

Practice Behavior Expectations

- Swimmers should be suited up and ready to begin practice at the scheduled times
- Swimmers should have their caps, suit, towel, goggles, and a bottle of water at each practice. **All items must be clearly marked with swimmer's full name in waterproof ink.**
- Each Swimmer is responsible to get their equipment out and ready to use **before** practice.
- Each Swimmer is responsible for putting away their equipment after practice and assist with putting away team equipment when directed by a coach.
- **No cell phones should be used during practice, unless you are calling your parent.**
- **Bullying of any kind is unacceptable at the Metro Marlins Swim Team and will not be tolerated. The Metro Marlins Swim Team follows the Bullying Policy of the Orono Public Schools. This policy can be viewed at:**
<http://orono.k12.mn.us/ce/aquatics/swim-team/>
- Swimmers are expected to show respect for all swimmers and coaches.
 - Listen while the coach is talking
 - Do not bother other swimmers while swimming
 - Be respectful with actions and words at all times during practice and meets
- It is expected that all swimmers will follow the directions of the coaches the first time and at all times.
- Behavior such as stopping and or talking during a swim set will not be tolerated.
 - Swimmers must start and finish at the walls
 - Swimmers must using the proper push off and finish
 - Only Proper and legal strokes, turns and starts will be allowed at practice.
- Never interfere with the progress of another swimmer during practice.
- Allow your teammates to finish hard to the wall.
- Swimmers should stay to the right in their lanes and allow others to pass on the left.

- Never stop swimming during a set unless directed by a coach
- Check your mailbox each time you come to practice.
- **Swimmers need to exit the locker rooms 15 minutes after leaving the pool/practice**
- Expenses to repair any damage inflicted on pool property by a swimmer will be the responsibility of the swimmer and his/her family.

*****Swimmers must notify coaches when leaving pool deck during practice
(Restroom breaks, drinks, leaving practice early, not feeling well, etc.)**

Failure to behave in such a manner will result in disciplinary actions.

- **First Offense: verbal explanation and warning**
- **Second Offense: Call home to parent**
- **Third Offense: Swimmer cannot be at practice w/out parent or guardian**
- **Fourth: Suspension from Metro Marlins Swim Team and loss of fees.**