

Swimmer Practice Arrival Policy

Port Hawkesbury Antigonish Swim Team (PHAST)

Our team values **punctuality, respect, and readiness**. Arriving on time ensures every swimmer gets the full benefit of practice and helps the team train together effectively. Please review the following expectations:

Arrival Time

- Swimmers should **arrive 10–15 minutes before practice**.
 - This allows time to:
 - Change into swim gear
 - Use the restroom
 - Help install the lane ropes and prepare the pool for practice
 - Socialize with teammates
 - Complete stretching/activation
 - Be **on deck, ready to start** at the scheduled time.
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Late Arrivals

- A swimmer is considered late if they are **not ready on deck at practice start time**.
 - **Occasional unavoidable lateness** (traffic, school event, illness) is understandable.
 - Arrivals more than **15 minutes late** may not be permitted to enter the water, at the coach's discretion.
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Consistency Matters


- Repeated lateness may result in:
 - Verbal reminder from the coach
 - Partial warm-up restrictions
 - Not being permitted to enter the water for the duration of practice
 - Parent meeting and possible limits on meet participation
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Accountability

- Respect teammates by being on time and fully prepared.
 - Respect the coaches planned practice and efforts to group swimmers for the duration of practice by being on deck on time.
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Parent Guidelines

- Please ensure swimmers arrive on time and are picked up promptly.
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 **Our goal is to teach swimmers responsibility and teamwork.** By arriving on time, every athlete helps create a focused, positive practice environment.