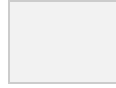


BOYS & GIRLS CLUB OF CLIFTON



SEAHAWKS SWIM TEAM POLICIES

In order to improve the training process during 2014 – 15 season, all swimmers will be divided into five groups. The placement of each swimmer will be decided by the entire coaching staff. The purpose of such division is to personalize the training process for each swimmer and their long term development. It is not a swimmer's racing speed that determines their placement, but their ability to handle the physical and mental aspect of a certain training level. There are various factors that are used to consider placement:

- *Consistently makes choices that demonstrate their understanding of the commitments expected of the swimmers at that training level*
- *Meets attendance expectations/policy*
- *Maintains a strong work ethic while exhibiting maturity and responsibility of swimmers in that level*
- *Mastered stroke, training intervals, and skills expected of the level and maintains the proper attitude and approach to swimming*

Swimmers may be moved to a higher level or lower level of training based on various factors. Swimmers may move down if they have poor attendance, behavior problems, negative attitudes, and are unable to complete sets. Swimmers may move up if they meet attendance requirements, has the appropriate ability to maintain certain intervals, and who has attained consistent success in the pool. However, room must be available in order for swimmers to move.

PRACTICES:

Swimmers who do not attend practices on a regular basis cannot and will not be entered in the US Swimming, NJ Swimming and championship meets. In the event that a swimmer has an extended period of absence due to illness, injury, or other circumstances, we ask that a note to the Head Coach be provided indicating the dates of expected absences and the general reason for the absence.

1. *Swimmers in the JO/Gold group are expected to attend a minimum of four practices per week, Silver three practices per week, Bronze three practices per week, and Junior Seahawks two practice per week.*
2. *If the swimmer is unable to attend practice due to illness or an emergency, the parents should call the Aquatics office prior to practice at (973) 773-2697 ext. 131. In case of inclement weather, please call to find out if practice is canceled.*
3. *Swimmers are expected to be on deck in suits and with proper equipment ready to swim ten minutes before posted time.*
 - A. ***SWIMMERS WILL BE SENT HOME IF THEY COME TO PRACTICE IN TEAM SUITS!***
4. *Swimmers are allowed to arrive up to fifteen minutes late to practice with a valid excuse.*
5. *Swimmers who consistently arrive late (more than three times) to practice will be excused from practice for the day. If it continues, termination/suspension from swim team will be decided by the head coach.*
6. *All athletes should plan to stay and participate the entire practice. The last part of the practice is very important. Do not leave pool area at any time without coach's permission.*
7. *Swimmers will attend only their scheduled practices. Please do not send your child with another group if they cannot make their respective practice.*

8. *Be quiet and still while coaches are instructing your practice group. If swimmer is not following coaches directions he/she will get a warning. Be courteous to all coaches and teammates.*
 - A. *If child does not respect or listen to the coach, they will get a verbal warning.*
 - B. *If the behavior continues, child will get one written warning report, followed by a meeting with the child and parent/guardians.*
 - C. *If the behavior still continues, termination/suspension from the team without a refund will be decided by the head coach.*
9. *All swimmers are to conduct themselves in a sportsmanship-like manner at all time.*
10. *Only one bathroom break allowed during practice.*
11. *No obscene language in the Boys & Girls Club.*
12. *Parents are allowed to observe practice on the bleachers, not on the deck of the pool.*
13. *Parents are not allowed to talk to the coaches during practice unless it is an emergency. This time is needed for the kids. Please call (973) 773-2697 ext. 131 or email (cliftonseahawks@gmail.com) any questions or talk with coaches before or after practice.*
14. *If child feels sick during practice parents will be called to pick up the child.*
15. *Parents must pick up the swimmer after practice within a reasonable period of time after they finish. The coaching staff is not responsible for any actions by a swimmer left unattended by a parent.*
16. *Seahawks Swimmers participating in High School season (Nov. 15 – Feb. 1) must attend a minimum of 2 Seahawks practices per week and participate in USAS and Dual meets. Swimmers must bring a note from their High School coach stating the times and days they practice as proof that they are swimming with their High School team. If not able to complete this requirement, please do not sign up for Seahawks Swim Team. (Please see Get Ready Program)*

MEETS:

1. *Swimmers are expected to attend **ALL Dual and USAS meets**, both home and away.*
2. *Swimmers are expected to notify the coach if they cannot attend a meet due to illness or emergency.*
3. *Swimmers must wear Seahawks Swim Team uniform (bathing cap, bathing suit, sweat suit) only during meets, NOT during practice!*
4. *Swimmers must wear TEAM SUIT ONLY for DUAL MEETS! NO FAST SKINS FOR DUAL MEETS!*
5. *Swimmers are expected to be on deck in bathing suit, cap and goggles 5 to 10 minutes before the posted warm-up time. Positive check-in with coach is required prior to warm-up. Warm-up schedules are posted on the bulletin board.*
6. *Swimmers are expected to see coaches before and after their race.*
7. *During the meet, all swimmers are to remain with the team unless given permission to leave by the coach. When you are not swimming, you should be cheering your team members to victory.*
8. *Swimmer eligibility and relay placement/participation will be decided by the coach. Any concerns regarding this should be directed to coach.*
9. *Child must be supervised by parent or guardian from the child's family at all meets or child will not be able to swim during the meet.*

DUAL MEETS:

- A.** *All swimmers are automatically eligible to participate in Dual meets. Swimmer must choose the 3 events they wish to swim by the Wednesday before the scheduled meet. You can find the events on Eligibility Report which will be posted on the website. **If you do not sign up before the deadline, the child CAN NOT swim in the meet. WE WILL NOT DO LAST MINUTE SIGN UPS.***
- B.** *Do not sign up to attend a meet if you are not sure about your schedule for this date.*
- C.** *Individual Meet Entries Report will be posted on the website by the Friday before the meet. **PLEASE CHECK THE WEBSITE TO CONFIRM YOUR CHILD IS SIGNED UP FOR THE SCHEDULED MEET.** Heat and Lane numbers will be posted on the wall behind diving blocks five minutes before meet starts.*
- D.** *Swimmers 9 and under receive ribbons based on placement in their heat. Swimmers 10 and over receive ribbons based on overall placement in the event.*
- E.** *If a swimmer is disqualified during a dual meet, he/she does not receive a ribbon for that event. **PLEASE DO NOT take it upon yourself to talk to officials. Bring any concerns to coaches.***

USAS MEETS:

- A.** *A swimmer has to meet a time standard to be eligible for USAS meets. Check Eligibility Report to see if you qualify.*
- B.** *Swimmer must choose **the 3 events they wish to swim by the deadline of the USAS meet.** You can find the events on Eligibility Report which will be posted on the website. This is necessary to let coach know you will be swimming at this meet. **(Final placement in events are at the coaches' discretion.)***
- C.** *Do not sign up to attend a meet if you are not sure about your schedule for this date.*
- D.** *New swimmers cannot participate in USAS meets until they have qualifying times, except Gingerbread Mini Meet in November (8 and under). The coach reserves the right to make exceptions to this rule, if applicable.*
- E.** *There will be **NO exceptions** for USAS meet entries after the deadline has passed. We must send out entry report at least 30 days prior to the meet. **If you do not sign up before the deadline, the child CAN NOT swim in the meet. WE WILL NOT DO LAST MINUTE SIGN UPS.***
- F.** ***If you sign up to attend a meet, you must do so.** We send payment to the host club for each swimmer that signs up. **Therefore, if you do not attend, you will be charged \$10 PER EVENT.** This payment is due on the Monday after a weekend meet payable in Aquatics Office. If payment is not made, the child will not be admitted to practice. The only excuse that will be accepted is a sick note from your child's doctor.*
- G.** *Individual Meet Entries Report will be posted on the website by the Friday before the meet. **PLEASE CHECK THE WEBSITE TO CONFIRM YOUR CHILD IS SIGNED UP FOR THE SCHEDULED MEET.** Heat and Lane numbers will be posted on the wall behind diving blocks five minutes before meet starts.*
- H.** *You must check-in with coach prior to warm-up. Any swimmer that fails to contact the coach before check-in sheets are due will be scratched. If you are scratched, you will not be able to swim. **If for any reason you are running late and feel that you may arrive after the check-in please call or text a member of the coaching staff attending the meet.** An email will be sent out with the coaches' phone number.*
- I.** *Child must be supervised by parent or guardian from the child's family at all meets or child will not be able to swim during the meet. **Parents/guardians are required to time at all USAS Meets the child is participating in.***

REQUIREMENTS OF PARENTS PARTICIPATION:

In order to sign up, you must do so on the website www.signupgenius.com (link on Seahawks website)
Parents must volunteer for:

- 1. TWO DUAL MEETS*** (1 shift per meet, per child)
***\$100 fine per meet per child if obligation not met.**
- 2. To be a timer for every USAS Meet if your child is swimming**
***\$100 fine per meet per child if obligation not met.**
- 3. WINTER CUP** (1 shift per child, per day)
***\$100 fine per meet per child if obligation not met.**
- 4. Fundraisers:**
 - A.** Swim Marathon/T-30 Endurance test (minimum \$20)
 - B.** Case of Water, Gatorade, or soda (will be assigned)
 - C.** Sell at least \$100 worth of Lottery Raffles (If you are unable to sell for whatever reason, you will need to pay \$100 per child)
 - D.** Bake **AT LEAST** 24 items per child when scheduled by the office (Items will be sold during Dual Meets and Winter Cup)

For a more in-depth explanation about Parent's Participation requirements, please visit www.cliftonseahawks.org under "PARENTS".

SEAHAWKS AGREEMENT

PLEASE READ COMPLETELY BEFORE SIGNING!!

By signing this, I agree to the Seahawks policies and will do my part in encouraging my child to do his/her best.

I will fulfill my obligations to volunteer for the following:

- 1. TWO DUAL MEETS** (1 shift per meet, per child)
- 2. To be a timer for every USAS if your child is swimming**
 - a.** I also understand that if I sign up my child for a USAS meet and my child does not attend, I will pay \$10 per event.
- 3. WINTER CUP** (1 shift per child, per day)

I will fundraise/donate the following:

- 1. Swim Marathon/T-30 endurance test** (Minimum \$20 per child)
- 2. Case of water, Gatorade, or soda** (Will be assigned by the office)
- 3. Sell AT LEAST \$100 worth of Lottery Raffles** (If you are unable to sell for whatever reason, you will need to pay \$100 per child)
- 4. Bake AT LEAST 24 items per child when scheduled by the office** (Items will be sold during Dual Meets and Winter Cup)

Children's Etiquette:

- 1. I understand that my child is expected to respect and listen to coaches, following their directions.*
 - 2. I understand that if behavior continues after a verbal warning and a written report, my child may be terminated or suspended from the team without a refund.*
 - 3. My child has agreed to attend practice and meets as stated in the policy.*
- I understand that failure to fulfill my obligations will result in a \$100 fine per meet, per child. (Includes dual meets, USAS meets, and Winter Cup)*

If you feel these policies match those of your swimmer and your expectations then we encourage you to join the Seahawks swim team. If not, then we have other aquatic programs available to you. Please see the Aquatics Director for more information.

My child _____ and I have read, understand, and agree with the Seahawks Swim Team Policies. Violating these requirements could result in dismissal from the program without a refund.

Parent or Guardian's signature

Date

Please initial and date each line to assure that you understand the following:

I, _____,
understand

A. Practice Policy. _____

B. Meet Policy. _____

C. Dual Meet Policy. _____

D. USAS Meet Policy. _____

E. Requirement for parent participation. _____