



BWTD Practice Rules

To ensure responsibility, discipline, and accountability across all practice groups, the following rules will be put in place and enforced by the coaches. These rules will go into effect starting Thursday, April 25th, 2024 for Silver, Gold 1&2, Junior, Senior, and National groups, and Monday, May 6th for Pre-Competitive, Tidal Waves, and Bronze groups.

Stopwatch Rule

Coaches will use their stopwatches to get the attention of swimmers if they talk over the coaches during practice. The timer will stop once all swimmers have stopped talking and are looking at the coach. During the first quarter of practice, if the timer on the stopwatch goes over 30 seconds the coaches will pull the swimmers out and remind them about focus and respect. If the timer goes over 30 seconds after the first quarter of practice, practice will be over and parents/guardians will be notified for pickup. A follow-up email will be sent by the Head Coach or Head Age Group Coach the following day if a practice is ended because of a violation of the Stopwatch Rule.

Five Minute Rule

If swimmers arrive five minutes before the group gets in the water or earlier, they are expected to get in the water on time for practice. If a swimmer arrives later than that, they are expected to be in the water within five minutes of walking onto the pool deck. Swimmers who aren't in the water within the allotted time will not be allowed to practice that day. Thus, swimmers should change, use the restroom, and/or fill their water bottle prior to coming on the pool deck.

If a swimmer violates the Five Minute Rule, a parent/guardian will be notified. The swimmer will remain in the pool area until a parent/guardian picks them up.

Water Bottles at Practice

Swimmers are required to have water bottles at practice. Swimmers who do not bring a water bottle will not be able to participate, and a parent/guardian will be notified. The swimmer may return to practice once a water bottle has been given to them. Drinks are available for purchase in the JFit Center if a swimmer has cash.

Sneakers at Dryland/Weight Room

Swimmers are required to wear sneakers for dryland and/or to use the weight room. Swimmers who do not wear sneakers to dryland/weight room practice will not be able to participate, and a parent/guardian will be notified. The swimmer may return to dryland/weight room once they have sneakers on.



Grace Period

Swimmers who are new to BWTD will have a two-week grace period from their first day of practice to acclimate to these rules, after which the rules will be enforced.

If a new rule is added to this document, all swimmers will have a two-week grace period from the implementation of the new rule or the first day of practice for their group (whichever is later) to acclimate to the new rule, after which the new rule will be enforced.