



## Relays @ PST

### Objective:

To participate in relays as a team. The team, its goals for the competition and the season will take priority over the individual needs or goals of one.

### Goals:

To achieve the best possible result and provide an overall positive, supportive and team-focused environment for PST.

### Policy:

1. Coaches will select members of a relay team based on what they think is the best option for PST and its goals (short and long term)
2. All PST members competing individually during the meet must be available for relays on the day they are swimming in individual races.
3. Coaches will pre-select:
  - 6 swimmers, if one relay per age group/gender (4 swimmers, 2 reserve)
  - 10 swimmers, if two relays per age group/gender (8 swimmers, 2 reserve)
  - 14 swimmers, if three relays per age group/gender (12 swimmers, 2 reserve)
  - ....and will notify pre-selected swimmers and their parents well in advance of the competition of their selection.
4. On rare occasions, coaches may decide to change team members as late as the day of the meet.\*
5. Coaches will communicate to swimmers and if possible to their parents about their potential (non)selection if changes are made the day of the meet.
6. All non-selected PST members must stay until the end of day and cheer for PST relays.
7. Parents of selected and competing relay swimmers must cover their portion of the relay entry fee. Relay entry fee will be added to quarterly PST bill.
8. PST will cover relay entry fees for competitions of Junior Olympic level and higher (Far Western, Sectionals, Junior Nationals, Nationals).

*\*Changes can be made to improve overall time based on swimmers' performance that day. Any change is meant to improve the team experience rather than penalize an individual swimmer.*