



FEATHER RIVER AQUATIC CLUB

2017-2018

Swimmer & Parent Responsibilities



421 C Street Yuba City, CA 95991 (530) 742-SWIM www.fracattack.org



SWIMMER RESPONSIBILITIES

Congratulations on deciding to further your swimming experience and becoming a part of the FRAC Swim Team Family! You will be coached by staff that have your well-being at heart and who are determined to improve your swimming.

Not everyone can win an Olympic Gold Medal, but everyone can try, and trying your best is the key to improving. If you have honestly given your best effort, then you're a *true winner*. We at FRAC will try our best to help make every one of you that kind of winner.

Think positively about your progress. You will improve while having a great time. That single goal is something every parent, coach and swimmer has in common. Believe in your ability to improve, work hard and think positively about your swimming – it makes competitive swimming that much more enjoyable.

Every member of FRAC shares the responsibility of building the stature and prestige of the team. Every swimmer from age 5 to 18, novice to team record holder, contributes to the program in a unique manner. Take pride in being a part of FRAC and share in the following responsibilities:

- **Attend practice on a regular basis.**
- **Attend as many team meets as possible.**
- **Let your coach know when you must miss practice or will not be able to attend a meet.**
- **Always wear your team suit, cap, and apparel at all meets.**
- **Arrive at all meets and practices on time and ready to swim.**
- **Support the coach and your teammates.**
- **Compliment those around you and be aware of other's accomplishments.**
- **Establish goals for yourself and train to meet these goals.**
- **Show your competitors the respect they deserve. Treat them as you wish they would treat you.**
- **Stay informed of club activities.**
- **Make sure all handouts and announcements given out at practice are given to your parents.**
- **Treat meet officials with respect.**
- **Follow the program your coach has outlined. If you have any questions, discuss them with your coach prior to or after practice.**
- **Have fun and enjoy swimming.**

Workouts are assigned on the basis of age and/or ability. The coach will determine what workout group a swimmer belongs to. A swimmer may later be

moved up (or occasionally down) a group depending on his/her performance. *Please do not ask the coach to change workout times for swimmer(s).* Many parents who have more than one swimmer will often find themselves with swimmers at different practice times. While this is sometimes hectic and inconvenient for the parents, it is really what is best for the swimmer.

The only weather conditions that cancel workouts are electrical storms or high winds. We swim in the rain. In the case of a cancelled workout due to weather or a pool maintenance problem, we will make every effort to contact you by email.

Essentials for workouts:

1. A practice swim suit, the team suit should not be used for practice
2. Towel(s)
3. Goggles
4. Cap (optional for guys). We have caps for sale on deck.
5. Fins, Kickboards, and Pull Buoys are also items that our swimmers use often. We do have some on deck for swimmers to use, but it is really best for them to purchase their own.
6. Dry warm clothes to keep swimmers warm after practice
7. Equipment bag to store belongings and protect them from getting lost

Note: Please write your name in permanent marker on all belongings.

We feel so strongly about our swimming rules that we require each swimmer to read and sign a swimming contract which contains these rules prior to beginning practice. This contract simply states that the swimmer understands the rules and will abide by them. Failure to not follow these rules will result in disciplinary action which could result in your swimmer not being able to practice.

Let's review the basic rules that all swimmers will be asked to follow:

SWIMMER CODE OF CONDUCT:

Practice:

- BE ON TIME.
- On time means being dressed and ready to swim.
- No diving from starter blocks without coach's permission.
- ALL SWIMMERS ARE EXPECTED TO BE ABLE TO ENTER AND EXIT THE POOL WITHOUT THE ASSISTANCE OF A LADDER OR STAIRS.
- Absolutely NO running on the pool deck.
- No sitting or standing on lane lines.
- No horseplay in the pool or around the general pool area. This includes the locker rooms.
- Foul language will NOT be tolerated.

- Fighting, scratching or other forms of inappropriate behavior is unacceptable under any circumstance.
- Treat our facility and equipment with care and pride.
- **NO TALKING OR PLAYING AROUND WHILE THE COACH IS TALKING.**
- Listen to all instructions and follow them.
- Treat everyone with respect.
- Keep a positive attitude, I WILL...not I can't.
- Help put away swimming equipment at the end of practice and pick up the general pool area.
- Use of drugs, alcohol, and tobacco are prohibited.

Please note that swimmers who fail to follow practice instruction during a workout may be asked to sit out, do extra laps, pushups, or other exercises. This is all part of training and learning to follow instruction.

Meets:

- **BE ON TIME FOR WARM UP.**
- Good behavior is to be displayed at all times. You are representing our Club and Community.
- Team suit, cap and apparel should be worn at all meets.
- Swimmers will treat all members (coaches, teammates, parents, officials, opponents) with dignity and respect.
- Always show good sportsmanship and be courteous to other swimmers.
- Cheer for your teammates.
- No running around or horseplay.
- Keep out of the sun as much as possible.
- Do not eat junk food and drink plenty of water. No carbonated drinks.
- Check in with your coach prior to each race and after warm up and warm down.
- Learn how to complete meet entries, memorize best times, ID numbers, and other important information.
- Foul language is not allowed at any time.
- Do not scratch an event without discussing it with your coach.
- Know the events you are swimming and show up promptly at the starting blocks when your event is called.
- Make sure your team area is clean at the end of the meet and that all garbage is picked up.
- Use of drugs, alcohol, and tobacco are prohibited.

Swimmers may not attend swim meets outside of the FRAC Team Meets. Our meet schedule is provided on our website.

Safety:

- **Lightning, earthquake, fire or personal injuries are incidents that require full cooperation of all members. Our Emergency Action Plan is routinely reviewed by our staff. In the event of an emergency, please be quiet and listen for directions from our staff members.**
- **During an electrical storm, no one can be outdoors. Coaches will maintain order in the lobby/locker room and NO SHOWERS can be used.**
- **Due to drowning risks and other conditions, children not participating in FRAC must be accompanied by a responsible adult.**
- **No one should ever submerge below a pool cover, nor climb over lane line/cover reels.**
- **Running, pushing, or horseplay on deck are not permitted.**
- **It is unsafe to throw training gear. Weights, elastic pull cords, and medicine balls should be used with supervision and only in the way they were designed.**
- **Persons who seem out of place or unfamiliar and acting in an unsafe or unusual nature should be reported immediately to your coach.**
- **Swimmers waiting for transportation should always stay inside the swim center complex until their ride has arrived.**
- **Each swimmers should have an up to date Member Information/Consent to Medical Treatment Form on file.**



PARENT RESPONSIBILITIES

To a large extent, the success of FRAC depends on the support of its parents. Parents are needed in many areas in order for our club to function efficiently. Therefore, all parents are required to take an active role in helping the team. This includes getting your swimmer to and from practices and meets, helping by timing and/or officiating, and by participating in fundraising events just to name a few. Everyone has something to offer!

Some guidelines that will help you and FRAC:

- 1. Be aware of your swimmer's work out time.** This information will be given to you by the coach and will also be distributed monthly via the team email list. Please make sure FRAC has your current email/phone contact info. Have your swimmer ON TIME to practice. Swimmers that arrive late are a disruption to the productivity of the workout. It is also very important that they are picked up on time. Everyone wants to go home and another parent or coach may end up waiting if you are late.
- 2. Volunteer your time.** It takes many volunteers to run a successful swim program. Your energy and ideas are needed. We're counting on you! FRAC is run entirely by volunteers and it is important to our swimmers that everyone does their fair share. All FRAC families have a minimum requirement of 10 volunteer hours per year. Please see our Volunteer Responsibility form for further details.
- 3. Pay your monthly fees on time.** FRAC payments are due by the fifth of each month and become delinquent on the tenth. A late fee of \$5.00 will be charged after the tenth. Any swimmer with unpaid fees will not be allowed to practice or attend meets until dues are paid in full. There are two ways to make your FRAC payment:
 - A. *We have a file box labeled "Dues & Registration" that is always located on a blue table near the pool deck. Simply make your check payable to FRAC and place into the file labeled "Dues"***
 - B. *Another way is to set up your online bank account to send a check directly to FRAC, P.O. BOX 246, Yuba City, 95992.***

How to be a Successful Swim Parent

With the Coach(es):

Don't try to talk to the coach(es) while they are conducting workouts. Consider the pool deck a classroom. Would you interrupt a classroom teacher while he/she was in the middle of a lecture? If the coach

is not talking to the swimmers, he/she is thinking, watching, or analyzing. If you need to speak with the coach, please do so before or after practice. If the conversation will take more than a few minutes, arrange a time to meet with him/her when they have more time and can give you their full attention.

Leave the coaching to the coach(es). They are professionals dedicated to insuring that all swimmers improve at the proper rate and that the best is attained for each swimmer. Parental “coaching” may adversely affect your child’s performance and it may also cause your child to lose faith in his/her coach. It is ESSENTIAL that the parents support the coaches!

Watch workouts from a distance. Do not talk, signal, wave to or admonish your child while he/she is in the pool. Please keep at a reasonable distance from the pool deck (i.e. the blue tables on deck or the covered bleachers). Please do not circle the pool perimeter as it can be a distraction to swimmers and coaches.

At Meets:

Make every effort to sign up for team meets listed on the FRAC Team Meet Calendar. This meet calendar can be found on our team website, www.fracattack.org.

Swimmers may not attend swim meets outside of the FRAC Team Meets. Our meet schedule is provided on our website.

Volunteer to Help. There are lots of jobs, most of which are fairly easy and fun. Someone will be more than happy to show you how. Helping out often gives you a ring-side seat and can be more fun and less tiring than sitting in the hot sun all day! Besides, it’s a great way to meet other parents and learn more about the sport of swimming.

Encourage your swimmer. If he/she feels they have done poorly, offer encouragement and reassurance that next time will be better. Be supportive of your swimmer(s)! They are working extremely hard!

Never scratch your child from an event without talking to the coach first.

Never argue with an official at a meet. Let the coach handle any and all problems.

For younger swimmers, make an effort to get them to their race on time. We don’t want swimmers to miss their race.

Discipline:

Rules are set up for the safety and well-being of everyone involved.

If you, as a parent, have difficulty with another swimmer's behavior or attitude, discuss it with the coach(es). If the problem is not resolved, discuss it with your FRAC Board.

With Your Swimmer:

Be Positive.

Be Patient.

Be Praising of his/her performance.

Give child a Positive Self-image.

Importance of Parent Participation

FRAC provides the opportunity for parents and children to interact in a wholesome sport which can lead to many rewarding experiences.

It is a well-known fact that parental support has a direct positive impact on children's development. Very few outstanding swimmers have achieved their success without the support, influence and direction of their parents. FRAC encourages parents to take an active role in the development of our club, as well as the development of their children. You have the opportunity to help FRAC as a Board Member, Officer, Committee Chairperson, or Parent Volunteer.

As you become more and more involved in swimming, you may decide to become a CARDED OFFICIAL. What is a CARDED OFFICIAL? These are volunteer parents who officiate at swim meets. Without these volunteers, meets cannot be held. Next time you are at a meet, count the number of volunteers that are required to successfully run a meet, then double that number and you may come close to the actual number of volunteers actively involved. Ask your Board how you can become a Carded Official. They will provide you with more information.

Get Involved...BE A VOLUNTEER.

Parent Code Of Conduct Form

All members entering into the Feather River Aquatic Club are members of our family. We would hope that when questions and concerns arise, everyone involved would contact the board for direct answers. This code has been developed as a standard to emphasize our organization's commitment to making involvement with our club a positive experience. As a parent of a swimmer and member of FRAC, I will abide by the following guidelines:

- 1. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.**
- 2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with the coaches on the pool deck.**
- 3. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and coaches at meets and practices.**
- 4. I will maintain self-control at all times. I will know my role.**
- 5. SWIMMERS-SWIM
COACHES-COACH
OFFICIALS-OFFICIATE
PARENTS-PARENT**
- 6. I understand that criticizing, name-calling, use of abusive language or gestures directed toward ANYONE will not be permitted or tolerated.**
- 7. I will enjoy involvement with FRAC by supporting the swimmers, coaches, and other parents with positive communication and actions. I will refrain from negative remarks/conversations on the pool deck.**
- 8. As a parent, I understand that it is my duty to be involved in the organizing and running of meets and other team events. FRAC is run entirely by volunteers and I understand that it is vital to our team that every one of us does our fair share.**

Sanctions: Should I conduct myself in such a way that brings discredit or discord to Feather River Aquatic Club, or USA Swimming, I voluntarily subject myself to disciplinary action. FRAC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.



**FEATHER RIVER AQUATIC CLUB
CODE OF CONDUCT FORM**

I have received a copy of the Parent's and Swimmer's Responsibilities and have read and acknowledged receipt of the information they contain. I will abide by the code of conduct and follow all guidelines.

Should I conduct myself in a way that brings discredit or discord to Feather River Aquatic Club, or USA Swimming, I voluntarily subject myself to disciplinary action. FRAC maintains the right to terminate any membership with/without cause in the interest of FRAC's vision, mission, and objectives.

Name of Swimmer: _____

Signature of Swimmer: _____ Date: _____

Parent/Guardian (printed): _____ Date: _____

Parent/Guardian (signature): _____ Date: _____