

TEAM RULES AND EXPECTATIONS

All athletes are expected to be on deck, dressed and ready to swim at least 15 minutes early. It is very important for athletes to be on time so that they can get properly stretched and so that if we have any information to pass on to the athletes we have ample time to do so without interfering with practice time.

Athletes are expected to bring and wear the correct workout gear and /or uniform to practice or meets. I.E. cap ,goggles, suits etc.

All athletes are required to have either bottled water, powerade or gatorade on deck at all times during meets and/or practices. If you choose powerade or gatorade it is recommended that you do a 50/50 mix of drink and water.

If an athlete is for some reason going to be leaving practice before the scheduled time, the are

required to give a signed note from a parent or guardian stating the time and the person who will be picking up the child. Otherwise we cannot allow the athlete to leave early.

All athletes are expected to be at every practice or meet. Exceptions will be made but we would appreciate everyone's effort to participate as much as possible.

It is not recommended that athletes leave gear in the locker rooms unless in a locked locker. We cannot be responsible for lost gear.

ABSOLUTELY no athlete gear is to be left in the lifeguard office during practice or meets. That room is for lifeguards, coaches and officials only.

No one under the age of 18 is allowed to use the men's or women's health center.

In order for athletes to compete, they must first sign up for meets. If the athlete does not sign

up by the date designated by the coach , that athlete may not be able to participate in that meet. Please sign up and if need be pay for meets as soon as possible to avoid any conflicts.

All athletes are expected to be respectful and polite to all other athletes ,coaches , officials and parents. Disrespect will not be tolerated

RULES MAY CHANGE AT ANY TIME AND WHENEVER THEY NEED TO BE TO PROTECT THE ATHLETES AND COACHES .