

NEXUS SWIM TEAM PARENT HANDBOOK

We highly value the enormous contribution that the Nexus Swim Parents make to the success of the team, and which also enables Nexus to have without question the best swim meets on the circuit. In order to ensure the continued success of our team and build on the supportive relationship with our Nexus Swim Parents, we would like to set our expectations for all swim team members. We have based this on experiences at swim meets during the last academic year.

Code of Conduct By committing your child to a swim meet you are expected to follow the code of conduct set out as follows:

1. Entry Fees: You are committed to paying the entry fee if applicable, unless you notify us about withdrawal before the deadline set in the system. It may be necessary to provide a Medical Certificate depending on the host and rules & regulations.
2. Travel to meets: Your child is committed to traveling with the team on the bus for away meets from Nexus to the venue, unless otherwise notified by the coach. There have been cases in the past where learners traveling separately to the meet have arrived late, sometimes within minutes of their race. This has meant that the swimmer has missed the team briefing, and important instructions regarding marshalling. This adds unnecessary stress on the swimmer, especially if younger and inexperienced, and has on occasion contributed to missing their race. In addition, swimmers arriving late have sometimes missed the warm-up and consequently cannot be expected to perform at their best.
3. Team Nexus at the meet:

Your child is committed to staying with the team and coaches for the duration of the meet. There have been instances in the past where swimmers have missed races because they have left the team area

and gone to see their parents in the stand. This is not acceptable and it is expected that all swimmers will remain with the team for the duration of the meet. Of course, in certain circumstances, a swimmer may need to go to their parents and permission should be sought from the coach before leaving the team area. Swimmers are expected to participate in the Swim Meets offered throughout the school year.

4. Discipline: Swimmers will respect officials, referees, coaches and FINA rules as well as facilities and equipment. In addition, swimmers will respect the rights, dignity, and worth of all members of the swim team and its community.

5. Marshalling: There are coaches to assist and instruct each child for marshalling, however, each child is responsible to make their own way to the holding area for reporting. "If a child misses a race this would be considered as a learning opportunity for them". Please assist your child by letting them know the day before the meet which events they are in. We encourage you to write details either on the child's arm or on a paper pinned to their swim bag, noting for each event the heat number and the lane they are in.

6. Races/Relays: Who is swimming the relays will be decided on the day of the meet. The mentioned swimmers in the start list for the relays could be changed. Always check with your coach if you need to swim in a relay. Each swimmer should report to the coaches after your race to receive feedback on your race.

7. Swim Team Attire: Your child is committed to wearing the Nexus Swim Cap for all meets (Applicable for all swim team members). Your child is committed to wearing the Nexus Swim Team Suit and Polo for the meets where required (Performance Senior, Performance Junior and Advanced Junior Squads).

8. Equipment: SPS and JPS Swimmers are required to have their own equipment bag - inclusive of: Kickboard, Pull Buoy, Paddles, Finger Paddles, Fins, Roller and Water Bottle.

9. Sportsmanship: Every swimmer is important to us and we want to build a team that we can take pride in. Parents and swimmers should respect all coaches, teammates, officials, volunteers, and swimmers from other teams. All swimmers are expected to conduct themselves in a respectful manner at all times. Swimmers are not to engage in disruptive behavior. It should be remembered that in cases of misbehavior or disrespect swimmers are easily identifiable to outsiders by their school uniform and appropriate action will be taken by the coaches in such cases.

10. Attendance: Swimmers are expected to meet the minimum attendance requirement indicated on our website under programs to retain their slot on the squad.

11. Squad Exclusivity: Swimmers must be registered and train only with the Nexus Swim Team to maintain their place in the squad.

Nexus Swim Team.