



## 2009 Swim Team Rules

The following is a list of swim rules for the 2009 Summer Swim Team. They have been designed to provide overall guidelines from which swimmers, parents, and coaches will benefit. Please read them carefully. The swimmers are expected to observe these rules and obey the directions and instructions of the coaches.

### PRACTICE SCHEDULE

Starting June 1, Monday through Thursday

7:00 a.m. – 8:00 a.m.	13 and Up
8:00 a.m. – 9:00 a.m.	11 –12 yrs
9:00 a.m. – 10:00 a.m.	10 and Under

Note: Swimmers should be ready to practice 5 minutes before their designated time.

### ELIGIBILITY RULE

All participants in the 8 and under age group must be able to swim one length of the pool nonstop, using any of the four legal strokes. Participants in the older age groups must be able to swim two lengths of the pool nonstop, using any of the four legal strokes. All participants will be tested Thurs. June 4th during practice.

### PRACTICE RULES

1. Swimmers are expected to be on time to practice and in the water at the start of their scheduled practice session. Attendance will be taken at every practice, and coaches will hold swimmers out of a meet for excessive tardiness, multiple unexcused absences, or for not getting into the water promptly. Parents of swimmers who are having these problems will be contacted, and repeated violations will result in reduced meet participation.
2. Coaches will usually be available for questions at 10:00 a.m. If urgent, a coach will be made available for questions during practices. Coaches and swim team board members are also willing to make other arrangements to talk to parents.
3. Coaches realize that summer is a busy time for everyone, and that changes in schedules are inevitable. However, we ask that when the information on the calendar that you filled out for us must change, you notify the coaches in writing to inform them of the change. In cases of emergency or sudden illness, please notify us as soon as possible. **Any absence from practice the day of a meet will result in the removal of the swimmer from that day's meet.** Calendars must be turned in before swimmers will be allowed to swim in a meet!!

4. Swimmers participating on a year-round swim program will be excused from swim team practice as long as they are actively participating with the year-round team. These swimmers are still required to attend practice on the day of a meet.
5. Coaches have the authority to impose penalties for rule infractions or disobedient or disruptive behavior.
6. We practice rain or shine, with the exception of lightening. On days that the coaches feel it is not appropriate to swim, dry land activities may still be done, so please show up at the pool with tennis shoes just in case, **especially on the day of a meet!!!** Remember to check the website for extra instructions on meet days. (*mortonswim.com*)

## MEETS

1. Meets are usually held on Tuesday, Thursday and occasionally on Saturday. Coaches will not be responsible for transporting participants to away meets due to insurance regulations. Do not ask them or rely on them for rides.
2. The number of events in which the swimmer will participate will be determined completely by the coaches. Many factors will be considered including skill, practice behavior, attendance, and number of swimmers in the age group.
3. All swimmers may swim at all home meets; however, it is not possible for all swimmers to participate in every away meet.
4. During meets all swimmers will stay in the designated area. Coaches will not be responsible for swimmers who miss an event. After a swimmer's race they are to report to the coaches. It is important that all swimmers ask permission before leaving the designated area.
5. Swimmers will be expected to clean up their designated area before leaving the meet. Food, candy, and drinks will be banned from meets if swimmers do not clean up after themselves. Glass containers are not allowed.

## Coaches

To eliminate miscommunication between the coaches, any upcoming absences are to be reported in writing to only Sam Springer. You may put it in the coach's notes folder in the blue boxes.

Sam Springer            267-0756(cell)  
Jordan Schertz        222-1886(cell)  
Jenna Zbinden  
Austin Bradford

[mortonswim@gmail.com](mailto:mortonswim@gmail.com)  
[mortonswim@gmail.com](mailto:mortonswim@gmail.com)

In case of bad weather, please check the website (*mortonswim.com*) or call 266-7631 to see if practice is being held. If practice is cancelled on a meet day, please call or email Sam Springer if there is a change of status from your scheduled calendar information.