

BCY WINTER SWIM TEAM 2011

Welcome swimmers! Some of you are new, some are returning, we are glad to have you! Even if you are a returning swimmer, please read below as some information has changed.

Parent and swimmer signatures are required. Please return form to one of your coaches.

-Swim Team Levels are in place to help each swimmer. Please do not come to a different level as this disrupts the pace of other swimmers in the lane.

-Junior Nationals and National levels are by Head Coach approval only, no exceptions.

-Level 3 is for swimmers who are 12yrs, or 11yrs (with Coaches approval), or 10yrs (who have swam at Districts and have Coaches approval.)

-Swimmers are expected to come prepared, ready to practice, and on the deck at least 5 minutes before their practice.

- Inappropriate language, inappropriate topics, verbal and physical bullying will NOT be tolerated. Coaches may ask that swimmer to exit the pool and sit on the bleachers.

-Swimmers that are not listening to coaches, or interrupting the lane, will be warned and then asked to sit out until they are ready to try again.

-Swimmers that are leading the lane should show good leadership skills and set good examples. Coaches expect these swimmers, Levels 1 and up, to do proper hyperextensions, correct breathing patterns, correct turns, staying off the bottom of pool, following the "basics". Swimmers who are not doing this, or not trying, will be asked to move back in line.

-Parents are reminded to please follow the Parent Code Of Conduct, you are their support system, their cheerleaders, their shoulders and sources of strength. Please let us be their Coaches.

-Pool deck will be closed to parents of all levels except Developmental, and Mini levels starting October 24th. From that point, starting Nov 4th, parents may be on bleachers for Friday practices only.

-Parents are also asked to volunteer and help at swim meets.

- Any issues, or disagreements with level placements, Coaches, schedules etc should not be discussed negatively amongst a group of parents, or in front of swimmers. Please contact Coaches, and remember that there are Coaches children on the team.

-Coaches are here for the team, swimmers and parents. If you have questions or need to talk to a Coach let them know before practice and time will be made for you. Please do not approach Coaches during practices. Rlease@ymcabwv.org or jschroede@ymcabwv.org.

Parent _____

Swimmer _____