

PARENT AND SWIMMER EXPECTATIONS FOR 2008

PARENTS

Parents and friends of swimmers must stay off of the pool deck and must not interrupt the coaches while practices or swim meets are in session. Please let the coaches coach. Interrupting the coaches during practice interferes with their task of observing, instructing, and supervising swimmers. Coaching your own child or other swimmers is not allowed. Encouraging your own child and other swimmers is expected. Fort Hood Dolphins maintains a coaching staff that will control the flow of information to your swimmer as needed in your child's development.

All swimmers are to sign in at the front desk of Abrams Gym. FHD has a sign in sheet with all swimmers listed. If your name is not on the list please write it down at the bottom.

Parents should accompany swimmers into the pool area before practice and meets. (Especially the younger swimmers)

- This time allows you to check your mailbox and see any new posted information.
- Younger swimmers sometimes miss important information that pertains to possible changes in the schedule.

Parents and spectators are expected to behave in a manner that enhances Fort Hood Dolphin's reputation as well as the reputation of the Southern Texas LSC.

Parents are expected to encourage and be supportive of the swimmers and coaching staff at all times. Parents are expected to volunteer at away meets when needed, enhancing their child's swimming experience. Parents are expected to be the encourager and motivator for their children. Parents are expected to have or instruct their swimmers to be on time to all regularly scheduled practice and meets. Practice start times and meet warm up times are the times to be entering the water not entering the grounds. Coaches will consider practice attendance when making the line-up for meets and progression to more challenging groups. Coaches will adjust relay line ups if your child is not on time and participating in warm up on meet day. Late swimmers may be scratched from the swim meet and will not be re-entered. Please help your child attend practice regularly and to be on time.

SWIMMERS

Have Fun, Try Your Best, Follow Instructions, Be a Great Sport and Teammate!

- Daily Practice- Arrive before posted practice time and be ready to start on time.
- Swimmers must not enter the pool until their coach gives them permission to do so.
- Enter the water immediately at the coaches direction
- Follow lane traffic rules as directed by the coach.
- Show respect for all other coaches and pool staff as well as other swimmers.
- During practice sessions, swimmers are never to leave the pool area without the

coaches permission

- Swimmers must obey the rules of the pool facilities. These include no running on the pool deck and no diving in the shallow end of the pool.
- No horseplay or roughhousing is allowed in the pool, on the pool deck or in the locker rooms.
- Swimmers should treat their teammates and the pool facility with respect. Failure to do so could result in a swimmer being barred from practice and/or a team event.
- Swimmers should listen to and follow the instructions of their coach while at practice or at meets.
- Swimmers should follow the directions of their coach and/or designated Meet Marshals or officials at swim meets. Unless in a designated take-off lane, swimmers must enter the warm-up pool using a 3 point entry.
- If you see someone doing something unsafe or an unsafe situation, please notify a coach immediately.
- Swimmers should not use inappropriate language to another swimmer or coach.
- Swimmers should not harass, tease or bully another swimmer or teammate.
- Proper behavior in the locker room is expected of all swimmers at all times. Proper behavior includes limiting showers to 5 minutes, respecting other swimmers belongings, not using inappropriate language and not participating in horseplay or roughhousing.

I have read and agree to support the Fort Hood Dolphins team policies:

Parent Signature: _____

Swimmer's Signature: _____