

STOWE SWIMMERS

SWIM CLUB 2019



WINTER HANDBOOK

Head Coach: Jeremy Bradley

Assistant Coaches: Karyn Scherer, Louisa Hayes & Kevin Jurnack

Strength & Conditioning Coach: Sean Hunt

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ARE YOU IN SWIM CLUB OR ON SWIM TEAM?

SWIM CLUB

If you are attending practices & working towards your personal goals whatever they may be then you are in SWIM CLUB.

SWIM TEAM

If you are in Swim Club, attending practices, working towards your personal goals whatever they may be AND a member of USA Swimming & attending meets during the season with the goal of qualifying for a championship meet at the end of the season, then you are on SWIM TEAM.

We are all Swim Club Members & all work together in practice while supporting each other!

WHAT LEVEL AM I?

Coaches will place swimmers into their appropriate categories after the first week. Here are the requirements for each level...

ROOKIES - Must be able to legally swim 25m freestyle and backstroke without stopping, holding onto the wall or lane lines

DEVELOPMENTAL 1 - Must be able to legally swim 50m freestyle, backstroke and breaststroke without stopping, holding onto the wall or lane lines, as well as attempting to swim 25m butterfly.

DEVELOPMENTAL 2 - Must be able to legally swim 100m freestyle, backstroke, breaststroke and 50m butterfly. D2 Swimmers perform legal flip turns and starts.

ELITE - Must be able to legally swim 200m freestyle, backstroke, breaststroke and 100m butterfly. Elite swimmers must also perform legal starts and turns.

WELCOME TO THE 2019 WINTER SWIM CLUB

DEAR SWIMMERS & PARENTS,

Thank you for joining our 2018-2019 Winter Swim Club!

You are one of the many talented swimmers who have enjoyed winter swimming here at T.S.H. since 2001. There is a history of swimming, fitness & fun that you are now part of.

COACHING STAFF

Head Coach: Jeremy Bradley - NASM-CPT, PES, CES, Level 1 ASCA Coach

Assistant Coaches: Karyn Scherer - Level 1 ASCA Coach, Lousia Hayes and Kevin Jurnack

Strength & Conditioning Coach: Sean Hunt - AFAA Group Exercise Certified, ISSA Certified Fitness Trainer



PRACTICE TIMES & IMPORTANT INFO

WHEN: OCT. 22 - FEB. 15 (Age Group & Silver Qualifiers will continue on new schedule TBA)

ROOKIES: 3:15-4:15pm, Tues & Thurs

DEVELOPMENTAL 1: 3:15-4:30pm, Mon - Thurs

DEVELOPMENTAL 2: 3:15-5:00pm, Mon - Thurs

ELITE: 3:15-5:30pm, Mon & Wed - *Swim*

3:15-4:00pm, Tues & Thurs - *Strength & Conditioning Training*

4:15-5:30pm, Tues & Thurs - *Swim*

PRACTICE

- Warm-up
- Stroke Technique Drills
- Aerobic Conditioning To Improve Fitness
- Speedwork, Starts & Turns
- Cool Down
- Relay or Challenge

BRING TO PRACTICE

- **Swimsuit** (*team suit optional but preferred*)
- **Swim Cap** (*for long hair - included with handbook*)
- **Waterbottle**
- **Goggles** (*bring your own - we are not equipped to provide your swimmer goggles during practice*)

Personal Belongings

Don't bring anything to practice that you can't store in the locker rooms. We are not able to store your swimmers belongings.
E.G. - Bikes, Instruments, Bags, etc...

MARK YOUR CALENDAR

Winter + Snow = Snow Days

If Stowe Schools are closed due to weather closing there will be **NO PRACTICE!**

Holidays Off

There will be **NO PRACTICE** on the following days...

Thanksgiving Vacation Wednesday, Nov. 21 - 22

Holiday Break Monday, Dec. 24 - Monday, Jan. 1, 2019 – *return to practice Wednesday, Jan. 2*

Martin Luther King Day Monday, Jan. 21

PARENT INFORMATION

The Notice & Upcoming Special Events Board - For meet info, including entry deadline dates, meet entry forms, meet fees directions & check-in times. Please submit your entry forms & fees to the Front Desk on or before deadline date. *Sorry, no late entries accepted.*

Group Emails - Miscellaneous info will be sent out and include, last minute practice changes & program updates.

Snow Days - If Stowe Schools are closed due to winter weather, there is **NO PRACTICE!**

Please feel free to contact Head Coach, Jeremy Bradley via email at jbradley@theswimmingholestowe.com or leave a message at 802.253.9229 (office).

PRACTICE & SPECIAL EVENT CALENDAR

MONDAY OCTOBER 22 FIRST DAY OF PRACTICE

MON-THURS OCT. 22-25 TEAM TRYOUTS & PRE-SEASON TIMES

THURSDAY OCTOBER 25 TEAM SUIT ORDER DEADLINE

TUESDAY OCTOBER 30 HALLOWEEN PRACTICE
WEAR A COSTUME!

WEDNESDAY OCTOBER 31 HALLOWEEN - NO PRACTICE

THURSDAY NOVEMBER 15 SWIM-A-THON FUNDRAISER

TUESDAY NOVEMBER 20 THANKSGIVING WORKOUT

WED-FRI NOV. 21 - 23 HAPPY THANKSGIVING!
NO PRACTICE

THURSDAY DECEMBER 20 CONTINUOUS SWIM DAY
100 X 50'S METERS

MON-MON DEC. 24 - JAN. 1 HOLIDAY BREAK - NO PRACTICE
RETURN ON WED., JAN 2

MONDAY JANUARY 21 MARTIN LUTHER KING DAY
NO PRACTICE

FRIDAY FEBRUARY 15 HOME SWIM MEET



SWIM CLUB SEASON EVENTS

STOWE SWIMMERS 8TH ANNUAL: SWIM-A-THON

Thursday, November 15 - 3:15-5:30pm

This involves your swimmer taking on the challenge to swim for themselves & their teammates as far as they can in one hour! Gather pledges per lap, swim far & raise funds towards the goal of 2017/18 Team Gear, dependent on amount raised, this may include team bags, towels or sweatshirts for you to proudly bring to school &/or practice. Each swimmer requires a counter for the event. Parents we need your help to count & cheer on your Swimmer! All pledges & pledge forms due December 1, 2017. Payable to T.S.H.

SWIM CLUB END OF SEASON EVENTS - OPEN TO ALL SWIM CLUB SWIMMERS

End of Season Home Meet - Stowe Swim Meet - Friday, February 15

The Stowe Swimmers Home Meet is held from 5:30-7:00pm. It's a perfect opportunity for all Stowe Swimmers to participate in a meet at their home pool. Swimmers do **NOT** need to be registered with USA Swimming to compete in this event. Ribbons will be awarded to the top six finishers in each category. 5pm Check-in & 5:15pm Warm-up.

End of Season Banquet - (location TBD)

Join us as we salute our swimmers & present end of season awards. Fun & Friends, a great way to end the season.

AWARDS - Presented at our End of Season Banquet

King & Queen of Freestyle The fastest male and female freestyle swimmer in each group. Times must be recorded in our own pool during one of our 2 swim time days or the end of season home meet.

Personal Best Award honors the swimmer who, during the season, breaks their own personal best swim times the most. Best times must be recorded in US sanctioned meets during the 17/18 season.

Team Records Swimmers who set team records in 2017 will be acknowledged.

Participation Awards All Stowe Swimmers will receive an award for being a member of Stowe Swimmers for the season.

Beast Awards The hardest worker in Dryland Training

Swimmer of The Year Award This is awarded to the swimmer who shows a love of the sport of swimming, applies themselves in practice, is a role model to fellow swimmers & supports their teammates to grow in & out of the water.



STOWE SWIMMERS WINTER SEASON 2018/19 MEET SCHEDULE

**This schedule is subject to change*

FRI-SUN	NOVEMBER 2-4	UVAC FALL CLASSIC Upper Valley Aquatic Center, White River Jct., VT
SUNDAY	NOVEMBER 11	GMA - IMX CHALLENGE St. Michael's College, Colchester, VT
FRI-SUN	NOV 30-DEC 2	UVAC - WINTER CLASSIC Upper Valley Aquatic Center, White River Jct., VT
FRI-SUN	JANUARY 4-6	GMA - TEAM SPECIALTY St. Michael's College, Colchester, VT
SUNDAY	JANUARY 13	CVSC - TEAM SPECIALTY Norwich University, Northfield, VT
SATURDAY	FEBRUARY 3	VERMONT INVITATIONAL MEET St. Michael's College, Colchester, VT
FRI-SUN	FEBRUARY 8-10	NEW ENGLAND REGIONAL CHAMPIONSHIPS Upper Valley Aquatic Center, White River Jct., VT <i>(Qualifying Times Apply)</i>
FRIDAY	FEBRUARY 15	STOWE SWIMMERS HOME MEET - 5:30PM The Swimming Hole, Stowe, VT
FRI-SUN	FEBRUARY 22-24	10 & UNDER AGE GROUPS CHAMPIONSHIPS University of New Hampshire, Durham, NH <i>(Qualifying Times Apply)</i>
THURS-SUN	FEB 28-MARCH 3	15-18 AGE GROUPS CHAMPIONSHIPS WPI, Worcester, MA <i>(Qualifying Times Apply)</i>
FRI-SUN	MARCH 8-10	11-14 AGE GROUPS CHAMPIONSHIPS Boston University, Boston, MA <i>(Qualifying Times Apply)</i>
FRI-SUN	MARCH 15-17	SILVERS CHAMPIONSHIPS Upper Valley Aquatic Center, White River Jct., VT <i>(Qualifying Times Apply)</i>

SWIM MEET PROCEDURES

Before the Meet Day

- All meet info will be emailed on the Team Members with sign-up details & deadlines, meet fees, and meet check-in times.
- All sign-ups must accompany payment at the front desk.
- Coach will communicate with parents & swimmers by email regarding meet specifics; parent work duties, warm-up times, meet & event location protocol.
- Families provide their own transportation to and from meets, traveling with the coach is not permitted.

At the Meet

- Swimmers look for a heat sheet posted on the wall & locate your name, to know what event, heat, & lane you will compete.
- Help your swimmer write their race details on their hand with a sharpie! Come prepared with event name & number!
- Parents are not permitted on the deck unless reporting for Parent Work Duties. Please communicate with your swimmer off the pool deck.
- Swimmers are seeded in competition according to their entry times. In each event the heats are arranged to start with slowest seeded in first heats and fastest swimmers in the last heat.
- Swimmers need to check in with their coach for advice and feedback before and after each race.
- At the start of the event, swimmers need to report behind their lanes and give the timers their names and get ready to compete.
- A series of short whistles before each heat will instruct the swimmers to stand behind their blocks. A long whistle will instruct the swimmers to step up onto the blocks and be ready for the starter's command. The starter will give his/her command and the starting horn will sound.
- The coaches handle all protests of swimmers' disqualification. Parents are not permitted on deck, therefore are not allowed to approach officials.

STOWE SWIMMERS SWIM TEAM RECORDS

FEMALE AGES 8 & U

25 Free	15.22	31-Jul-04
50 Free	34.29	31-Jul-04
100 Free	1:20.19	10-Feb-17
500 Free	10:42.47	13-Jan-10
1500 Free	42.45	14-Dec-11
25 Back	19.24	10-Feb-17
50 Back	47.32	8-Feb-04
25 Breast	22.01	10-Feb-17
50 Breast	48.17	5-Feb-17
25 Fly	16.95	29-Jun-17
50 Fly	41.08	10-Feb-17
100 IM	1:38.64	10-Feb-17

FEMALE AGES 9-10

25 Free	14.12	4-Aug-18
50 Free	30.02	5-Aug-05
100 Free	1:06.55	11-Jan-04
200 Free	2:24.75	10-Jan-04
1500 Free	27:34.60	13-Jan-10
25 Back	16.90	5-Aug-05
50 Back	38.07	14-Jan-18
100 Back	1:14.91	30-Jul-05
25 Breast	18.32	30-Jul-05
50 Breast	38.79	10-Jan-04
100 Breast	1:24.60	11-Jan-04
25 Fly	15.14	2-Aug-14
50 Fly	35.83	1-Dec-17
100 Fly	1:32.90	6-Feb-09
100 IM	1:13.64	5-Aug-05
200 IM	2:41.37	7-Jul-05

FEMALE AGES 10 & U

500 Free	8:41.12	8-Jan-16
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FEMALE AGES 11-12

50 Free	26.79	28-Jul-07
100 Free	59.34	26-Jul-07
200 Free	2:05.09	28-Jun-07
500 Free	5:37.19	28-Jun-07
1000 Free	13:24.09	6-Feb-11
1500 Free	25:09.14	13-Jan-10
50 Back	31.17	26-Jul-07
100 Back	1:06.69	26-Jul-07
200 Back	2:48.03	11-Feb-11
50 Breast	32.83	4-Aug-07
100 Breast	1:16.47	26-Jul-07
200 Breast	2:43.89	9-Jan-05
50 Fly	30.69	26-Jul-07
100 Fly	1:04.90	12-Jul-07
200 Fly	2:46.42	6-Feb-11
100 IM	1:04.90	16-Jul-07
200 IM	2:35.33	9-Jan-05
400 IM	5:39.19	10-Dec-10

FEMALE AGES 13-14

50 Free	27.41	28-Jun-07
100 Free	58.98	28-Jun-07
200 Free	2:04.72	5-Aug-07
500 Free	5:39.31	28-Jun-07
1000 Free	12:50.52	5-Feb-12
1500 Free	20:50.75	14-Dec-11
1650 Free	21:10.70	6-Jan-12
50 Back	31.40	1-Aug-04
100 Back	1:07.63	12-Feb-05
200 Back	2:24.01	13-Feb-05
50 Breast	32.83	4-Aug-07
100 Breast	1:10.10	5-Aug-07
200 Breast	2:43.89	7-Jan-05
50 Fly	30.08	21-Jul-11
100 Fly	1:08.05	4-Dec-11
200 Fly	2:33.62	6-Feb-13
100 IM	1:06.52	4-Aug-07
200 IM	2:23.84	16-Jul-07
400 IM	5:27.94	10-Feb-12

FEMALE AGES 15-18

50 Free	26.41	16-Mar-18
100 Free	57.93	9-Feb-18
200 Free	2:08.34	22-Jul-10
500 Free	5:44.37	9-Feb-18
1000 Free	11:56.49	9-Feb-18
1500 Free	20:28.00	11-Dec-13
1650 Free	22:00.95	3-Feb-08
50 Back	31.15	5-Aug-08
100 Back	1:07.61	16-Feb-08
200 Back	2:24.06	17-Feb-13
50 Breast	32.99	17-Feb-08
100 Breast	1:10.87	7-Aug-10
200 Breast	2:47.83	8-Aug-10
50 Fly	29.39	8-Jan-10
100 Fly	1:03.22	6-Aug-11
200 Fly	2:27.96	8-Jan-10
100 IM	1:10.40	4-Aug-07
200 IM	2:20.98	6-Aug-11
400 IM	5:12.00	9-Feb-18

Tasija Karosas
Tasija Karosas
Tess T. Day
Samantha Wisdom
Emily Ames
Tess T. Day
Tasija Karosas
Tess T. Day
Tess T. Day
Tess T. Day
Tess T. Day
Tess T. Day

Tess T. Day
Brittany Hammond
Maya Lazarovich
Maya Lazarovich
Cassie Wisdom
Brittany Hammond
Tess T. Day
Brittany Hammond
Brittany Hammond
Maya Lazarovich
Maya Lazarovich
Lula Andrae
Tess T. Day
Megan Gresham
Brittany Hammond
Brittany Hammond

Emaline Ouellette

Tasija Karosas
Tasija Karosas
Tasija Karosas
Tasija Karosas
Megan Gresham
Megan Gresham
Tasija Karosas
Tasija Karosas
Megan Gresham
Maya Lazarovich
Tasija Karosas
Maya Lazarovich
Tasija Karosas
Tasija Karosas
Megan Gresham
Tasija Karosas
Maya Lazarovich
Megan Gresham

Maya Lazarovich
Maya Lazarovich
Maya Lazarovich
Maya Lazarovich
Megan Gresham
Megan Gresham
Megan Gresham
Casey Sherwin
Casey Sherwin
Casey Sherwin
Casey Sherwin
Maya Lazarovich
Maya Lazarovich
Megan Gresham
Megan Gresham
Megan Gresham
Maya Lazarovich
Maya Lazarovich
Megan Gresham

Heidi J. Brynn
Heidi J. Brynn
Maya Lazarovich
Heidi J. Brynn
Heidi J. Brynn
Emily Haskins
Rachel Haskins
Casey Sherwin
Casey Sherwin
Emily Haskins
Casey Sherwin
Maya Lazarovich
Maya Lazarovich
Jessica Sweeney
Maya Lazarovich
Maya Lazarovich
Jessica Sweeney
Casey Sherwin
Maya Lazarovich
Heidi J. Brynn

MALE AGES 8 & U

25 Free	16.81	25-Jun-15
50 Free	35.88	25-Jun-15
100 Free	1:20.29	13-Feb-15
500 Free	11:45.73	13-Jan-10
1500 Free	34:59.60	15-Dec-10
25 Back	21.46	26-Jul-14
50 Back	43.47	7-Dec-12
25 Breast	22.14	13-Jul-17
50 Breast	49.80	13-Feb-15
25 Fly	18.00	18-Jan-15
100 IM	1:33.83	2-Jul-15

Rudd T. Day
Rudd T. Day
Rudd T. Day
Ely Kalstein
Owen LaBambard
Rudd Day
Ludwig Kumpf
Boone Parsons
Rudd T. Day
Rudd T. Day
Rudd T. Day

MALE AGES 9-10

25 Free	13.46	29-Jun-17
50 Free	28.22	10-Jun-17
100 Free	1:03.09	11-Jun-17
200 Free	2:21.78	10-Jun-17
500 Free	7:10.56	19-Jul-12
1500 Free	31:55.90	13-Dec-12
25 Back	17.16	16-Jul-16
50 Back	34.10	10-Jun-17
100 Back	1:14.06	4-Mar-17
25 Breast	17.34	6-Aug-16
50 Breast	37.54	10-Jun-17
100 Breast	1:22.79	4-Mar-17
200 Breast	3:33.15	6-Jan-17
25 Fly	14.18	29-Jun-17
50 Fly	30.86	10-Jun-17
100 Fly	1:11.32	11-Jun-17
100 IM	1:14.33	11-Jun-17
200 IM	2:35.27	4-Mar-17

Rudd T. Day
Rudd T. Day
Rudd T. Day
David Lazarovich
Reade Lawson
Owen La Bombard
Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day
Carter J. Friedrich
Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day

MALE AGES 11-12

50 Free	26.46	4-Aug-18
100 Free	58.59	4-Aug-18
200 Free	2:13.50	21-Jan-18
500 Free	5:58.55	5-Jan-18
1500 Free	28:22.15	13-Jan-10
50 Back	31.31	8-Mar-18
100 Back	1:09.31	8-Mar-18
200 Back	3:04.74	7-Dec-12
50 Breast	36.85	14-Jul-18
100 Breast	1:19.82	5-Jan-18
200 Breast	3:33.54	5-Feb-17
50 Fly	28.99	4-Aug-18
100 Fly	1:08.02	8-Mar-18
100 IM	1:06.63	4-Aug-18
200 IM	2:28.87	1-Dec-17

Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day
Soeren Brynn
Rudd T. Day
Rudd T. Day
Yvain Hoekstra
Rudd T. Day
Rudd T. Day
Andrew J. Tisdell
Rudd T. Day
Rudd T. Day
Rudd T. Day
Rudd T. Day

MALE AGES 13-14

50 Free	24.72	11-Dec-04
100 Free	54.10	6-Nov-04
200 Free	2:00.26	5-Aug-07
500 Free	5:23.97	15-Jul-16
1500 Free	26:17.03	15-Dec-10
50 Back	29.13	6-Aug-16
100 Back	1:05.64	6-Aug-16
200 Back	2:44.89	12-Dec-14
50 Breast	31.62	12-Jul-07
100 Breast	1:08.31	5-Aug-07
200 Breast	2:49.97	16-Feb-08
50 Fly	26.78	6-Aug-16
100 Fly	58.63	6-Aug-16
100 IM	1:03.61	5-Aug-07
200 IM	2:27.69	14-Feb-04

Alex Holden
Alex Holden
David Lazarovich
Reade W. Lawson
Brendan Kerivan
Reade W. Lawson
Reade W. Lawson
Yvain D. Hoekstra
David Lazarovich
David Lazarovich
Callum Osborne
Reade W. Lawson
Justin J. Diamond
David Lazarovich
Alex Holden

MALE AGES 15-18

50 Free	23.34	16-Mar-18
100 Free	51.15	1-Dec-17
200 Free	1:55.99	9-Feb-18
500 Free	5:32.01	9-Feb-18
1000 Free	13:08.35	9-Dec-16
1500 Free	21:38.17	15-Dec-10
1650 Free	20:48.63	7-Jan-11
50 Back	30.66	15-Jul-10
100 Back	1:01.12	6-Aug-11
200 Back	2:19.22	1-Dec-17
50 Breast	30.06	7-Aug-10
100 Breast	1:03.66	8-Aug-10
200 Breast	2:44.79	2-Jan-09
50 Fly	25.96	20-Jul-17
100 Fly	55.77	4-Aug-18
200 Fly	2:19.22	1-Dec-17
200 IM	2:08.81	7-Aug-10

Justin J. Diamond
Justin J. Diamond
Justin J. Diamond
Justin J. Diamond
Yvain D. Hoekstra
Dustin Lewis
Dustin Lewis
David Lazarovich
David Lazarovich
Justin J. Diamond
David Lazarovich
David Lazarovich
Callum Osborne
Justin J. Diamond
Justin J. Diamond
Justin J. Diamond
David Lazarovich

**IS THERE A RECORD WITHIN YOUR REACH IN THE FUTURE?
SET THE GOAL, THEN PRACTICE, PRACTICE, PRACTICE!**

STOWE SWIMMERS RULES AGREEMENT

Welcome to the Stowe Swimmers 2018 Winter Swim Club! We are excited to welcome new and returning swimmers to another great year of swimming! Our focus is to assist in the growth and development of all swimmers in both the sport and beyond the walls of The Swimming Hole through hard work, dedication, perseverance, and responsibility to ones' self and team.

Swimming is a privilege. We are all held accountable for our actions in and out of the pool. As with all privileges, they can be suspended. We do need to address some behavior issues that are not welcome at practice and to have a policy in place that will help us navigate issues that may come up throughout the course of the year. Below are rules which we believe that will create a positive environment for learning, growth and development of all swimmers.

- 1. PLEASE** be on time, dressed & ready to go.
- 2. NO BULLYING** - We want to create a positive and fun environment for all swimmers. We are all part of the team. We are all here for the same purpose, to become better. We need to encourage & support each other through the hard times and the easy times.
- 3. HANDS TO YOURSELF** - Whether you are in the lane, locker room, lobby, or group exercise room we want to respect others. We want to keep our hands, feet and any other object (i.e. towels) from coming in contact with & potentially causing harm to another.
- 4. NO NEGATIVITY** - Refrain from negative comments towards others or directed towards yourself. We want to encourage positive self-talk and encourage others when having a hard time or bad day.
- 5. NO HORSEPLAY** in the Locker Rooms. Swimmers are expected to dress and wait patiently in lobby before start time.
- 6. EYES AND EARS** - This is our call to attention. It means Eyes on Coach, Ears above water. Whenever we are at practice, we want everyone to have fun. With that said, we are here for a purpose. We need to pay attention when instruction is given and put the silly stuff aside so that we may learn without distraction.
- 7. PLEASE** pick up after yourselves. Water containers, band-aids, goggles, towels, swimsuits are to be taken wit you after practice.

PARENTS

Coach supervision of your swimmer begins at the start of practice and ends at the end of practice. Parents, it is your responsibility to be here to pick up your swimmer(s) at the posted practice end time. This will ensure that your swimmer(s) is supervised and well-behaved while in the facility and locker rooms. You, as parents, are responsible for supervising your swimmers in the locker rooms & lobby. Past behavior issues included physical contact with other swimmers, jumping on furniture, throwing bags, clothing, etc. in locker rooms or at other swimmers. These or other such problems will now be acknowledged with this formal warning system. Again, for all of those swimmers who are no problem (most), we apologize for throwing these rules at you. With such a large group, we have to do what we can to maintain control. ***Thanks for your help and understanding!***

OUR COURSE OF ACTION:

- 1. Time-out** - If caught for any infraction, the coach will have the swimmer sit-out of practice for five minutes.
- 2. Time-out and notification of parents** - The swimmer will sit-out for ten minutes and parents will be notified.
- 3. Time Out, Parental supervision required** - Out for the rest of practice, swimmer will need parental supervision 2 practices following incident,
- 4. Two week suspension** - After the supervisory period has ended, the swimmer will be asked to not attend two week's of practice, this includes meets that we have signed-up for during suspension.
- 5. Parent/Coach Conference** - This conference will express our concerns of a swimmer continuing on with the organization.

Please sign that Rules Agreement and return by the 1st day of practice.

Swimmer Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

