

## **Provost Piranhas Swim Club**

### **Expectations of Swimmers, Parents, Coaches: Policies and Rules**

The Provost Piranhas Swim Club is a non-profit organization that raises its annual budget by fees and fund raising activities.

The Provost Piranhas Swim Club's philosophy reads:

***"The focus of the Provost Piranhas Swim Club is to provide a positive environment for swimmers at all levels to achieve personal goals while having fun and developing healthy lifelong skills. We emphasize sportsmanship and team spirit, and encourage our swimmers to appreciate the efforts of others. We advocate doing and being your best."***

#### **1 Expectations of Swimmers**

- 1.1 To obey all rules and regulations of the club and coaches.
- 1.2 To be on time for practices and competitions.
- 1.3 To participate as a team member in competitions.
- 1.4 To notify the Coach as to the swim meets they wish to attend by the set deadlines.
- 1.5 To attend practices if they intend to participate in scheduled competitions.

#### **2 Expectations of Parents**

- 2.1 To participate in fundraising activities or pay a caution fee in lieu of participation.
- 2.2 To work at club meets.
- 2.3 To encourage their children to participate in all club activities (i.e.: practices, fund raising, meets, etc.)
- 2.4 To allow the Coaches to do the coaching. Comments, complaints and questions are welcome, but after the practice or meets and only through a member of the executive, and parents are to clearly state their expectations as to how the complaint is dealt with.
- 2.5 Due to Swim Canada insurance requirements, absolutely no unqualified persons allowed on deck.

#### **3 Expectations of Coaches**

- 3.1 To follow the directives of the club executive.
- 3.2 To have a training program outline.
- 3.3 To carry out the program or arrange for a competent and qualified substitute.
- 3.4 To communicate with the executive for any comments or complaints.
- 3.5 To encourage full participation in practices and meets.
- 3.6 To ensure swimmers are adequately warmed up prior to practices and meets.
- 3.7 To attend swim meets and if unable to attend, to inform the executive and contact and reimburse a suitably qualified replacement.
- 3.8 To keep swimmer Best Times up to date.
- 3.9 To take responsibility for poolside discipline.

#### **4 Club Policies**

- 4.1 Swimmers are to be verbally notified of all upcoming meets and will also receive newsletters outlining meet details, including place, time, number of events per swimmer, etc. Swimmers must sign up for these meets themselves by the set deadlines.
- 4.2 With regard to relay events, if a swimmer misses a relay and causes the team to be scratched, this swimmer stands the possibility of not being selected for future relay teams.

- 4.3 At the Regional Meet, each member is allowed to choose his or her 4 individual events. Swimmers are chosen to swim relays according to their recorded times and at the coaches discretion. First choice is to be given to swimmers within age categories.
- 4.4 We encourage all members to attend all practices or meets. Swimmers MUST notify the coach of holiday plans and known absences from swim meets and practices. Also we ask the swimmers to notify a coach or executive member if a swimmer entered in a meet must withdraw.
- 4.5 Swimmers and their families are encouraged to participate in all club fund raising activities, and are required to provide the club with a caution fee cheque.
- 4.6 Should a parent not want their child to participate in fund raising activities, they must contribute to the club through their caution fee.
- 4.7 If no coach or qualified substitute is available at a practice due to unforeseen circumstances, practice will be cancelled in accordance with our insurance requirements.
- 4.8 Swimmers competing on a Regional relay team must commit to Provincials.

## **5 Rules**

- 5.1 Pushing or throwing a member in the pool at a practice or a meet is an automatic suspension for that practice or meet.
- 5.2 Swimmer will be sent to the showers by the Coaches if constantly fooling around in the pool or not training as per the Coaches instructions.
- 5.3 Each swimmer is encouraged to have a pair of swim goggles and a cap (for longer hair). Bring them to every practice and meet. Label your belongings.
- 5.4 All swimmers will obey all instructions from either Coach.
- 5.5 Swimmers complaints or questions may be taken up either with the Coach or a member of the executive after the practice.
- 5.6 Swimmers are responsible for making sure they are on deck 10 minutes before their event at a meet.
- 5.7 Swimmers are responsible for deck tidiness and looking after their own belongings.
- 5.8 The club has a zero tolerance policy regarding any type of bullying.

You will be signing an acknowledgement of the Provost Piranhas Swim Club Philosophy, Expectations, Policies and Rules on your Alberta Summer Swimming Association Membership Application. Please read them carefully, making sure your swimmers learn and obey the rules.