



# **RRV Wahoo Aquatic Club Family Handbook**

## **Welcome!!**

Welcome to the RRV Wahoos! We are a swim team for swimmers of all ages and abilities. We are excited to have you as a part of our team. This parent handbook includes important information on how to be a supportive swimming parent, as well as general information about the sport of swimming and the Wahoo parent lead club.

The Wahoos offer programs for swimmers who have just learned to swim the length of the pool up through college age swimmers. We welcome swimmers of all ages and abilities to our team!

### **What's a Wahoo?**

The Wahoo is reputed to be one of the fastest game fish in the world. It's a long, lean fish related to the mackerel and is found in the warmer Pacific waters. Because of its speed and tenacity, the Wahoo was selected as the team symbol when the team was formed. Go WAHOOS!!!

### **Our Mission:**

To provide members an opportunity to realize their potential both in and out of the pool, while displaying caring, honesty, respect and responsibility.

### **Purpose of this Handbook:**

The purpose is two-fold: 1) To assist new members in learning about club swimming and 2) to outline various policies that affect all swimmers and their families.

### **Our Achievements:**

- Four Time Power Point State Champions
- 2006 Long Course State Champions and Spirit Award Winners
- 2006 Spirit Award Winner
- 3 time USA Bronze Medal Club (Top 200 Club) 2007, 2008, and 2009
- Level 3 Recognized club (4 tier system)
- 14 YMCA All Americans
- 42 All American Swims
- 38 YMCA National Qualifiers
- 62 Central Zone Qualifiers, 25 Sectional Qualifiers
- 8 Central Zone Championships
- 1 Sectional Champion, Junior National and Senior National Qualifier
- 3 Junior National Qualifiers
- 1 Senior National Qualifier
- 17 Collegiate Swimmers
- Hosted 2 Central Zone Meets and 2024 Short Course 10& U Swim Championships

### **United States Swimming Affiliation**

United States Swimming is the national governing body for competitive swimming. It is headquartered in Colorado Springs and is organized into 56 regional Local Swimming Committees (LSCs), which all follow the same technical rules but are in most ways autonomous. The Wahoos are part of the North Dakota Local Swimming Committee (ND LSC), which is run by parent volunteers. USA swimming publishes a yearly rulebook containing all the swimming rules, national time standards and other useful information. These rulebooks and other information about USA Swimming are available at [www.usa-swimming.org](http://www.usa-swimming.org).

### **Most Frequently asked questions:**

#### **1) How do we get started?**

Enroll your child into the club by completing the required registrations. You will be required to complete a USA Swimming registration and then separately register on Team Unify for the club. Swimmers must be

registered as a USA swimmer for insurance purposes. We will also request that you sign the RRV Wahoo Swim Team Family Agreement and Code of Conduct yearly.

## **2) How do we communicate with each other?**

Our primary methods of parent communication is email and our website located at [www.rrvwahoos.org](http://www.rrvwahoos.org). This will be your primary method of staying connected with the club on an on-going basis. You will use this site to register your swimmer for swim meets, to access your account billing, to sign-up for volunteer opportunities, and to purchase club swimwear. On the site you will find the upcoming practice and swim meet schedules.

We also communicate relevant upcoming information through emails. We have periodic parent meetings and strongly encourage everyone to attend. Notice of these meetings are sent via email. Be sure that your website account is registered with your current email address.

You are able to access Wahoo news, meet information and swimmers' times for our club through the "SE motion" (sports engine) app. Please note it is a white app with "se" in black font and "motion" in white font in a yellow box. Do not confuse it with other "sports engine" apps out there that can be used for baseball and other community sports.

We ask that you refrain from talking to the coaches during the practices as they are busy running practice. If you have specific concerns about your swimmer, please discuss it with your coach after practice. Senior swimmers can contact head coach Bryan Walls to set up a time for a discussion. Blue, Orange and White group swimmers can email [rrvwahooagegroup@gmail.com](mailto:rrvwahooagegroup@gmail.com) should you have any concerns that need to be addressed and head age coach Amanda will reply.

## **3) Age group? Short Course? Heat? Circle Seeding? I know nothing about swimming, what do all these things mean?**

Most of us knew very little about swimming when we entered the world of the WAHOOS.

Luckily we have great parents who will answer any of your questions. Feel free to ask any of us.

Too shy to ask? Visit the USA Swimming website for many parent resources such as the "[Glossary of Swimming Terms \(link\)](#)". We have a new parents' meetings a couple times a year as well as periodic parent meetings. We encourage you to attend these meetings as meet information is discussed and parent questions are reviewed.

## **4) What are the expenses associated with participation?**

There are monthly swim tuition, seasonal booster fees, yearly USA swimmer registration fee and meet entry fees that can be paid using automatic payment method. Additional expenses are associated with the purchase of swimwear and travel for swim meets.

- a) Monthly tuition: Any month in which your swimmer swims at practice or meets, you will be charged a monthly tuition. Tuition is billed out on the first of each month. There is a \$3.00 processing fee that is added to each family account to help offset the processing fees the Wahoos are charged through Team Unify. The monthly tuition varies depending on the group each swimmer is assigned. Each swimmer is assigned to a group based on their age and ability.

Swim Groups:

Blue Group - \$90.00

Orange Group - \$100.00

White Group - \$110.00

Senior Group - \$135.00

Sectional Group - \$145.00

- b) **Booster fees:** Our club charges each family a booster fee for each swimming season. We encourage families to work off this fee by volunteering. For the short course season the booster fee is \$300 (high school swimmers' booster fees will be adjusted according to volunteer opportunities available) and for long course season the booster fee is \$150 per family. Fees are reduced by hour volunteering and for in kind donations at Wahoo meets and events. Getting involved as a volunteer to support your child and the entire team plays an essential role in why kids swim (USA Parent Handbook). Our club needs volunteers to be able to host meets and conduct the business of the club. Visit our website for a list of volunteer activities and the booster fee credit associated with each activity. Booster fees are billed at the end of each season (Short Course - April 1st, Long Course August 1st). If you swim any portion of a season you will be expected to pay the booster fee, so get out there and volunteer.
- c) **Swim Meets:** There are numerous swim meets each season. Participation in these meets is optional but encouraged as we are a competitive swim team. Meet fees will vary depending on the length of the meet (1-3 days is the average), the number of events your athlete swims and the coaching travel fee. All meet fees will be billed out prior to the first day of the meet.

A flat travel fee (per swimmer) will be charged to help cover the cost of the Coaches' travel to and from away meets. Having coaches on deck with our swimmers is essential. The travel fee for away meets that do not require an overnight stay will be \$25, with the club picking up any remaining costs. For away meets that require overnight stays, the travel fee will be \$65, with the club picking up any remaining cost. Should a large number of our swimmers participate in an away meet, the meet travel fee will be billed out at actual cost of less than \$25 or \$65. We always encourage all our swimmers to travel to away meets.

Sign up for each meet on the Wahoo website by logging in and indicating your intent to attend. For returning swimmers, they may pick the events they wish to swim. For new swimmers, once the deadline has passed, our coaches will select events for your swimmer to swim at the meet. Meet registration deadlines are final. If your account has a balance past due of more than 30 days, you will not be allowed by the website to register for meets.

There are numerous out of town meets. Transportation, hotels and meals are the responsibility of the athlete and their family.

- d) **Swimwear:** It is the responsibility of each athlete to purchase their own practice suits and goggles. Please wear the designated team suits and caps during meets. The link to team suits from Swim Outlet is posted on the team website main page. New swimmers will receive **ONE** free Wahoo swim cap when they register. Any additional swim caps will be available for purchase; should you need an additional swim cap, you may email the board. There will also be times during the season where athletic apparel, such as team shirts, will be available for purchase at your discretion. Parents are encouraged to wear team apparel to support their child and team.
- e) **Billing Policy:** Policy effective date September 1, 2022. All accounts must be paid in full before the next season or within three months of season ending. If you cannot pay within that timeline, contact a board member to discuss a payment plan. If no contact to a board member has been made, accounts three months past due will be sent to collections. Accounts that are 30 days or more past due will not be permitted to sign up for upcoming events until payment is posted to bring the account within the window. You must register and pay your monthly tuition before your child may enter the water. All accounts must be on card auto pay or ACH autopay, We will no longer accept paper checks. If you wish to stop swimming, you must email [RRVYWahooBoard@gmail.com](mailto:RRVYWahooBoard@gmail.com) **TWO** weeks prior to the start of the new month to unenroll from autopay.

- f) Out- Reach Funding: Reduced tuition may be available for athletes who would like to swim and qualify due to financial hardship. See any board member for more information.

#### **5) What do I need to know about swim practice?**

Practice schedules do vary depending on the time of year, point in the swim season and the age and ability of your swimmer. Schedules are posted on our website. There are four different practice groups that are based on a swimmer's ability. Our coaching staff has developed an information piece that is useful to parents and swimmers in understanding the requirements and expectations that must be met in order to participate at each level. This information "Group Progression Guidelines" is available on our website.

When you drop off your swimmer, please do not arrive more than 10min prior to the start of practice as there will not be any supervision on deck. Also, please make sure your swimmer gets into the building before leaving.

At the Central HS pool, there will be limited change room space, so please plan for your swimmer to shower at home. The expectation however, is that all swimmers are properly dressed according to the weather with shoes and dry clothes following practice before they leave the facility.

For parents that choose to stay and watch their swimmers, you must watch from the small viewing area located on the second floor. Please note that you will **NOT** be allowed to be on the swim deck during practices in accordance with USA Swimming guidelines and as a result any parents and non-swimming family members will NOT have access to restroom facilities.

#### **6) What do I need to know about swim meets?**

##### Philosophy of Competition Principles:

The following principals apply to all competitions:

- a) We emphasize competition with yourself. Individual improvement in time or skill is more important than your place in a race.
- b) Considerations for fellow teammates, opponents, and parents is just as important as how you swim. We encourage support for others; positive attitudes and good meet behavior.
- c) We encourage swimmers to learn to set reasonable and logical goals and to strive for excellence even when they experience short-term setbacks.

##### Types of Meets:

There are two main swimming seasons. The short course season is swum in 25-yard pools during the fall and winter months. Meets generally start in mid-November and end in late March with a state meet. The long course season is swum in 50-meter pools during the summer months and ends in July with a state meet.

Most younger swimmers train and participate in swim meets in order to be able to compete at the North Dakota State Championships. The short course championships are held in March and the long course championships are held in late July. To qualify to swim at state a swimmer must have swam at or faster than the published cut time for that event for their gender and age group for a particular event. These cut times are published annually and are available at [NDSwimming.org](http://NDSwimming.org).

In August, following the long course state championships, North Dakota sends swimmers with qualifying times to compete in the Central Zone Championship. Qualifying rules and cut times change annually and can be found at [NDSwimming.org](http://NDSwimming.org). As swimmers advance they can not only qualify for Central zones, but also USA Junior Nationals and USA Senior Nationals, or other national level events our team may attend. All of these meets have qualifying times that must be met in order to participate.

### Preparation for Meets:

Under each event, there are meet files which outline all pertinent information related to meet location, meet format and event order. Please take the time to read through that file so that you and your swimmer are familiar with the expectations of the meet you will be attending.

Team warm-ups are usually held one hour prior to the start of the meet. Swimmers should be on deck, dressed and ready to swim 20 minutes before the pool warm-up for dry land stretching and to check in with the coach. Coaches will send out an email a day or 2 prior to the meet with information relating to arrival times and warm up start times. This will also be relayed to swimmers at practice prior to the meet.

### What to bring to a Meet:

Be sure to bring your suit, goggles, caps, several towels and clothes/robes to put over your swimsuit in order to stay warm when not swimming. Also bring healthy snacks (such as fruit, vegetables, bagels, granola or yogurt) and a water bottle or Gatorade. Gatorade has less sugar than PowerAde and is a more suitable replacement for water.

As a parent, depending on the type of meet and where it is held, you may want to bring lawn chairs and canopies for outdoor meets or bleacher pads/chairs for indoor bleacher sitting. All this information will also be communicated via email prior to the meet.

### Heat Sheets:

Heat sheets will be posted under an event tab the week prior to the meet. Heat sheets tell you what events your swimmer will be participating in, what heat they will be swimming and in what lane they will be swimming. Most young swimmers have a hard time remembering what, when and where they are swimming. Using the information provided on the heat sheet, parents should write the information on their child's leg or arm.

**For example:** Kayla swims the Girls 100 LC (Long Course) Backstroke

This is Event (E) 7 She is in Heat (H) 2 She is in Lane (L) 7 Her Stroke (S) is 100BK

#### **Event 7 Girls 100 LC Meter Backstroke**

| <b>Lane</b>               | <b>Name</b>           | <b>Age</b> | <b>Team</b>      | <b>Seed Time</b> |
|---------------------------|-----------------------|------------|------------------|------------------|
| <b>Heat 1 of 4 Finals</b> |                       |            |                  |                  |
| 1                         | White, Brenna K       | 7          | Flyers-ND        | 2:26.78          |
| 2                         | Dahlquist, Corrine R  | 10         | RRVY-ND          | 2:20.97          |
| 3                         | Severson, Carleen K   | 7          | MSC-ND           | 2:10.77          |
| 4                         | Simon, Natalie R      | 12         | RRVY-ND          | 1:57.67          |
| 5                         | Platt, Abigail I      | 10         | BWST-ND          | 2:07.11          |
| 6                         | Pulkrabek, Ellie A    | 8          | RRVY-ND          | 2:18.51          |
| 7                         | Billings, Ainsley C   | 9          | MSC-ND           | 2:24.06          |
| <b>Heat 2 of 4 Finals</b> |                       |            |                  |                  |
| 1                         | Henricks, Makayla R   | 14         | Flyers-ND        | 1:35.16          |
| 2                         | Brelie, Nicole M      | 15         | RRVY-ND          | 1:34.16          |
| 3                         | Kearns, Hannah M      | 14         | Gators-ND        | 1:33.38          |
| 4                         | Murphy, Katherine A   | 12         | RRVY-ND          | 1:28.15          |
| 5                         | MacLeod, Lauryn C     | 11         | RRVY-ND          | 1:33.05          |
| 6                         | Manock, Allie P       | 11         | Flyers-ND        | 1:33.79          |
| 7                         | <b>White, Kayla M</b> | <b>11</b>  | <b>Flyers-ND</b> | <b>1:35.12</b>   |
| 8                         | Gunning, Mykin E      | 13         | Flyers-ND        | 1:35.94          |

On your Swimmers arm:

|          |          |          |                      |
|----------|----------|----------|----------------------|
| <b>E</b> | <b>H</b> | <b>L</b> | <b>S</b>             |
| <b>7</b> | <b>2</b> | <b>7</b> | <b>100 BK (back)</b> |

#### Officials and Timers:

All Officials are volunteers. Our club is always looking for new volunteers to officiate. If you are interested in learning how to become an official, talk to a board member or a club member who is an official. The **referee** is the key official and is in-charge. He or she is the person who stands at the starting end of the pool and signals the starter to begin the race. The **Starter** is responsible for ensuring a fair start. **Stroke and Turn** Officials will be stationed around the pool to ensure that the swimmers are conforming to all rules. Officials will signal a disqualification by raising a hand and writing down the disqualification (DQ) on a DQ slip. The slip is given to the meet management at the timing table. **Timers** are also volunteers. These are the two people who sit behind each of the lanes for the purpose of recording the backup times. This is needed in the event there is a problem with the electronic timing system. The **head timer** is in-charge of the timers and has additional watches in case of malfunctions and provides breaks for timers.

There is a specific process to become a certified official, however any parent can volunteer to be a timer at our home meets. This is a critical job, but is easy to learn and we are always in search of timers.

#### **7) What is expected of swim parents?**

The RRV Wahoos are fortunate to have experienced, professional coaches working to develop our children into better swimmers and more importantly, disciplined people. As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose.

We highly encourage the following parental behavior:

- Open communication between parents, swimmers and coaches emphasizing goal-setting and focusing on performance expectations of both the swimmer and the parent.
- Meetings with coaches, swimmers and parents during normal operating hours to discuss issues - Positive reinforcement of all swimmers in all situations. Team spirit and team loyalty are key. - Involvement as a volunteer.

We will not tolerate the following behavior from parents:

- Coaching your children at practice or during meets. That is the coach's job.
- Interrupting or confronting coaching staff on the pool deck during practice or meets, or during their personal time
- Abusive language toward coaches, swimmers, parents, officials and your own children.
- Addressing officials during competition. Any questions or concerns regarding decisions made by meet officials are to be directed to our coaching staff.
- Any behavior that brings discredit or disruption to our swimmers and our organization

In order to emphasize our organization's commitment to making everyone's involvement with our club a positive experience, we have developed a parent's code of conduct which you will be asked to review and sign.

Swimmers are totally dependent on you, the parents, for the development of sound nutritional habits. Swimming demands a tremendous amount of physical and mental energy and these requirements are

directly related to the swimmers nutritional habits. “Guidelines for Good Eating” and “Pre-Competition Meal” are available on our website.

We are a volunteer parent run organization. A commitment from its members is critical for any successful program to reach its goals and fulfill its mission. That is why the Wahoos strongly encourage and support volunteerism within the club and our surrounding communities.

Should we have the opportunity to host meets at Central HS, it takes about 40 people to run any session of a swim meet. There are a variety of opportunities available to volunteer at such as: timers, officials, awards, deck marshals, and concessions. Most parents discover that a meet is a lot more fun when they volunteer. There is also a financial impact to both you and the club that occurs when you volunteer. You receive credit toward payment of your booster fees. The club derives a significant portion of its revenue from swim meets. If we do not have parent volunteers, we cannot host swim meets and if we do not host swim meets, we need to raise swimmer fees in order to pay our coaches and pool rental.

In addition to swim meets, parents serve our organization in a variety of capacities. We need individuals to serve on our parent board, to chair or serve on committees such as concessions, marketing, swim wear, social activities and more. We all must recognize that in a volunteer-run organization, board members, committee chairs, and other volunteers are wearing multiple hat. Board members must remove their “parent” and “friend” hat and put on their “administrator” hat to collect fees or to make tough decisions for the good of the overall organization.

The current success of our club is built on the efforts of our past and current volunteers. We are grateful for their commitment. Our club is well recognized in North Dakota Swimming for our large group of parent volunteers and officials and our parent commitment to well-run events. We highly encourage you to volunteer and appreciate your efforts!

Remember:

Swimmers- Swim  
Coaches – Coach  
Official – Officiate  
Parents - Parent

## **8) What is expected of swimmers?**

Swimmers are regularly reminded that when participating in our program, they represent not only themselves but also the RRV Wahoo swim team. Be responsible for yourself. Handle yourself with pride and dignity. Their behavior must reflect the high standards of our club. In order to emphasize our organization’s commitment to this, we have developed an athlete’s code of conduct which each athlete will be asked to review and sign. The athlete code of conduct addresses practice, competition, travel and substance/weapon policy.

### Practice Conduct

Respect your coaching staff and their practice guidelines. No talking back to coaches, shouting, throwing of pool items or physical altercations are allowed. Follow coaching direction and training plan - if you are not interested in listening to your coaches’ plans, you do not need to attend practice. Remember the younger swimmers look up to the older swimmers and will follow your behavior. Without respect we cannot function as an excellent program. Consistent attendance at practice.

Should a swimmer be unable to follow practice conduct above:

- first offense: coach will provide a warning to the swimmer and a call to notify parents of the issue
- second offense: swimmer will be pulled out of the pool for the remainder of the practice and parents will be called for an early pick up



- third offense: 1 week suspension from practice
- future offenses will lead to discussions regarding swimmer's ability to remain a part of the team.

Swimmers should not take their participation in this sport lightly. To be successful, the swimmer must make a commitment to the program, to the coaching staff and to the other members of the team. Be on time. Swimmers must be on deck prepared to begin swimming at the scheduled start time.

#### Swim Meet Conduct

**During meets swimmers must remain with the team at all times.** All swimmers are encouraged to stay to the end of the meet. Support your teammates by cheering, offering congratulations, and being positive. Show respect for the meet officials, as well as other teams and coaches.

#### **RRV Wahoo Aquatic Club Photo Policy**

Questions occasionally arise about the use of pictures on the web or in promotional materials. To avoid any misunderstanding, here is the team policy:

- 1) It is a team practice to post pictures of swim meets and other RRV Wahoo activities on the web.
- 2) Because pictures from swim meets can involve many, many children, it is impossible for the team to guarantee in advance that any given child's picture will never be posted on the web.
- 3) However, the RRV Wahoo webmaster or photo editor will happily remove a posted picture at the request of a parent whose child is in the picture.
- 4) The RRV Wahoo also has each family sign a photo release at the beginning of the year giving us permission to use photos of their child on the club web site or in promotional activities.

#### **Substance abuse or use of weapons will not be tolerated.**

Use or possession of drugs, firearms, alcohol, tobacco, or any other hazardous substance is prohibited and is grounds for disciplinary action.

1. Any swimmer who has charges filed against them for using illegal drugs, alcohol or possessing a dangerous weapon will not be allowed to participate in swim meets for a period of six months following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.
2. Any swimmer who admits to using an illegal drug, alcohol or a dangerous weapon will not be allowed to participate in swim meets for a period of six weeks following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.

It is our intention with these policies to encourage swimmers to avoid such activities and encourage those individuals having difficulties with these type of activities to get help.

## **CONTACT US:**

If you have any questions please email [RRVYWahooBoard@gmail.com](mailto:RRVYWahooBoard@gmail.com)

We check that email box daily and one of us will get back to you within 24hrs.

### **Board of Directors:**

Sarah Abrahamson

Stacey Cokeley

Laura Dahlen - Vice President

Leslie Hesse - Secretary

Nancy Hutton - President

Drew Leehan - Treasurer

Shawn Peterson

### **Coaches:**

Bryan Walls - Head Coach

Amanda Werle - Head Age Group Coach

Molly Halsa - Assistant Age Group Coach

Sam Pulkrabek - Assistant Age Group Coach

# RRV Wahoo Parent Code of Conduct

As a parent of a swimmer and member of the RRV Wahoos, I will abide by the following guidelines:

1. Practice *teamwork* with all parents, swimmers and coaches by supporting the values of *Discipline, Loyalty, Commitment and Hard Work*.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or 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.

**Swimmers – Swim**

**Coaches – Coach**

**Officials – Officiate**

**Parents – Parent**

5. As a parent, 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.
6. Enjoy involvement with RRV Wahoos by supporting the swimmers, coaches and other parents with positive communication and actions.
7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
8. Do not approach another swimmer to resolve issues/problems that arise. Present issues to the coach. If no resolution is reached by approaching the coach, then raise the issue to a board member. At no time should a parent approach an athlete. That includes the pool deck, locker rooms or anywhere on or off facility premise.
9. In accordance with USA Swimming Rules, during meets parents must remain in the spectator area and off the competitive deck unless they are working the meet in an official capacity.

## **Sanctions:**

Should I conduct myself in such a way that brings discredit or discord to RRV Wahoos or USA Swimming, I voluntarily subject myself to disciplinary action. RRV maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

# RRV Wahoo Swimmers Code of Conduct

## Swim Meet Policies:

1. All swimmers must be accompanied by a parent or a chaperone, which has been pre-arranged by the swimmer's parent, to attend a swim meet.
2. Meet warm-up times, set by the coach, are to be strictly adhered to by all swimmers.
3. Swimmers need to check with the coaches prior to leaving a meet. If a swimmer needs to leave the meet early their coach must be notified. It is highly encouraged that swimmers 10 and older stay and cheer for their teammates.
4. Swimmers are expected to meet with their coach before and after each of their event.
5. In preliminary and finals meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
6. Swimmers are encouraged to wear team apparel. Be proud to wear your blue and orange. Your personal appearance shall be neat and appropriate at all times.
7. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
8. Swimmers must display proper respect and sportsmanship towards coaches, officials, meet administrators, and fellow competitors.
9. Swimmers are expected to leave the RRV team area in a neat and clean condition at the conclusion of each session of the meet. This is a matter of team pride and courtesy to the meet host.
10. All questions swimmers may have concerning meet results, officiating calls or the conduct of the meet administrators should be referred to only the RRV coaching staff. Our coaches will pursue the matter through appropriate channels.

## Practice Conduct:

1. Respect your coaching staff and their practice guidelines
2. No talking back to coaches, shouting, throwing of pool items or physical altercations are allowed.
3. Follow coaching direction and training plan - if you are not interested in listening to your coaches' plans, you do not need to attend practice.
4. Consistent attendance at practice.

Should a swimmer be unable to follow practice conduct above:

- first offense: coach will provide a warning to the swimmer and a call to notify parents
- second offense: swimmer will be pulled out of the pool for the remainder of the practice and parents will be called for an early pick up
- third offense: 1 week suspension from practice
- future offenses will lead to discussions regarding swimmer's ability to remain a part of the team.

## Substance and Weapons Policy:

Substance abuse or use of weapons will not be tolerated. Use or possession of drugs, firearms, alcohol, tobacco, or any other hazardous substance is prohibited and is grounds for disciplinary action.

1. Any swimmer who has charges filed against them for using illegal drugs, alcohol or possessing a dangerous weapon will not be allowed to participate in swim meets for a period of six months following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.
2. Any swimmer who admits to using an illegal drug, alcohol or a dangerous weapon will not be allowed to participate in swim meets for a period of six weeks following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.

# RRV Wahoo Family Agreement

**PLEASE INITIAL BESIDE EACH POINT TO ACKNOWLEDGE THAT YOU AND YOUR SWIMMER UNDERSTAND THE ITEMS BELOW**

**INITIAL:**

|  |                                                                                                                                                                                                                                                                                  |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | I have provided the most appropriate email where ALL communications will be sent (ie. changes to practice schedules, meet information and any upcoming team activities) and I am aware that it is my responsibility to check emails to stay up to date with all club activities. |
|  | I have read through and understand my responsibility as it applied to booster hours and if I do not fulfill the necessary volunteer hours I will be charged any remaining fees at the end of the season                                                                          |
|  | I understand I will be charged tuition at the start of each month                                                                                                                                                                                                                |
|  | I understand I will be charged for any swim meets my swimmer attends and that the fee will vary depending on travel coaching costs and length of the meet                                                                                                                        |
|  | I understand I need to provide email notice to the BOARD, 2 weeks prior to the start of the next month if my swimmer is going to stop swimming                                                                                                                                   |
|  | I have read and understand the Parent Conduct portion of the handbook                                                                                                                                                                                                            |
|  | My swimmer and I have read and understand the Swimmer Conduct portion of the handbook and are aware of the consequences that may take place if practice conduct cannot be followed.                                                                                              |

## **Parent Agreement:**

By signing this agreement, as a parent or guardian, I acknowledge that I have read the RRV Wahoo Family Handbook and will follow the policies included with-in. I also agree to follow the Parent Code of Conduct.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

## **Swimmer Agreement:**

By signing this agreement, as a swimmer, I acknowledge that I have read the RRV Wahoo Family Handbook and will follow the policies included within. I also agree to follow the Swimmer Code of Conduct.

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date