

OAKHURST ORCAS SWIM TEAM

2009 SEASON

Parents' Meeting and Registration Session - April 19, 2009

1. Requirements for Team membership:

- Family membership in the Oaks Recreation Club (current on annual dues).
- Paid registration.
- Ability to swim one continuous and unassisted length of the pool (25 yards).

2. Practice times:

- Practice will be held at the Oaks Club pool Monday through Friday each week beginning June 6, 2009 and lasting until Friday, July 17th. See schedule for voluntary practice dates and times starting in May.
- 9:00 - 10:00 for 11 - 14 years old.
- 9:00 - 10:15 for Seniors and advanced 13 -14.
- 10:00 - 11:00 for ages 9 - 10 and advanced 8 & Under.
- 10:15 - 11:15 for ages 8 & Under. (Broken down into two 30 minute groups - Coach Steele will divide the first week)

3. Fees:

- \$110 per swimmer. EARLY REGISTRATION before 5/14 is only \$100. Maximum per family will be either \$220 or \$200 (depending on the date of receipt of the registration forms).
- Checks payable to "Oakhurst Swim Team", registration form, parents code of conduct signed (form attached) Trident Waiver signed and payment due by May 25, 2009.

4. Meet Sign-up Procedure:

Swimmers will be required to sign up for each meet in which they wish to participate. This is necessary for our coaches to be able to make out the meet line-ups. A sign-up sheet for each meet will be provided at our practice sessions, please remind your swimmer to sign up for the meets they will attend. Swimmers that do not sign up for the meet will not make the line-up. Swimmers that do sign up for a meet, and are listed in the posted line-up for that meet are expected to come to the meet, as the team is depending upon them.

5. Team Suits/Apparel:

We will be sticking with the same suits as last year - TYR Torch for the girls and TYR Alliance Jammer for the boys. They are available at Kiefer Swim Shop (1523 North Aurora Road, 579-9020). The use of team suits is strongly encouraged but not required. In addition, team outerwear (T-shirts, flannel pants, hats, etc.) will be available for order.

6. Parent Volunteers:

Our team depends upon parent volunteers to function. Each family is therefore required to provide at least one parent volunteer for at least five dual meets (three or four home and one or two away) this season. Please indicate the dates that you prefer to work on the 2009 Registration Form. You will then be assigned a volunteer duty, and be notified in the beginning of June of your volunteer schedule. NEW FOR 2009 - THE VOLUNTEER SCHEDULE WILL BE SENT OUT ELECTRONICALLY ONLY - NO HARD COPIES WILL BE PLACED IN SWIMMER MAILBOXES. It is your obligation to work your assigned duties: our kids are depending on you! If, in the event of an emergency you cannot perform your assigned duty, you must find a substitute and notify the volunteer coordinator. Parent Volunteers are asked to not consume alcohol while they are working their volunteer duty.

7. Communication:

Throughout the season all of the information that you need regarding the team will be sent out via e-mail. Be sure that you check your e-mail frequently. The same information that is sent out via e-mail will be posted on the Swim Team bulleting board located outside of the locker rooms in the clubhouse. Please read all of the information. Please make sure that you list a frequently used e-mail address on your 2009 Registration Form.

8. Conference Meet:

- Gold meet - July 19 at Neuqua Valley High School. Warm-ups will begin at 7:30 a.m. Eligibility requirements are participation in at least three home and one away dual meets.
- Silver meet - July 16 at Oakhurst North. More information on this meet will be posted as soon as we receive it.
- Team line-up will be determined by best times made throughout the season, with a goal of balancing out strongest line-up with one that allows the maximum number of swimmers to participate.
- Team Banquet and Awards Ceremony will be held the evening of the Gold Conference meet.

PARENTS CODE OF CONDUCT

- Let the coaches' coach.
 - Support coaches in practice, instruction and swim meet guidelines.
 - Deal with problems or concerns in an appropriate manner. Allow coaches to handle any problems with officials or other teams.
 - Parents are encouraged to watch practice, but please do not interfere with the swimmers or coaches during practice. To communicate with the coaches, please either talk to them after practice is over, or leave a written note in the coaches file folder.
 - Ask questions before judging decisions.
 - It is required that all parents volunteer their time for at least five swim meets.
- Communicate well with the coaches.
 - Inform coaches of issues regarding swimmers' attendance for practice and meets, as well as any medical issues.
 - If you cannot attend a meet for which your swimmer(s) have signed up, written notice must be placed in the coaches' folder at least two days in advance. Any swimmer that fails to attend a meet for which they have signed up (and have not notified the coaches in writing of this change of plans) will be fined \$20.00 by the club.
 - Be informed by reading all information and returning all forms on time.
 - The "ORCA Newsletter" will be sent out each week via e-mail and will contain all-important information you will need to know for that week. Parents, please make sure that you check your e-mail frequently.
- Support you swimmer(s).
 - All parents of ORCA swimmers will be required to assist the team in some capacity during the season as a volunteer. The volunteer assignments will be made by the Team President and Board as deemed necessary prior to each season. In no case, shall any ORCA parent volunteer receive monetary compensation in connection with their volunteer service.
 - Parent volunteers are asked to not consume alcohol while they are working their volunteer duty.
 - Be positive when discussing practice and performance with swimmers.
 - Make sure that your swimmer(s) always exhibit good sportsmanship.
 - Help swimmers reach practices and meets on time.
 - All children 10 and under must be accompanied by an adult at all swim meets. Do not leave children at a meet unattended. If swimmers are outside of the team area during a meet, you are responsible to supervise them and make sure they are in the bullpen when their event is called.

QUESTIONS AND CONCERNS

The swimmer, parents, and coaches need to work together regarding any questions and concerns that arise. In order for communication to be effective, there needs to be an orderly method of communication between all parties.

If your child has questions, he or she should go directly to his or her coach. Encourage your child to talk openly with the coach regarding questions, technique, etc. If further discussion is needed, the parents should go to the coach. During practice is not an appropriate time to discuss concerns. Please schedule

<http://www.oakswim.org>

a convenient time with the coach. If you have a coaching related concern or question that has not been satisfactorily answered by the coaches, please call Pam Turner (585-1663) or drop a comment/suggestion note in the Coach's file folder.

DISCIPLINARY PROCEDURES

The swimmer has joined the team to have fun, learn new skills and to compete. If any child or group of children interferes with this, the coaching staff must try and resolve the problem. Practice discipline must be fair and consistent. Disciplining a swimmer during practice is the coaches' responsibility. The following procedure will be used:

First Incident: The swimmer(s) will be given a verbal warning.

Second Incident: The swimmer(s) will be removed from practice.

Third Incident: The swimmer(s) parents will be called for a meeting with the coach and Team President. A final decision regarding the swimmer(s) future with the team will be decided at that time.

PRACTICE

- Swimmers are expected to attend all practice sessions.
- If you will be gone for an extended period (more than three days) for a family trip or other function, please inform the coaches in writing.
- Parents are welcome to observe practices, but we ask that you not interfere with practice activities, or attempt to talk with the coaches while practice is conducted. Remember coaches must watch the water at all times to insure the safety of all swimmers. If you have a question for the coaches, please put a note into the coaches file folder.
- On cool or rainy mornings, the coaches may decide not to hold practice in the water, but swimmers should attend and be prepared to participate in dry land conditioning.
- Swimmers are required to leave the pool area within 10 minutes following the end of their practice.
- It is the responsibility of the parent to be sure there is practice on any particular day. Don't just drop your child off for practice if you are unsure that practice will be held.
- Coaches will do their best to make out the meet line-ups to insure that all swimmers are given an equal opportunity to swim events.

Miscellaneous

In order to cut down on the confusion the night of the year-end banquet, all attendees, whether you are going to eat or not, will be asked to pay. The amount that we charge covers more than just the food, it also covers decorations, coaches' gifts and raffle prizes.

Your signature below indicates that you have read, understand and agree to abide by the ORCA Parents Code of Conduct.

(Parent/Guardian Signature)

(Date)

(Parent/Guardian Signature)

(Date)