

COHO SWIM CLUB

Philosophy, Expectations, and Policies



You will be **signing** an acknowledgment of the Coho Swim Club, Philosophy, Expectations and Policies on your application form. Please read the following carefully, making sure you and your swimmer(s) understand and comply with the rules.

The Coho Swim Club is a non-profit organization supported by a volunteer executive board that raises its annual budget by fees and fundraising activities.

MISSION STATEMENT

- To provide a competitive and developmental swimming environment with qualified coaches who are dedicated to developing each child physically, socially and emotionally.
- To promote the sport of competitive swimming through regularly scheduled competitions, thereby developing team spirit, sportsmanship and self-confidence

CLUB GOALS

- To teach and develop competitive swimming skills in children ages 6-18.
- To support both competitive and non-competitive swimmers within the program.
- To provide a safe social, physical and emotional environment for each swimmer.
- To encourage the development of junior coaches within our club.

COACH EXPECTATIONS

Coaches will:

- Follow the directives of the Club Executive.
- Provide a training program outline and coaching philosophy statement addressing training, discipline and expectations of swimmers before the commencement of the season. The Executive will approve this.
- Arrange for an approved substitute coach when unable to fulfill commitment.
- Communicate with the Executive any concerns or difficulties as they arise.
- Attend swim meets as required.
- Set up procedures for swim meet entries, and communicate the process with swimmers and their parents. Prepare and submit all meet registrations before deadlines.
- Keep up-to-date best time records for all swimmers.

- Coaches are responsible for the direction and discipline of swimmers during practices and swim meets. Coaches are responsible for all swimmers until the scheduled end of practice.
- Mentor and develop junior coaches within the program.
- All coaches will work together to plan and deliver the program.
- At the end of the season provide a report and evaluation to the Executive.
- Provide ongoing swimmer evaluations and end of season award nominations.
- Encourage full participation of all swimmers at practices and meets.
- Coaches must be fully prepared for each practice and be available 15 minutes prior to and after each practice for questions.
- Undergo a RCMP criminal record check
- Assist with preparation of newsletters and bulletins on a regular basis throughout the season.
- Knowledge and understanding of the ASSA rules and regulations.

SWIMMER EXPECTATIONS

Swimmers will:

- Obey all rules and regulations of the Club and pool.
- Be on time for practices and competitions.
- Take responsibility for informing the appropriate people of non-attendance at meets or practices well in advance.
- Represent the Club in an honorable, respectable manner when at meets and at practice (which means no destruction of pool property or equipment, fighting, pushing, snapping towels, foul language).
- Respect the coaches, officials, volunteers and pool staff at meets and practices.
- Participate as a team member in competitions and all Club activities.
- Swimmers will follow instructions from the coaching staff.

PARENT EXPECTATIONS

Parents will:

- Support their own child, coaches and the team in order to reach the highest level possible.
- Encourage their child's full participation at practice, swim meets and club activities.
- Participate in all fundraising activities and swim meets.

- Discuss their child's' progress with coaches before or after practice, not on deck.
- Allow coaches to establish and implement the season's program. It may take several weeks to fully implement a program. For a successful season this requires full trust and support from swimmers, parents and the Club Executive.
- Discuss any concerns about the program with the Club President or alternate who will set up necessary meetings to address the problem.
- Parents are responsible for swimmers during all swim meets. It is not the coach's responsibility to supervise the swimmers between events.
- Parents are responsible to organize the transportation of swimmers to and from practices and meets.
- The Town of Canmore Pool's, Caregiver Observation Policy, requires parents to "STAY OFF the POOL DECK" during practice. Exceptions would apply when a parent is invited on deck to perform a requested function.
- Volunteer requirements - See **Coho Volunteer Jobs, Points & Bond**

ALL PARENTS ARE RESPONSIBLE TO VOLUNTEER AT THE ANNUAL COHO SWIM CLUB SWIM MEET.

DISCIPLINE POLICY

This policy is in place to protect all swimmers in the club and to support the expectations set forth by the club. Inappropriate and unsafe behavior will not be tolerated at practices or meets. If a child chooses to not follow the rules and expectations of the coaches and Club, then the following actions will take place:

STEP 1: The coach who witnessed the infraction will give the child a verbal warning.

STEP 2: If the behavior continues, the child will be asked to sit out the remainder of the practice or meet. The parents will be notified of the problem.

STEP 3: If this behavior occurs again, the child will be dismissed from the remainder of the practice or swim competition or will be suspended for one or more practices (depending on the infraction).

STEP 4: A meeting will be held with the child, parents, and coaches to discuss a solution.

STEP 5: If resolution is not reached, a further meeting with child, parents, coaches and an executive member will be held to decide if the child should remain in the club.

CLUB POLICIES

- A one-week try out period is in place for new swimmers. Entry into the Club will be at the coaches' discretion regarding acceptable skill level.
- Swimmers will not be allowed to participate in the Club until registration fees have been paid in full.
- Swimmers will be notified of all upcoming meets and events and the procedure to follow to register for meets.
- It is the responsibility of swimmers and parents to follow coach's procedures and deadlines for meet registration.
- A swimmer who does not attend a meet for which they registered may be required to reimburse the Club for the fee, unless an acceptable reason is given.
- With regard to relay events, if a swimmer misses a relay and causes the team to be scratched, this swimmer, at the coach's discretion, stands the possibility of not being selected for future relay teams.
- At the Regional Meet, swimmers are allowed to choose their four individual events. Swimmers are chosen to swim "A" relays according to their recorded times and the coach's discretion. Every effort will be made to include other swimmers on other relay teams.
- Each swimmer is encouraged to have a pair of swim goggles, a cap and a water bottle. These are to be brought to every practice and meet. All belongings should be labeled.
- Swimmers are expected to wear Club suits, caps, and clothing at meets.
- Swimmer's complaints or questions may be taken up with the Coach before or after the practice.
- Swimmers are responsible for making sure they are on deck ten minutes before their events at a meet, making sure they have adequately stretched or warmed up. Swimmers also must report to the coach before and after their event.
- Swimmers must inform the coach as to their whereabouts if they leave the deck at practice or meets.
- Swimmers are responsible for deck tidiness and looking after their own belongings at all swim meets and practices.
- After registration is finalized the Coho Swim Club Executive will consider registration of exhibition swimmers upon application.