

Florida Elite Swimming Parent Guide

Our Team is registered with the IRS as a 501(c) 3 Charitable Organization and is operated by an elected group of Officers and Board Members. These positions are voluntary and not compensated in any way. If you have a question about the team that does not involve coaching, feel free to contact one of our Board Members. Here is a list of our current board:

Head Coach–Guerby Ruuska
President–John Bright
Vice President–Anna Mose
Treasurer–Dana Burton
Secretary–Annie Schlemmer
Aquatics Director - Darcee Redding

Board Member–Brent Smith
Board Member–Renee Santana
Board Member–Angela Klein
Board Member - Chauncey Carter
Board Member - Ron Morgan

The rest of this document contains a list of rules, policies, helpful hints and guidelines that our team follows. Whether you are new to the team or have been with us for years, please review this document in its entirety.

Parent Code of Conduct:

1. Practice teamwork with all parents, swimmers and coaches by supporting the values of Honesty, Caring, Respect and Responsibility.
2. Parent's will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) that interfere with coaches on the pool deck.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
4. Maintain self-control at all times. Know my role.
 - a. Swimmers – Swim
 - b. Coaches – Coach
 - c. Officials – Officiate
 - d. Parents – Parent
5. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated, and I may be asked to leave the program.
6. Enjoy involvement with the FL Elite Swim Team by supporting the

swimmers, coaches and other parents with positive communication and actions.

7. I understand that my volunteer efforts are an integral part of the success of the team and I will complete my volunteer responsibilities.
8. Should I conduct myself in such a way that brings discredit or discord to the FL Elite Swim Team program, I understand that I can be asked to leave.

Next we have our practice rules, all of these are important but please pay particular attention to the ones that are in **Bold**. The coaching staff is responsible for the swimmers safety while they are in charge of them on the pool deck. If a swimmer is not cooperating or not following the coach's instructions they will be warned and if the actions persist, the swimmer will be asked to remove themselves from the activity and to not further disrupt the other swimmers' training. The coach will be available to discuss the incident after practice. It is not fair for the other athletes to miss practice time while the coach explains their reasoning.

Practice Rules

- Be ready to start practice on time with the proper equipment whether it be swimming or dry land training.
- Pay attention to your coach. Allow others to pay attention too.
- Help your teammates.
- If you have a question, do not be afraid to ask your Coach. Our coaching staff is great but they cannot read minds so if a swimmer is having any discomfort bring it to their attention immediately.
- Ask permission if you have to leave the pool for any reason (bathroom, water fountain, etc.)
- Do your best to swim all strokes legally and do all turns properly.
- Do not stop or interfere with your teammates during sets. If a faster swimmer taps your foot please allow them to pass.
- Pick up after yourself (i.e. equipment, water bottles, trash)
- **Non-swimmers need to stay 6 feet from the water (drain line)**
- No horseplay on the pool deck or in the water
- **Talk to coaches before or after practice, not during. See a board member if necessary.**

Team Policies

- The Team uses a Lightning Detector Application. Anytime lightning is within 2 miles everyone will be removed from the Pool and asked to leave the deck. If a child's parent is not present, swimmers will wait in the locker-rooms until either it is safe to reenter the pool area or a parent comes to pick them up. A minimum of twenty minutes from the last lightning strike must elapse before practice can restart. Depending on the severity of the storm, practice may be cancelled by the Coaches. There are NO make-up sessions for cancelled

- practices. Our schedule is full and make-ups are not able to be accommodated.
- The best way to know if a practice has been cancelled or postponed is to make sure you have signed-up for Remind. A list of class codes for each level is posted at the pool and in the monthly newsletter. The Head Coach will send out a Remind notification whenever practice is cancelled. Florida weather is very tough to predict and we will always do our best to get the info out as soon as it is possible. On days that the weather appears to be inclement, please stay nearby for the safety of your swimmer.

Unlike most Youth Sports Teams we do not have traditional fundraisers. That means no selling candy bars or car washes or anything else like that. However, we do have a swim-a-thon and several meets throughout the year, these are our fundraisers. To make these meets run smoothly we **NEED** volunteers. Volunteering for Florida Elite run events is mandatory as part of your membership with the team.

- During the summer we share our Pool with the County. Please respect the Property. No playing on the lifeguard chairs or equipment and if you use a chair make sure you put it back when practice is over.
- **NO** animals are allowed on the Pool Deck.

That brings us to Swim Meets. Swimmers in the Competition/Performance groups are required to attend meets regularly to stay eligible for that group. Listed below are the different types of **Meets**:

- USA Swim Sanctioned Meets. These are Meets officially sanctioned by USA Swimming. Various events are available and most swimmers can swim up to nine or ten events over a 2-3 day period. Cost is variable and will always be made known before registration. **Fees for Sanctioned Meet become non-refundable after the registration deadline.**
- Developmental Meets. These are non-sanctioned meets that we host and other clubs in the area host as well. These are a great way for new swimmers to experience what a real swim meet feels and looks like without the pressure of being disqualified as there are no officials.

If this all feels a bit overwhelming please don't let it. We are trying to build a support network for the newer families to feel comfortable and have all of the information to know what to expect. If you don't know something or are unsure, please do not hesitate to ask.

Welcome to the Florida Elite Swimming Family!
Sincerely,

Board of Directors
FL Elite Swimming

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