

## **Swimmers responsibilities**

**PARTICIPATING AS A MEMBER OF THE RYE YMCA WAVE RYEDERS SWIM TEAM IS A PRIVILEGE. AS A MEMBER OF THE TEAM, YOUR BEHAVIOR REFLECTS NOT ONLY ON YOU INDIVIDUALLY BUT ON ALL MEMBERS OF THE TEAM. YOU ARE EXPECTED TO CONDUCT YOURSELF IN A COURTEOUS AND PROFESSIONAL MANNER AT ALL TIMES. THE COACHING STAFF RESERVES THE RIGHT TO TAKE APPROPRIATE DISCIPLINARY ACTION, INCLUDING DISMISSAL FROM THE TEAM, IN ORDER TO ENFORCE THE RULES AND ENSURE THAT THE TEAM STANDARDS ARE UPHELD.**

### ***Practice and meets***

**SWIMMERS ARE EXPECTED TO PARTICIPATE IN THEIR GROUPS REQUIRED NUMBER OF PRACTICE SESSIONS.  
CHECK IN IMMEDIATELY WITH THE COACHES.  
TAKE A SHOWER BEFORE ENTERING THE POOL.  
NO HORSEPLAY.  
NO RUNNING AT ANY TIME.  
RESPECT PROPERTY.  
NO FOOD OR DRINK ALLOWED ON DECK EXCEPT PLASTIC WATER BOTTLES WITH WATER.  
DO NOT LEAVE THE DECK WITHOUT PERMISSION FROM THE COACHES.  
WEAR YOUR TEAM UNIFORM TO MEETS ONLY.  
BRING PROPER EQUIPMENT (CAP, TOWEL, GOGGLES, WATER BOTTLE, ETC)**

### ***Discipline policy***

**FIRST ACTION: IF A SWIMMER IS MISBEHAVING, INTENTIONALLY HINDERING PROGRESS IN A LANE, ETC., THE SWIMMER SITS OUT THE REMAINDER OF THE PRACTICE.  
SECOND ACTION: A SWIMMER SITS OUT 2X, PARENTS WILL BE NOTIFIED BY THE COACHING STAFF.  
THIRD ACTION: SWIMMER IS SUSPENDED FROM THE TEAM FOR TWO WEEKS. THE SWIMMER WILL NOT BE ALLOWED TO PRACTICE OR ATTEND MEETS.  
FOURTH ACTION: SWIMMER WILL BE REMOVED FROM THE TEAM AND NO REFUND OF FEES IS GIVEN**

