

BOYS & GIRLS CLUB OF CLIFTON



SEAHAWKS

SWIM TEAM POLICIES

In order to improve the training process during 2009 – 10 season, all swimmers will be divided into five groups according to the results of the T – 30 test (30 minutes of swimming.) The purpose of such division is to personalize the training process for each swimmer according to his/her cardiovascular abilities. This test will be performed two times during the season in order to track each swimmer's progress.

PRACTICES:

1. Swimmers in the JO group must attend a minimum of 5(five)practices per week. Gold group are expected to attend a minimum of 4(four) practices per week and Dolphin -3(three).
2. If the swimmer is unable to attend practice due to illness the parents should call the Aquatics office prior to practice. In case of inclement weather, please call to find out if practice is canceled at (973) 773-2697 ext.31
3. Swimmers are expected to be on deck in suits and with proper equipment and be ready to swim five minutes before posted time.
4. All athletes should plan to stay entire practice. The last part of the practice is very important. Do not leave pool area at any time without coach's permission
5. Be quiet and still while coaches are instructing your practice group. If swimmer is not following coaches directions he/she will get warning. Be courteous to all coaches and teammates.
- 6 All swimmers are to conduct themselves in a sportsmanship-like manner at all times.
7. Only one bathroom break allowed during practice.
 - Bathroom break time (5 min.)

Bronze & Sharks -6:00 pm	Dolphins-7:15 pm
Gold - 6:30 pm	J.O.s 7:00 pm
8. No obscene language in the Boys & Girls Club
9. Parents are allowed to observe practice on the bleachers, not on the deck of the pool.
10. Parents are not allowed to talk to the coaches during practice. This time is needed for the kids. Please call, email any questions or talk with coaches before or after practice.
11. If child feels sick during practice parents will be called to pick up.

MEETS:

1. Swimmers are expected to attend ALL Dual, Invitational, 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 only during meet, (bathing cap, bathing suit, sweat suit) **NOT** during practice!
4. 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.
5. 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.
6. Swimmer eligibility and relay placement/participation will be decided by the coach. Any concerns regarding this should be directed to coach.
7. 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 circle the 3 events on the Eligibility Report they wish to swim by the Wednesday before the scheduled meet.
- B. If you cannot attend a meet, it is your responsibility to cross out your name on the Eligibility Report by the Wednesday before the scheduled meet. (Final placement in events are at the coaches' discretion.)
- C. Individual Meet Entries Report will be posted by the Friday before the 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.

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 circle the 3 events on the Eligibility Report they wish to swim by the deadline of the USAS meet. This is necessary to let coach know you will be swimming at this meet. (Final placement in events are at the coaches' discretion.)

- C. If you cannot attend a meet, it is your responsibility to cross out your name on the Eligibility Report by the deadline of the USAS meet.
- D. New swimmers 10 and under cannot participate in USAS meets held before January, except Gingerbread Mini Meet on November 13 (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.
- F. Do not sign up to attend a meet if you are not sure about your schedule for this date.
- G. 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.
- 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 a member of the coaching staff attending the meet. Cell phone numbers will be posted on the bulletin board for this purpose.

REQUIREMENTS OF PARENTS PARTICIPATION:

All parents must assist in the operation of every meet.

Parents must volunteer for:

1. TWO DUAL MEETS (3 hours per meet),
2. To be a timer for every USAS meet as needed,
3. Autumn CUP (5 hours per child)
4. Fundraisers:
 - A. Swim Marathon (minimum \$20)
 - B. Case of Water or Gatorade (choice through lottery)
 - C. Florida Nationals Championship (April) All swimmers, regardless if attending this meet or not, must help fundraise

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

If you feel these policies match those of your swimmer and your expectations then we encourage you to join the Seahawks. 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 these policies. I understand that my child must meet all program requirements and that I, as parent, am required to volunteer during the swim meets. Violating these requirements could result in dismissal from the program.**

Parent or Guardian's signature

Date