the coaches of swimmer availability for Saturday meets as soon as possible (Please fill out the new "I Won't Be Here" form and turn it in by June 11, and also use it as things come up throughout the summer).
- 11. Help with your swimmer(s)' nutrition
- 12. Contribute/volunteer to the team activities
- 13. Refer to the PMSL handbook for swimming and meet rules, locations, phone numbers, times, records, etc.
- 14. Volunteer your time at least 3 full meets during the season. Your child(ren) will not swim until you have signed up for your sessions. We need help for both Home and Away meets. Sign up sheets are posted on the bulletin board on the pump house. Help is needed with:
  - Snack bar sales (53<sup>rd</sup> Annual Cheverly Relays)
  - Consignment sales
  - Meet Managers
  - Ribbon writing
  - Timing

- Cookout after Home meets
- Pancake Breakfasts on Friday
- Clerk of course
- Automation (helping the data manager)
- Special Events (Banquet, movie nites, Breezy Point, etc.)
- 15. You can also attend clinics to become a certified official such as the referee, stroke & turn, starter, automation. There are a variety of jobs to suit everyone's interests! Officials Clinic will be held June 12, 5:30-9 PM, University of Maryland Armory
- 16. Do not talk to your child during practice unless there is an emergency.
- 17. Any question or comments you have for the coaches should be addressed before or after practice or put a note in their folder in the Coaches box.
- 18. Cheer for all children, not just your own.

## Team Communication

- Check the bulletin board at the pool daily!
- Consult your team calendar (website, handout, email)
- Consult the pool Website (www.cheverlypool.com)
- There will be a Swim Team Box at the front desk which will hold a folder for each swim family. There will be a separate Coaches Box, as well. Please check your family file folder in the Team Box whenever you are at the pool, we will put handouts, ribbons, etc. in it. You can place notes to coaches in the specific Coach's folder in the Coaches Box. The box will not be available during morning practices, only during Pool Hours when the Front Desk Doors are open.
- Listen to announcements at every practice and at team dinners.
- Line-ups for Saturday's meet are usually posted at Friday morning's practice.
- Attend the Season Kick-Off Potluck Party with your family and have your questions ready for the parent meeting. June 6, 2010 5:00 7:00 pm
- Email will be used to inform families of upcoming events, special requests, help needed, and for you to give suggestions for improvements. My email is <a href="mailto:swim\_mom\_tracy@yahoo.com">swim\_mom\_tracy@yahoo.com</a> or <a href="mailto:tracy@cheverlypool.com">tracy@cheverlypool.com</a>