

EMAC Developmental Practice Policies & Info

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USA Swim Registration

All practice participants must be registered with USA Swimming and in good standing to attend practices and meets. Questions regarding registration can be directed to EMAC's Business Manager (office@emacswim.org).

Practice Equipment & Attire

Described in the session program information (available at emacswim.org SWIM TEAM > AG DEVELOPMENTAL) is a list of equipment. All swimmers are expected to have all equipment required for practice and that equipment is to be in good working condition. Parents should check with their swimmer, or in the case of younger swimmers check themselves, that all equipment is in good working condition and appropriately and identifyingly labeled. For snorkels specifically, it is better to wrap part of the tube in unique duct tape; sharpie wears off.

When the coaching staff observes a swimmer's equipment is no longer in good working condition, the swimmer's parents will be contacted. If the piece of equipment is not replaced in a reasonable time frame (usually 1 week), the swimmer will not be allowed to participate in practice until it is replaced.

When a swimmer attends with insufficient attire/equipment, an email will be sent to their parents. If the problem of insufficient attire/equipment continues, coaches will have the swimmer sit out practice and they will be suspended from future practices until properly attired/equipped.

Swimmers who cannot use a particular piece of equipment MUST have an appropriate medical note explaining why that swimmer needs an exemption from use of the equipment in question. The coach staff is happy to accommodate for documented needs and concerns, however experience has shown that often "I can't use that" is actually "I don't want to use that" or "I don't want to spend time getting comfortable using that."

Inhalers

Swimmers who make use or may need to make use of respiratory inhalers should ALWAYS have one in their wet bags at the pool's edge.

EMAC Apparel and Attire

All equipment, as well as EMAC swim bags, logoed suits, and warm-ups, is available through EMAC's team supplier, D&J Sports.

Address: 7001 N Route 309, Coopersburg, PA, 18036

Jesse Way: jway@djsports.com

Additionally, EMAC organizes seasonal (Fall and Spring) "Team Stores." Apparel offered therethrough is for a limited time. Communication pertaining to these opportunities is sent organization-wide via email with a link to the virtual store. Once the store "closes" orders are locked. The coaching staff plays no role in this process other than facilitating the initial communication and handing out the apparel delivered to EMAC.

Pool Locations

The Developmental Program principally practices out of two indoor locations. Additionally, EMAC makes use of two municipal pools for outdoor, warm weather practice opportunities. Where we are guests of East Penn School District, Lower Macungie Township, or the Borough of Emmaus, or when we are training at our own facilities, everyone affiliated with EMAC is expected to treat other stakeholders, property, and equipment with consideration and respect.

- i. Emmaus Aquatic Club Mill Brook Farms, "the HIVE"
[2546 Mill Race Rd, Emmaus, PA 18049](#)
- ii. Emmaus High School Natatorium, "EHS"
[500 Macungie Ave, Emmaus, PA 18049](#)
- iii. Lower Macungie Township Pool, "LMT"
[Behind the Township building off of Brookside Rd](#)
- iv. Emmaus Community Pool, "Community"
[At Emmaus Community Park](#)

At EHS, LMT, and Community, as a guest of these organizations, EMAC is subject to schedule changes and cancellations beyond Club control.

Arrival and Departure

Swimmers should arrive 10 minutes before the start of practice in order to be on deck and ready to get in the pool at the start of practice. They should arrive no earlier than 15 minutes prior to the start of their practice time as coaches may have yet to arrive and/or the facility may not yet be open. Swimmers should "arrive dry, leave wet," meaning they come with a dry suit already on and will leave in a wet one to the car. While both the HIVE and EHS have locker room facilities, Developmental swimmers are only to use them for lavatory purposes.

As afternoons/evenings get colder, swimmers should have parkas/warm clothes to put on over wet suits before they make their way to their cars. Swimmers should be picked up PROMPTLY from their scheduled practice. If pick up is running dramatically behind, please email your swimmer's lead coach. We understand delays occur; the coaching staff will remain until all swimmers are accounted for. However families habitually tardy for pick up will be referred to the Head Coach and may have disciplinary action taken. Please recognize that the coaching staff have lives and don't just crawl into a closet and await the next swim practice.

The coaching staff MUST be proactively informed IN-WRITING of an early departure from practice. For safety concerns, coaches will not dismiss swimmers from practice early without written permission from the swimmer's parent/established legal guardian.

Entry Procedure @ Emmaus High School

Enter the facility from the athletic circle and proceed directly forward, where the entrance to the stands is on the left. Swimmers should enter the pool deck from the staircase at the opposite end of the stands towards the scoreboard. They should bring everything with them on deck and not leave anything in the stands.

8 & Unders proceed to the shallow end towards the glass windows. There will be a white board with their name in a colored section, which will inform them of what group they are in for that day. After signing in, they will proceed to the benches in front of the glass windows. 9 & Overs sit on the benches against spectator side of the pool deck where they leave their dry bags and clothing during practice.

Parents cannot accompany their child through the locker room or be on deck at all.

Entry Procedure @ The Hive

Enter the EMAC parking lot from Riverview Drive/north entrance. Cars with swimmers just disembarking may allow them to do so at the mouth of the walkway near the flag. Cars with swimmers who need to retrieve bags from the trunk, etc. should park in a spot. Once swimmers are headed into the EMAC Poolhouse, please exit the parking lot through the Mill Race Rd/south exit.

Swimmers proceed through the EMAC Poolhouse into the HIVE. Parents may accompany their swimmers into the EMAC Poolhouse but no further.

Parents are not allowed into the locker rooms in the Poolhouse and if within the HIVE, must remain in the cordoned off seating area.

Attendance

While the Developmental Program does not have an attendance requirement, the coaching staff does take attendance. Working from the principle of open lines of communication, Developmental coaches appreciate being informed when a swimmer will not be in attendance at a regular practice, though doing so is not required. For those looking to progress into other programs which EMAC offers, families should be attentive to how often their swimmer attends practices, as other programs do set attendance requirements.

Illness/Injury

Swimmers who before or during practice complain of illness or injury will be sat out and told to contact their parents for pick up. The parents of swimmers who complain of chronic illness or injury will be contacted in writing by the coach staff of such and that the swimmer in question will not be allowed to return to practice until they have been seen and signed off on by a physician.

Swimmers who were too ill, injured, or tired to have participated in routine activity for a given day, are too ill or tired to participate in practice. Accommodations/adjustments are not made

in practices because a participant in attendance would be better served recuperating at home. The swimmer in question will be sat out and asked to contact their parents for pick up.

If a swimmer suffers injury which will preclude practice for an extended period of time, please communicate with the Program Lead Coach ASAP to be rostered on the Injury List.

Participation in Practice

Swimmers who do not meet general expectations of good behavior and/or specifically violate any of EMAC's various rules, codes, expectations, and/or common sense will receive a minimum of a verbal reprimand. Any recurrent or novel violation thereafter will see the swimmer removed from the duration of the practice. The swimmer-in-question's parents will be notified in writing by the coaching staff. Swimmers who are repeatedly sat out of practice will see action initiated under EMAC's Disciplinary Process at the coaching staff's discretion.

Participants who demonstrate notable or unexplained regression in habits or skills and/or lack of effort in practices during a Developmental session may be deemed ineligible to continue by the coaching staff. This will be first documented to parents in writing with an observation period thereafter before the participant is referred out of the Developmental program.

Bathroom Usage

While the coaching staff has no interest in policing necessary bodily functions, there is a long and storied tradition amongst swimmers: when it's time for warm up and/or a main or foreseeably hard set, some disappear to the bathroom and miss out on a portion, if not the entirety of the set. When the coach staff observes such a pattern with an individual, a coach will reach out to that swimmer's parents. If there is a medical condition contributing, the coaching staff is, of course, happy to make any accommodation; otherwise, the coaches will expect that family to please have a conversation with their swimmer about participating in the entirety of practice. As a rule of thumb, the coaching staff encourages swimmers to get in the habit of using the bathroom before the start of practice proper. The other old stand-by of the swimmer's jukebox is the children who shows up 15 minutes early to practice, hangs out on deck, and then suddenly must use the facilities when warm up begins.

Practice Makeups & Cancellations

It is the policy of the Emmaus Aquatic Club that swimmers who miss their usual practice because of external commitments or scheduling conflicts do not have the opportunity to attend a different practice to compensate. The competitive coaching staff as a whole appreciates schedules can be hectic and sometimes it's just not possible to make it to a given practice. Unfortunately, EMAC can't accommodate attending different practices because of an absence from a scheduled one. While it might seem possible in micro, at a macro level if all members are attending whenever is convenient weekly the Club runs into space, staffing, and, ultimately, safety concerns.

EMAC may cancel practice for any reason. Alternative/makeup practices may be scheduled, if feasible but are not guaranteed. Specific likelihood for make ups may be detailed in program information.

Developmental practices will NOT be held on the days of meets and most holidays. As EMAC is a guest at several facilities, but particularly at EHS during the winter High School swim season, practices may be canceled or rescheduled. EMAC practices are also subject to EHS availability limitations for conflicts such as Snow Days and academic calendar conflict.

Parental Role During Practice

In compliance with USA Swimming's [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), NO adult may be in locker-rooms/changing areas/bathrooms actively used by minor athletes except in the case of an emergency. THERE ARE NO EXCEPTIONS. Failure to comply will trigger disaffiliation by the Club with any member in question. During EMAC-hosted swim meets, monitors are stationed outside of locker rooms.

In compliance with USA Swimming's [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), all adults on deck during EMAC USA Swim practices MUST be [non-athlete registered members](#). THERE ARE NO EXCEPTIONS. Failure to comply will trigger disaffiliation by the Club with any member in question. Parents wishing to observe practice may do so where possible from elevated stands (such as at Emmaus High School) or a cordoned-off seating area (the HIVE). Parents of swimmers with exceptional medical concerns may be allowed to attain non-athlete member registration to be more proximate on deck. In such a situation the parent is to remain unobtrusive to the practice. A parent actively coaching or interacting with their swimmer(s) for any reason other than medical necessity will be reminded once by the presiding coach before being referred to the Head Coach and Board of Directors.

When parents are able to observe practices, their role is to do just that, observe. Interacting with swimmers or coaches during practice for anything less than an emergency is not appropriate.