



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 4 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 and leave a message on our phone line. (742-SWIM)

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.**
- **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.**

Safety:

- **Lightning, earthquake, fire or personal injuries are incidents that require the 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 swimmer should have an up to date Member Information/Consent to Medical Treatment Form on file.**