

Rules and Responsibilities

Family Responsibilities:

The single most important thing that families can do to help their child is to instill in their swimmer a strong and healthy sense of sportsmanship, character, and self-image. Swimming, just like any other sport, requires a commitment! In addition, parents and guardians can do the following to help their swimmer have the best possible experience with swim team:

- Keep yourself up to date on your child's swim team activities.
- Volunteer (at home and away meets) if needed and help with team activities.
- Be uplifting and supportive of your child throughout the season.
- Help your child plan, set, strive, and achieve their goals.
- Be patient. Each swimmer progresses at a different pace.
- Speak with coaches directly about swimmer concerns in a respectful manner; do so at an appropriate time and place, **not during meets or practice.**

Much of swimming is an individual sport, but also important to remember that each swimmer (and their family) plays a vital role on the **TEAM.**

Swim Team Rules:

- **Always scan your YMCA membership card at the front desk when you arrive.**
- Be on time and ready to swim. That means on the deck and ready when your workout begins, not talking and hanging out in the locker room. Remember to bring everything out with you (goggles, cap, hair tie). Shoes/Flip-flops can be left in the locker room or placed in a cubby.
- Parents and family members may wait in the front lobby.
- Work hard and try your best!
- Demonstrate proper sportsmanship. Treat your coaches and teammates with respect. Swimmers are expected to be on their best behavior at practice and meets. Appropriate language and behavior will be used in the YMCA and when away at meets.