

Swim Team Guidelines for Parents

In order to make the Mountain Creek Swim Team the best possible experience for your children, we would like to share with you the following guidelines:

1. Please be prompt to practice sessions. Have your child at the pool, ready to swim **5 minutes before** their scheduled practice time. Since we are in the Gold division, regular attendance at practice is **essential**. Attendance will be taken randomly by the coaches. Wednesday morning practice is particularly important so we can confirm that your child is healthy for the meet that night. If your child becomes ill and unable to swim that night, **please notify the head coaches as soon as possible**.
2. A swimmer should be around the pool only during their assigned practice time. When they are done, they can wait with their parents on the deck for siblings or go to the playground. Parents are responsible to know the whereabouts of their children at all times. No one will be allowed to use the baby pool during practice. If a child needs to leave the pool during practice, they must inform the coaches that they are leaving. Parents, please sit at the end of the pool near the building, not alongside the swimming lanes.
3. If you have questions for the head coach, please email her/him directly. If you need to **talk to the coaches**, please do so **before the 8:30 am practice or after practice ends at 11:15 am**. Do not try to talk with them from the sidelines or in between practice sessions. During swim meets, the coaches need to focus on the swimmers. Please direct all questions or concerns that arise during a swim meet to a swim team board member.
4. Swimmers of all ages are expected to swim their assigned events. An arbitrary decision not to swim an event during a meet shows a lack of team spirit and sets a poor example for the other swimmers. If a swimmer has concerns about an event, please discuss this with the coaches **before** the swim meet begins. All swimmers should show good team spirit and be supportive of other swimmers. Swimmers are to be respectful of coaches at all times.

5. Vacation sign-up sheets and volunteer assignments are posted at the pool as well as on the web. Please review them. If you know your child will be out for a particular meet(s), we need to know no later than the Thursday before a meet. **If you cannot work your assigned meet, you must arrange a replacement or swap with someone for another meet and then contact the Volunteer Coordinator. If you fail to report for your position the day of the meet, you will be charged a \$25 fine and your child WILL NOT be scheduled to swim at any additional meets until the fine is paid. For any subsequent offenses, there will be an additional \$25 fine per violation and/or possible removal from the team.** Volunteers are a vital part of our swim team. The swim team could not exist without your help. Your children appreciate your commitment and support in helping them have a fun-filled, successful season. Thank you!
6. Please check your email regularly, particularly on a meet day. This is our primary means of communication.
7. Please have your children wear shoes at all times when not swimming. The field by the playground is full of clover and bees. We had several bee stings in the past. If your child is allergic to bee stings, please let us know at the beginning of the season.

Swim Team Board and Contact Information:

Please visit the team website www.mcdolphins.swim-team.us under the "Contact Us" page to find the current board member's and coaches' contact information.

Thank you for your support of the Mountain Creek Dolphins!

