

SWIMMER CONTRACT

As with all YMCA programs, the Tsunami Swim Team emphasizes the Core Values of Respect, Responsibility, Honesty and Caring. The behavior of our swimmers, coaches and parents at practices and at meets should exemplify these values.

A. Swimmers

In order to demonstrate Respect towards our coaches and fellow swimmers, the following rules are to be followed at all practices and meet warm-ups, unless otherwise instructed.

1. Practice Behavior

- If a coach is speaking to the group, swimmers should give her/him their full attention. Heads above the water and hands on wall.
- Swimmers should always do flip turns when doing free and back, and should streamline off every wall. Opens turns are for breast and fly only.
- Swimmers should not walk on the bottom of the pool and should not stop in middle of a LAP, SWIM, or SET.
- Allow 5 seconds between swimmers when starting from the wall.
- While kicking, swimmers should be in single file and should not pull on lane lines or hand pull between swimmers.
- Swimmers should always do the ENTIRE warm up and cool down. No stopping to stretch! Stretch should be done BEFORE the start of practice.
- Swimmers should be courteous to other swimmers in the lane:
 - Faster swimmers go first;
 - No dragging off front swimmers;
 - If you need to pass the swimmer in front of you, tap their feet;
 - If you are tapped, LET THEM PASS.
- BE ON TIME! Arrive 10 minutes before practice starts to stretch and gather your equipment so you are ready to get the pool on time. If you have a time conflict discuss it with your coach.
- All equipment should be put away before anyone leaves the pool deck.
- Swimmers are expected to display responsible behavior in the locker room by cleaning up after themselves, limiting the time spent in the shower, being respectful of other YMCA members in the locker room, and helping to maintain the YMCA facility. No roughhousing!
- Keep your hands to yourself, no pulling on, spitting on, or grabbing other swimmers.

2. Swim Meet Behavior

- All swimmers must sit with the team at all times during the meet. If you need to leave the pool deck for any reason, first tell your coach.
- BEFORE and AFTER your event, each swimmer must report to the coach.
- Conduct oneself in a mature, responsible and courteous manner.
- Ipods, MP3's and personal entertainment electronics are allowed on deck with earphones. No speakers.
- Swimmers must be dressed in team suit/cap for every meet. Team suits are not to be used during practice.
- Dress appropriately – sweats and footwear should be worn.
- Healthy snacks should be brought to the meets, NO JUNK FOOD
- At YMCA Dual Meets, all swimmers are expected to remain at the meet until the end. They will also participate in a team cheer before and at the conclusion of the swim meet.
- Clean up area before leaving.
- Orderly warm-ups in assigned lanes. NO DIVING DURING WARM-UPS until instructed by coach.
- No horseplay allowed during meets.
- ALL DUAL MEETS ARE MANDATORY. (If a swimmer has an extreme obligatory conflict (i.e. family wedding, religious ceremony, etc.) they should speak to their coach in advance.)

Disciplinary Action

There will be NO WARNINGS. FAILURE TO COMPLY WITH TEAM RULES WILL RESULT IN A SUSPENSION FROM THE TEAM. To return to the team, the swimmer must set an appointment with the coaches. This meeting MUST be attended by a parent or guardian.