

V.A.S.T.



Team Rules & Regulations

- I. General – for ALL team members. This includes swimmers, families, and volunteers.
 - a. Follow all City of Valley Community Center rules and posted pool rules.
 - b. Show respect to everyone you have contact with during VAST functions – coaches, swimmers, parents & volunteers from our team and teams we are competing with.
- II. Practices
 - a. Coaches
 - i. Coaches will be prepared for each practice, with a goal for each day and a plan on how to achieve it.
 - ii. Coaches will be professional and give accurate instruction, achievable goals, and positive feedback to all swimmers.
 - b. Swimmers
 - i. Swimmers are expected to attend a minimum of three (3) weekly practices.
 - ii. Come to practice ready to swim with all equipment (not sitting out). If a swimmer decides to sit out practice, they will be asked to sit with their parent away from the pool deck. This is to prevent distracting other swimmers and to allow the coaches to focus on the swimmers in the pool.
 - iii. Be ready to swim at start time of practice – sitting on back bleachers with swimwear on 5 minutes prior to scheduled practice time.
 - iv. Listen, show respect to, and follow the directions of ALL coaches during practice time.
 - c. Parents
 - i. Make sure the swimmers arrive on time for practice.
 - ii. Do not “help” the coaches during practice. Please sit on the bleachers at the starting-block end of the pool or another area in which the coaches are not giving instruction. Belittling your

swimmers when they are struggling or consoling your swimmers when the coaches are tough will most likely work against your swimmer's overall progress.

- iii. Do not distract the coaches during practice. If you have questions, please set up a time before or after practices in which a coach can talk to you about your swimmer or the swim team.
- iv. Show up at the pool at least twice a week to stay informed on VAST functions.

d. Practice Cancellations

- i. Normal practice will continue during rain.
- ii. Practice will continue during thunder or lightening on the pool deck or in the gym. Swimmers should ALWAYS bring gym clothes/shoes for a land-based workout.

e. Consequences

- i. If a swimmer fails to participate in at least 3 practices (this number will include swim meets in June) per week without the coaches' expressed permission, he/she will swim exhibition (no chance to win ribbons or points) in the following meet.
- ii. If a swimmer violates pool rules or team rules during practice, discipline may include: extra physical work, sitting out practice (with a coach/parent meeting before the swimmer returns to practice), suspension for 1 or more swim meets, and as a last resort, dismissal from the team – no refunds will be given.

III. Swim Meets

a. Coaches

- i. The coaches will try to have the line-up posted 2 days prior to each meet.
- ii. Asst. coaches will be at the meet 30 minutes prior to scheduled warm-ups.

b. Swimmers

- i. Swimmers will attend meet warm-ups, arriving at the meet 20 minutes prior to the scheduled warm-up time.
- ii. Swimmers will stay in the team area during meets.
- iii. Swimmers must sign up to participate in the meet at least 3 days prior to the meet. If swimmers show up for a meet they are not signed up for, there may not be spots/lanes available for them.
- iv. Swimmers will report their times to Coach Bobby after each event.
- v. ALL swimmers will be expected to stay and support teammates until the end of every meet unless excused by the Coach.

c. Parents

- i. At least one parent (or older non-swimming sibling) from each family is required to volunteer at all home meets the swimmer enters (including championships). If no parent/guardian can attend the meet, a chaperone form must be filled out and turned in for the swimmer to enter a meet. Here are some of the volunteer positions that will need to be filled for each meet:
 1. 8 & Under Swimmers Organizer – will help the 8 & under swimmers find their place at the starting blocks.
 2. Age-group chaperones – will keep up with one age group of swimmers.
 3. Concessions – will help coordinate and manage food/beverage concessions during swim meets.
 4. Starter – Announces upcoming events and starts each race.
 5. Timers – use stopwatch to time swimmers.
 6. Scorers/Data Managers – will enter event times and print results/ribbon stickers during meets.
 7. Lane slips – will collate lane slips prior to swim meet.
 8. Runners –will distribute & collect lane slips prior to and in between races and deliver them to the scorers table.
 9. Ribbons – will work with scorers to prepare ribbons for winners and participants.
 10. Clerk of Course – will organize swimmers into the appropriate event/heat/lane when they arrive at the “bullpen”.
 11. Logistics – will assist coaching staff as necessary preparing and taking down from swim meets, along with distributing water to timers, officials, and other meet workers and coaches during meets.

IV. Fundraisers

- a. All VAST families will be required to participate in VAST fundraisers.

I have read and understand the SeaWolves Rules and Regulations. I agree to follow these rules and help the Valley Area Swim Team live up to the VAST mission statement: The VAST is dedicated to the emotional and physical growth of its swimmers and to the morale of the community in which they live. The coaches, the parents, and all involved in VAST will strive to make swimming a fun experience. At the same time, they will foster in both parents and swimmers alike, the benefits of hard work and sacrifice, the traits of good sportsmanship, the value of self-discipline, the seeds and fruits of leadership, the exhilaration of competitive zeal, and the joy of community spirit.

Parent(s) name(s): _____

Swimmer(s) name(s) _____
