



Swimmer/Parent Handbook

Summer 2023

To: All the Preble County Stingrays Parents

From: Preble County Stingrays Parent Board

Welcome to the Preble County Stingrays 2023 season. We are looking forward to having another exciting season of swimming! As an organization, we work to support the community pool while making the team an exciting place to swim and learn. We strive to have a team where the kids learn a good sense of sportsmanship and healthy team competition. We will help all levels of swimmers improve and we want the practices and meets to be educational for all the swimmers. It is our goal for the whole family to have a great experience!

We will have two parent's meetings this year. The first will be held the evening of **May 16th** at the YMCA. The second parent's meeting will be held during our Intersquad meet the evening of **June 8th**. At both meetings we will be available to answer general questions, questions regarding the handbook, directions about registration, and regular season information. Also, available will be **Parrot Sports Gear** selling team suits and other swim gear. Swimmers will be able to try on suits for sizing and orders can be placed.

Included in this packet is information explaining the different responsibilities for each meet, family, and swimmers. Do not hesitate to ask someone if you have questions. The returning parents are always a great resource, and the board and coaches are always willing to help answer any questions.

We do use several methods of getting information to the parents. TeamUnify's email and text system allows us to alert parents on their cell phones of any changes with the stingrays. We also use Facebook to communicate upcoming events and last minute changes to the parents.

The team unify website for online registration, job signup, and information is <http://www.teamunify.com/recospcsoh/> The Facebook page is Preble County Stingrays Swim Team; <https://www.facebook.com/groups/preblecountystingrays> .

We can't wait to get started on this season and look forward to a summer of swimming! Go Stingrays!

STINGRAYS CONTACT SHEET

NAME	OFFICE	PHONE NUMBER
LILIANA GALLOWAY	HEAD COACH 13-14 & 15-18 AGE GROUPS	832-773-8188
JUDE MINTON	ASSISTANT COACH 11-12 AGE GROUP	937-733-6638
NICK KAUFMAN	ASSISTANT COACH 9-10 AGE GROUP	937-336-9409
JACK CHAPIN	ASSISTANT COACH 8 AND UNDER AGE GROUP	937-733-7911
JOSLYNN BENEKE	LITTLE STINGRAYS HEAD COACH	937-733-8449
JASON PEACE	PRESIDENT	937-623-1027
THOMAS HONAKER	VICE-PRESIDENT	937-459-0668
TIFFANY MARIT	TREASURER	937-533-7363
BETHANY PERDUE	SECRETARY	937-533-3832
ANNIE MARTIN	VOLUNTEER COORDINATOR	937-533-6386
CYNTHIA RICHMOND	PARENT INFORMATION COORDINATOR	937-683-9461
ADAM BENEKE	CONCESSIONS COORDINATOR	937-533-1154
EATON SWIMMING POOL		937-456-2548

MAY - JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 MEMORIAL DAY	30 (M,N)	31 (M,N)	1 (M,N)	2 (M)	3
4	5 (M,N)	6 (M,N)	7 (M,N)	8 (M) Intrasquad Meet HOME Suit Up (Parrot Sports)	9 (M)	10
11	12 (M,N)	13 (M) Cardinal Hill Meet HOME	14 (M,N)	15 (M) Vandalia Meet AWAY	16 (M)	17
18	19 (M,N)	20 (M) Germantown Meet AWAY	21 (M,N)	22 (M) West Carrollton Meet HOME	23 (M)	24 Darke County Invite AWAY *Pay Per Event
25	26 (M,N)	27 (M) Idle Hour Meet HOME	28 (M,N)	29 (M) Miamisburg Meet AWAY	30	

9:00 am - 10:30 am (11 and up) → arrive no later than 8:45 am – Morning(M)

10:20 am - 11:30 am (10 and under) → arrive no later than 10:20 am – Morning(M)

10:20 am – 11:30 pm (Little Stingrays) → arrive no later than 10:20 am – Morning(M)

6:00 pm to 7:00 pm (open) → your swimmer must be able to swim without assistance to attend this practice – Night(N)

All swim meets will start at 6:00pm. Warm-ups are at 5:00 pm home meets, 5:30 for away meets. Please be at the pool by 4:40 to help set up and be in the water at 5:00 pm. Meets are usually over around 10:00 pm excluding weather delays.

***This is a Pay per Event meet. Families are responsible for paying for all Individual events. The swim team will pay for all Relay events.**

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 (M,N)	4 FOURTH OF JULY Open	5 (M,N)	6 (M) Open	7 (M)	8 CHAMPIONSHIPS West Carrollton
9 TEAM PICNIC & AWARDS Location: TBD	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

9:00 am - 10:30 am (11 and up) → arrive no later than 8:45 am – Morning(M)

10:20 am - 11:30 am (10 and under) → arrive no later than 10:20 am – Morning(M)

10:20 am – 11:30 pm (Little Stingrays) → arrive no later than 10:20 am – Morning(M)

6:00 pm to 7:00 pm (open) → your swimmer must be able to swim without assistance to attend this practice – Night(N)

All swim meets will start at 6:00pm. Warm-ups are at 5:00 pm home meets, 5:30 for away meets. Please be at the pool by 4:40 to help set up and be in the water at 5:00 pm. Meets are usually over around 10:00 pm excluding weather delays.

FINANCIAL INFORMATION

Number of Swimmers	Team Fee
1	\$150
2	\$205
3	\$250
Over 3	(add \$40 per swimmer)

\$40 of fee is applied to registration fees.

If you are in need, please see a board member about our scholarship options.

VOLUNTEER REQUIREMENTS

Workers Check Deposit: Each swim family is asked to provide a \$250 worker's deposit (check or cash) to be held by the PC Stingrays and we will not cash the check. At the end of the season, if all work requirements have been fulfilled, the check will be returned or if only part of the work requirements are fulfilled, the board reserves the right to determine if a partial refund is possible. If there is a reason you cannot fulfill your work requirements, please see a board member to discuss possible options and resolutions.

Requirements: Each family will be expected to work a minimum of 6 volunteer positions over the course of the season, **PLUS** one Championship volunteer position or a total of 8 volunteer sessions if you cannot attend Championships. All reimbursements will be made at the family picnic.

- Each family is responsible for signing up for their volunteer positions online or in person with the Volunteer Coordinator.
- If you work a position that you were not scheduled for (example, a volunteer was ill and an immediate replacement was needed or extra help was needed at the grill), you are responsible for notifying the Volunteer Coordinator and verifying that the position is noted by the Volunteer Coordinator, so you get credit.
- If you switch positions with another volunteer, you are responsible for making sure that the Volunteer Coordinator is made aware of the changes.
- If you will be absent or have an emergency that keeps you from working a scheduled volunteer commitment, please contact the Volunteer Coordinator as soon as possible so a replacement can be found.

Exceptions:

- If you **ONLY** have a swimmer who is in the assisted swimmers **and** 6 or under, you are required to work only 2 volunteer slots at our regular meets.
- If you have physical ailments or restrictions on your volunteer abilities, please contact the Volunteer Coordinator to discuss other options as soon as possible.

Parents who become stroke judges and starters will be eligible to earn \$25.00, if they work their required amount of volunteer positions in the stroke judge/starter/referee volunteer slots. These positions require certification, and we ask that these 'specialty' volunteers please only volunteer for these 'specialty' slots.

VOLUNTEER POSITIONS / JOB REQUIREMENTS

- 1. Official Meet Referee & Starter:** Responsible for running home meets and is sole authority for rule interpretation on judgment calls. Gives commands to swimmers to start each event. This person must know the rules and correct order of events. This person must be knowledgeable with USA Rules of Swimming and meet operation. If you complete the required amount of meets, you will receive a \$25.00 refund. Certification is required.
- 2. Official Stroke & Turn Judge:** Responsible for evaluating the use of strokes and turns for each swimmer during an event. There are four total Stroke and Turn judges with two located at each end of the pool, covering the three lanes closest to them. This person must be knowledgeable with USA Rules of Swimming. If you complete the required amount of meets you will receive a \$25.00 refund. Certification is required.
- 3. Lane timer:** Three timers are required per lane using digital stopwatches (18 lane timers per swim meet or two per lane when our touchpads are operational). We must have two timers per lane (or one per lane with touchpads) at the home meets and one at away meets. Timers start their watches watching the strobe light and if the light is not visible listen for the tone. The watches are to be stopped once the swimmer has touched the wall; you must pay close attention to be sure they touch the wall. All watch times are recorded on a swimmer's lane slip and then collected by the runner to be turned in at the scoring table. Timers must make sure all watch times are recorded.
- 4. Backup timer:** Responsible for backing up the timers in case one misses a start. They will have a stopwatch and must start it on time for every race. If a timer misses the start they will raise their hand and the backup timer will finish the event and record their time.
- 5. Runner:** Responsible for collecting the lane slips from all timers and DQ slips from the officials and taking them to the scoring table. Runners should make sure that each slip contains the watch times.
- 6. Clerk of Course:** Two volunteers needed for home meets, one for away meets. They are responsible for getting swimmers, in order by event and lane, to blocks on time, and for communicating missing swimmers to coaches/bullpen moms.
- 7. Data entry/scorer.** Two volunteers needed for home meets and one for away meets. Volunteers will take the timers' sheets and input the times into the computer and run and score the events. They will also score the events as they are completed. They will also, over the course of the meet, print out labels for ribbons.
- 8. Ribbon Writers:** Once the data entry volunteers print out the labels, Ribbon Writers will stick and sort the ribbons for the different teams. Typically, two volunteers per home meet is needed.
- 9. Concession stand worker:** Responsible for sales of food and drinks in the concession stand.

ATTENDANCE POLICY

Swimmers are expected to attend **all practices and meets**. The organization does understand that there are other activities in the summer that prevent this. If a swimmer has a conflict with practice or a meet, it is the responsibility of the swimmer/parent/guardian to contact the coach **IN WRITING for meet absences** of this conflict. Remember to give enough notice when possible.

- Attendance will be taken daily at practices, if you arrive late it is the swimmer's responsibility to inform their age group coach, they are there to get credit for attending practice that day.
- Club swimmers are expected to attend one practice each week, it can be a night or morning practice (if they are attending their club practice during other practices) and all team swim meets.
- **Excused absences:** Excused absences include, (but are not limited to) vacations, camps, illness, and other athletic programs. Please contact the head coach for planned absences. Excused absences will not count against a swimmer when scheduling meets. Parents should contact the coach any time a swimmer is ill and will miss practice.
- **Unexcused absences:** Poor attendance may result in a swimmer not participating in a meet. Unexcused absences the day before or on the day of a meet may result in a swimmer being removed from the relays.
- Also, you must attend 4 practices each week to be eligible to participate on the "A" relay. Both the morning and night practice counts towards the 4 practices.
- ****SPECIAL ITEM**** - We will give special caps or other prizes to swimmers who achieve perfect attendance at practices, meets and invitationals. If you miss a morning practice and there is a night practice, you can make it up at night.

SOSL Requirements: Swimmers must compete in two league dual meets to be eligible to swim in SOSL league championships.

PRACTICE TIMES

Swimmers are expected to arrive at practice a minimum of 15 minutes prior to their official "start" time. These 15 minutes will be used to stretch and do some on-land exercises before each group actually gets in the water.

9:00 am – 10:30 am (11 and up) ☑ arrive no later than 8:45 am

10:20 am – 11:30 am (10 & under) ☑ arrive no later than 10:15 am

10:20 am – 11:30 pm (Little Stingrays) ☑ arrive no later than 10:20 am

6:00 pm to 7:00 pm (open) ☑ your swimmer has to be able to swim unassisted to attend this practice

LITTLE STINGRAYS – This is designed to have little swimmers (ages 3 and up) who are not afraid of the water to come out and learn how to swim and also participate in swim meets. The only requirements are that the swimmer is not afraid of the water and the child is potty trained. There will be a special heat for the Little Stingrays at the beginning of home meets and they will receive a ribbon for this.

WEATHER POLICY

Below is listed the different conditions in which water practice may be questionable/canceled. However, in all cases, swimmers should always bring swimsuits. When possible, we will use the Team Unify system and Facebook to try to notify parents, at least 30 minutes prior to the practice start time, that practice will be canceled. If you have questions, please contact the head coach.

*Practices will be held on **all** clear days regardless of the temperature.* Swimmers should bring/wear proper athletic shoes any time they are not sure if the water temperature will permit swimming (wear them every day if you're unsure about the weather.)

Be mindful, also of which practice is canceled. Unless clearly stated, do not assume that because the first practice is canceled, the second is also. The coach will be clear of which practice(s) is/are canceled.

Cold Weather: Anytime the *air temperature* is below 70 degrees plan on the possibility of a land practice.

Rain: A practice will be canceled for rain if it is below 65 degrees, 30 minutes prior to the practice start time. Practices will be held in the rain if there is no danger of thunderstorms. In some cases rain may be hard enough to cancel practice; the YMCA policy is that no swimming is permitted if the lifeguard cannot see the bottom of the pool due to the rain.

Thunderstorms: A practice will be canceled if there is a thunderstorm within 20 minutes of the practice start time. Practice will also be canceled if a thunderstorm develops during practice. Keep in mind, that if no rain accompanies the thunder/lightning, swimmers will do land practice in place of swimming.

Other important items

Please put your child's name on their t-shirts, goggles, towels, swim caps etc. so things do not get mixed up. Many items look the same.

Team suits are not required.

We have a team picnic and award banquet at the end of the season with a carry in dinner. If you purchase swim goggles, it is highly recommended to purchase bungee cords also.

Team Website: <http://www.teamunify.com/recospcsoh/>

Team EMail: Preblestingrays@yahoo.com New Email: pcsswimteam@gmail.com

FaceBook page: <https://www.facebook.com/#!/groups/preblecountystingrays/>

LEADERSHIP OPPORTUNITIES

Team Captains and **Junior Captains** are chosen from the 15-18 age group and 13-14 age group, respectively, based on their demonstration of leadership, dependability, respect, honesty, and responsibility. We will be looking for 6 Team Captains and 6 Junior Captains. These leaders will be chosen after the first week of practice and must show their ability to work well with younger swimmers as well as those in their own age group. Please see the coach if you are interested in applying.

Responsibilities:

1. Lead stretches at practices and meets
2. Help with younger groups' practices each week
 - a. Captains: 3 to 4 times each week
 - b. Junior Captains: 2-3 times each week
3. Help at meets when needed
 - a. lead cheers, stretches, warm-ups
 - b. assist in the water with 6 and under swimmers
4. Help set up/take down before and after practices

Not only do these positions give you the opportunity to get to know more of your team, these kinds of leadership positions look great on college and job applications!

FUNDRAISING

Laps & Flapjacks Fundraiser: This will be scheduled for a regular Friday morning practice. Laps will be counted by teammates. The coach will write a practice that includes races and distance swimming. Donations are collected by swimmers from sponsors who wish to give either a set sum or an amount per lap. Swimmers are responsible for turning in their money and donor sheet to the coach's mailbox. The money raised goes toward new equipment and other improvements. There will be several prizes for the swimmers that receive the largest donations for the team. Because it is a Friday practice, there will be a breakfast given to swimmers once they've completed their practice. We will be looking for parents willing to help cook some pancakes and serve the kid's breakfast

Swimmer's Name: _____

Laps and Flapjacks Fundraiser

Preble County Stingrays will be doing a fundraiser Tuesday, July 5th during practice times. This fundraiser will go toward equipment and supplies for the team. Swimmers will swim laps during practice and you may pledge a donation per lap or you may choose to give a one time flat rate donation. Your support would be greatly appreciated! The swimmers will be able to enjoy a pancake breakfast at the end of their practice/lap time.

	Name	Phone Number	Donation Per Lap	Flat Rate Donation	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Total Laps _____ **Total Donations** _____

- Use this form when asking family, friends and community for their sponsorships. Be sure to explain what the donations are used for and smile! Go Stingrays!

DARKE COUNTY INVITATIONAL JUNE 24TH

You can sign up for 4 individual events. The cost for individual events is TBA. They do give trophies for high points in each age group so you might think about signing up for 4 events. The team will pick up the cost if you are in a relay. Please give your payment to a board member no later than one week after the invite. **PLEASE PUT YOUR CASH OR CHECK, MADE OUT TO PREBLE STINGRAYS, IN A SEALED ENVELOPE WITH YOUR SWIMMER'S NAME ON IT.**

DARKE COUNTY INVITATIONAL SWIM EVENTS

Event # Girls	Event # Boys	Age	Distance	Event
1	2	8 and under	100 meter	Medley Relay
3	4	9-10	100 meter	Medley Relay
5	6	11-12	100 meter	Medley Relay
7	8	13-14	200 meter	Medley Relay
9	10	15-18	200 meter	Medley Relay
11	12	Open	25 meter	Kickboard
13	14	Open	200 meter	Long Freestyle
15	16	8 and under	25 meter	Short Freestyle
17	18	9-10	25 meter	Short Freestyle
19	20	11-12	25 meter	Short Freestyle
21	22	13-14	50 meter	Short Freestyle
23	24	15-18	50 Meter	Short Freestyle
25	26	8 and under	25 meter	Butterfly
27	28	9-10	25 meter	Butterfly
29	30	11-12	25 meter	Butterfly
31	32	13-14	50 meter	Butterfly
33	34	15-18	50 meter	Butterfly
35	36	8 and under	25 meter	Backstroke
37	38	9-10	25 meter	Backstroke
39	40	11-12	25 meter	Backstroke
41	42	13-14	50 meter	Backstroke
43	44	15-18	50 meter	Backstroke
45	46	8 and under	25 meter	Breaststroke
47	48	9-10	25 meter	Breaststroke
49	50	11-12	25 meter	Breaststroke
51	52	13-14	50 meter	Breaststroke
53	54	15-18	50 meter	Breaststroke

55	56	8 and under	50 meter	Long Freestyle
57	58	9-10	50 meter	Long Freestyle
59	60	11-12	50 meter	Long Freestyle
61	62	13-14	100 meter	Long Freestyle
63	64	15-18	100 meter	Long Freestyle
65	66	8 and under	100 meter	Individual Medley
67	68	9-10	100 meter	Individual Medley
69	70	11-12	100 meter	Individual Medley
71	72	13-14	100 meter	Individual Medley
73	74	15-18	100 meter	Individual Medley
75	76	8 and under	100 meter	Freestyle Relay
77	78	9-10	100 meter	Freestyle Relay
79	80	11-12	100 meter	Freestyle Relay
81	82	13-14	100 meter	Freestyle Relay
83	84	15-18	100 meter	Freestyle Relay



Medical Information Sheet

Please Fill one out for each swimmer

Personal Information

Full Name: _____ Birth Date: _____

Emergency Contact: _____ Phone Number: _____

Relationship to Swimmer: _____

Physician: _____ Phone Number: _____

Dentist: _____ Phone Number: _____

Preferred Hospital: _____

Medical History

Do you have any allergies? Yes No
If yes, please list:

Are you currently on any medications? Yes No
If yes, please list:

Have you undergone any major surgeries? Yes No
If yes, please list:

Do you require any accommodations to participate? Yes No
If yes, please explain:

Past Medical History

Check the box if you currently experience or have experienced any of the following:

- Asthma
- Diabetes
- Epilepsy/Seizures
- Heart Problems
- Lung Problems
- Heart Surgery
- _____

Emergency Medical Release

Part 1 or Part 2 must be completed and signed

Part 1 (To Grant consent) In the event reasonable attempts to contact me at the numbers listed above have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by the physician and/or dentist listed above. In the event the designated practitioner is not available, treatment may be administered by another licensed physician or dentist. If hospital treatment is necessary, I authorize the transfer of my child to the preferred hospital listed above or any hospital reasonably accessible. This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained BEFORE the surgery is performed.

PARENT/GUARDIAN: _____ **DATE:** _____

Part 2 (Refusal to consent): I do not give my consent for emergency medical treatment for my child. In the event of illness or injury requiring emergency medical treatment, I wish the Preble County Stingrays Swim Team authorities to take no action.

PARENT/GUARDIAN: _____ **Date:** _____



Liability Release:

*Preble County Stingrays Swim Team and
Preble County Stingrays Parents Organization*

I/we, the undersigned, being the parents/guardians of _____

Swimmer's Name

do hereby release, waive, discharge, and covenant not to sue The Preble County Stingrays Swim Team or its individual members acting in good faith and within the scope of their employment or official responsibilities. From any and all liability, claim, demand, action or right of action or whatever kind of nature, either in law or equity, arising from or by reason of any bodily injury or mental injury known or unknown including death resulting from or to result from participation in swim team and pre-conditioning.

I/we hereby assume full responsibility for and risk of bodily injury, personal injury or mental injury or death due to my/our son/daughter/ward's participation in swim team activities on behalf of, or in the name of Preble County Stingrays Swim Team and Preble County Stingrays Parents Organization.

I/we expressly agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Ohio or any other state in which said students may be injured and that if any portion of this release is held invalid, it is agreed that the balance shall, nevertheless, continue in full force and effect.

I/we further state that I/we have carefully read the above release and know the contents of the same and sign this release of my/own free act.

PARENT/GUARDIAN: _____ DATE: _____

Videotaping & Photographing of Swimmers

We may use video to help in teaching swimmers to improve their swimming. Photographs may be posted on the team bulletin board, team website and/or the team's social media sites.

I GIVE permission to the Preble County Stingrays to videotape and/or photograph my child swimming and diving. I understand the video/photo may be used as stated above.

PARENT/GUARDIAN: _____ DATE: _____

OR

I DO NOT give permission to the Preble County Stingrays to videotape or photograph my child swimming and/or diving.

PARENT/GUARDIAN: _____ DATE: _____



SWIMMERS CODE OF CONDUCT

The following is a code of conduct expected from each swimmer at both home and away meets.

Parents: ALL swimmers shall read, understand and sign the Preble County Stingrays Code of Conduct.

- Conduct yourself as a respectful team athlete.
- Always demonstrate good sportsmanship.
- No booing or making fun of the opposing team or your own teammates.
- Offer congratulations to opponents, win or lose, and cheer on teammates.
- Show respect for others and the property of others i.e. teammates, opponents, coaches, parents, volunteers, etc
- There will be a designated team area and all swimmers are expected to remain in this area.
- Adhere to the attendance policy in the handbook.
- NO ALCOHOL, DRUGS, SMOKING OR CURSING/PROFANITY
- No inappropriate conversations
- No Rough Play- “towel snapping,” pushing, “wedgies,” etc.
- NO PERSONAL DISPLAYS OF AFFECTION (i.e. kissing or hugging)
- No Spitting
- No playing in bathrooms
- No water guns
- No dangerous behavior of any kind
- NO BULLYING OF ANY TYPE WILL BE TOLERATED.

The coaches, parent’s board, and team moms will address the misbehavior with the parents and children. Swimmers will receive one warning for any inappropriate behavior. Failure to comply with the warning will result in being asked to leave the meet, practice, or team event. Swimmers may be asked to leave the team for the remainder of the year if the infraction is severe enough. The board will vote on member expulsion. A swimmer only has to sign once below.

Parts of this code of conduct were taken from the USA Ohio Swimming Local Swimming Committee Athletes and Coach Code of Conduct. Only one signature is required for each swimmer.

Swimmer Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

STINGRAYS PARENTS CODE OF CONDUCT

All Preble County Stingrays (PCS) parents are obligated to practice the following Code of Conduct:

Family, education, and friendships are important to us and should never be overshadowed by swimming accomplishments.

We keep our swimming accomplishments in proper perspective. We want our swimmers to strive to improve their physical condition and mental abilities. Our swimmers are swimming against their own times; everything else will take care of itself.

We respect all parents, coaches, officials, and team members.

We respect our competitors.

We are enthusiastic at practices and meets and offer support and encouragement to other parents and teammates.

We maintain a positive attitude.

We do not gossip or start rumors.

We give our best effort to be punctual for all Stingray events.

We assist our swimmers in their effort to have proper workout and meet equipment with them at all practices and competitions.

We refrain from the use of inappropriate language and control ourselves in moments of frustration.

We abide by the rules outlined by USA Swimming.

We will remain under the shelter or outside of the gates during practice to allow our children to be fully attentive to the coaches and focused on swimming. The deck is prohibited for parents in order for coaches to maintain a quality learning environment.

Any other act, in or out of the pool, which is detrimental to the image or reputation of USA Swimming and The Stingrays or the sport of swimming is subject to disciplinary action.

DISCIPLINARY ACTIONS

In the rare event disciplinary action becomes necessary the following steps may be taken:

The president will talk to the parent(s)/guardian(s) and define necessary steps to address the behavior.

If the problem persists, the parent(s)/guardian(s) and swimmer will be asked to leave the meet, practice or function and not return until after talking with the president and/or board.

In the very rare occasion of the problem persisting, the Board reserves the right to dismiss the swimmer from the team for the remainder of the season without refund of fees and deposit fees.

Sign _____ Date _____

Print name _____