

MACR SHARKS SWIMMERS' RESPONSIBILITIES AND CONSENT FORM



Each swimmer and a parent or guardian needs to read this section and discuss it together. When both the swimmer and the parent/guardian are satisfied that they fully understand what is expected and required of an MACR Sharks team member, then both will sign and date a **Consent Form** and return it to the “COACH” folder which will be in the large BLACK folder crate that will (should) be at all of the practices. The Consent Form can be found on the swim team web site under the **Parent/Athlete Info Tab**. No swimmer will be allowed to compete in any of our swimming meets until their signed consent form has been handed in. This form will be reviewed and completed annually by each team member.

AS AN MACR SHARKS TEAM MEMBER, I WILL:

- Arrive on time (that means ready to swim) to all practices. This is very important as our time is limited and there is much to cover each and every practice session.
- Check in properly at the YMCA and show my membership card to the Member Service staff at the front desk.
- Listen to and respect all YMCA staff. (i.e. coaches, life guards, building supervisors, and service staff)
- Observe all YMCA swimming pool and whirlpool rules. Before, during, and after practices the whirlpools are off limits to all swim team members. Please stay away from the whirlpools.
- Observe all YMCA/Facility rules, regardless of what facility we may be swimming at. Swimmers are to be courteous and respectful at all meets, home or away.
- Use locker rooms only for dressing, showering, and restroom facilities provided. Respect others who may be using the locker rooms at the same time. Damage to locker rooms or other facilities at any swimming site will be assessed to the responsible swimmer's family. Offending swimmers will be ejected, and may be dismissed from the team and/or expelled from use of the YMCA.
- Turn in the completed Consent Form as outlined above before competing in any of our scheduled swimming meets.
- At any swimming meet, home or away, swimmers should be under the supervision of an adult. Parents or guardians unable to attend with their swimmer(s) need to make arrangements for the child's supervision.
- Complete meet entry information in a timely manner. Meet sign up, along with entry deadlines will be emailed throughout the season. There will be no blanket or “default” entries to any of our meets. All swimmers must enter each meet they desire to swim in by filling out the proper entry form for that swimming meet. If you are unsure of what to enter, please ask a coach. E-mail reminders concerning entry deadlines will be sent, but the responsibility of entering meets on time rest with each swimmer. Late or phone in entries will NOT be accepted.

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- On swim meet days:
 - a) **AT HOME:** Arrive and check in at the YMCA, unless instructed otherwise, at least 15 minutes before our scheduled warm-up time.
 - b) **AT AWAY FACILITIES:** Arrive at venue at least 20 minutes before our scheduled warm-up time.
 - c) Check in with coaches when you arrive
 - d) Wear shoes, sandals, socks at all times when walking around any YMCA facility you may be at.
 - e) Go to our designated swimmer holding area and remain there except for: Warm-ups, Event calls (to report to Clerk of Course), Restroom visits, and/or Concession stand visits.
 - f) For meet with a holding area/clerk of course stay off the pool deck unless there to swim in your event. For meets where swimmers are on deck with the coaches please remain on deck. If there are long periods of time between your events please check with a coach before leaving the deck.
 - g) Stay out of locker rooms unless showering, changing, or using the restroom facilities.
 - h) Stay out of the spectator viewing area.
 - i) Watch for your events being called and report to Clerk of Course promptly. Swimmers are expected to be courteous, respectful, and well behaved while in Clerk of Course. Clerk of Course personnel have the authority to scratch swimmers from an event if they are
 - j) misbehaving.
 - k) Tell the head coach if you have to leave a meet before you complete all of the events you have entered. This is especially important if you are entered in a relay and cannot swim in that relay. Relay swimmers who “stand up” their teammates may be dropped from consideration for relay competition at the sectional, state, or regional levels.
 - l) Clean up the holding areas before leaving the swimming meet. Wipe up spills and throw away trash in proper waste containers. This means **EVERYONE**. At our home swimming meets, remember that any food and drink other than water is to stay in the concession area or the lobby area. PLEASE do not bring food and drink, other than water, into any other area of the building. For away meets, please eat in designated areas. Please respect the rules of our host facilities at all times.
 - m) Make sure to take all personal belongings with you when you leave any practice or swim meet you are at. YMCAs usually maintain “Lost and Found” areas, but please do not depend on your missing items being there.

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Any swimmer who disrupts a practice or meet will be given one warning regarding the observed behavior. If the swimmer continues to cause disruption they will be asked to leave practice. Any swimmer ejected from practice should promptly change and report back to the pool deck to wait for parent pick-up.

Any swimmer who damages the property of others, or threatens, intimidates, or injures others will be ejected immediately. A second incident, of any sort, will be cause for dismissal from the team. Courtesy, citizenship, and sportsmanship are as fundamental to the YMCA competitive swimming program as stroke technique and speed. These qualities derive naturally from the YMCA core values: Caring, Honesty, Respect, and Responsibility.

Thank you for taking the time to read this Swimmer Responsibilities document. Please now print the Consent Form and turn it into the COACH folder on the pool deck.

Please follow these rules and remember, when we are at other YMCA's and facilities we will be representing ourselves, our families, and our own Swim Team.

Lets have fun, but lets also respect others and others' property.



MACR SHARKS CONSENT FORM

Swimmer's Responsibilities Form

_____, a _____ who was born on _____,
(Swimmer's name – please print) *(boy/girl)* *(Swimmer's date of birth)*

has my full and informed permission to participate in any and all activities comprising the 2017-2018 season of the MACR Sharks competitive swim team of the YMCA of the Cedar Rapids Metropolitan Area.

Specifically, the above named swimmer may practice for and compete at any scheduled swim meet at the Helen G. Nassif YMCA, or other venue under YMCA auspices.

I further agree that the above named swimmer will, at all swim team activities and events, accept all proper guidance and direction given by YMCA representatives, and will meet the standards of behavior as published in the Parent/Guardian Handbook (aka The Handbook). I also agree that the above named swimmer has read, understands, and agrees to all of the terms set forth on the Swimmer's Responsibilities document.

In granting this consent, permission and agreement, I acknowledge that I am, and remain, responsible for the above named swimmer and his/her actions and welfare. I also acknowledge that I have the legal right to supply this permission and consent described within this form.

(Parent/Guardian signature)

Date

(Parent/Guardian name – please print)

Home Phone

(Swimmer's signature)

Date