

Attendance

This is a *team* sport! Consistent attendance and commitment to the team is absolutely required! Practices are especially important in the week leading up to a competition.

Best practices expected of Swimmers at all times:

- Swim caps must be worn to all practices.
- Be at practice on time.
- Respect coaches at all times.
- If you are unable to swim at practice, you are required to sit and watch.
- If you are sick and cannot make it to the pool, please phone to coach and let them know that you are ill.
- If you are unable to attend a meet, notify the club immediately. This should only happen due to extraordinary circumstances.

Requirements of parents:

During the year, please ensure that your swimmer is at the pool with enough time to change and get ready to go at the posted time. Be supportive and encouraging! **You will be required to volunteer (timing, scoring etc.) at each swim meet.** There will be regular parent meetings throughout the year that will require your attendance.

Team swim suits and head pieces will be organized by parents in conjunction with coaching staff. Please inform yourselves of all club policies.

Athlete Questionnaire

Reasons why I am involved in synchro.

(note to coach: if athletes are too young to fill this out, have a discussion with them to acquire this information verbally instead.)

My Name: _____

My age: _____

I am involved in Synchro because... _____

This year would be really fun for me if... _____

This year would be really fun for our team if... _____

When I perform my figures or routine, I think my strengths are... _____

I would like the coach to help me improve... _____

Pre-Season Questionnaire for Parents

1. What were your reasons for registering your child to participate in Synchro? _____

2. What are your expectations of the club/program leaders and specifically of the coaches?__

3. In your opinion, what goals should be set for the athletes by the club/team leaders? _____

4. Identify values that you think should be promoted by the program? _____

5. Important facts about your child that the club/leaders should know about? (e.g.:allergies, health issues, previous injuries, etc) _____

Please return the questionnaire at least one week before the Annual General Meeting

Participants name: _____

Parents/Guardian's name: _____

Date: _____

Grande Prairie Synquatics

Discipline Policy

Introduction:

This policy will be reviewed on a yearly basis or more frequently if the Club Executive deems it necessary.

Authority:

To ensure that the club goal of enjoyment, high performance, and good sportsmanship are achieved and a positive climate is maintained for all. The executive shall have authority over all matters of discipline. The coach of each team is responsible for enforcing the discipline policy as directed by the executive. Chaperones are responsible for enforcing the discipline policy as outlined in the Competition Travel and Accommodation Policy. All members of the club, Executive, coaches, parents and swimmers are responsible for abiding by the discipline policy as outlined in this document.

Implementation of the Discipline Policy in General:

1. The Executive will review the management of discipline issues and the implementation of the policy on a quarterly basis and will review the policy yearly or more frequently if necessary.
2. The coaches will receive direction (potentially an in-service) from the executive regarding implementation and policy changes quarterly and yearly.
3. The coaches will, during their coaches meetings, review the implementation and success of the discipline policy as well as identify problem areas that require attention.
4. Coaches will present the club and coaching expectations to the swimmers during appropriate team meetings. The coaches will assist the swimmers in identifying and managing, behavior and attitude issues that may arise within the team. They may also assist where they are aware of issues on other teams.
5. Prior to travel, Chaperones will be informed of any potential behavior issues by executive, coaching staff or parents.
6. Prior to travel a team and parent meeting may be held to review club expectations.
7. Any swimmer may be placed on a behavior management plan at any time before or during a swim year.

Code of Conduct;

This code is provided for minimum direction. The Executive, head coach, team coaches, parents and swimmers will be responsible for further spelling out their own expectations or identifying issues that may arise and need attention.

Swimmers are expected to:

1. Obey all the conduct rules of the facility:

- a. No horseplay
 - b. Obey the lifeguards at all times.
2. Be on time for training sessions, notify the coach if you will be delayed or absent.
3. Pay attention to instruction given by coaches.
4. Cooperate with the coaching staff. Treat the coaches, chaperones, other swimmers and the facility staff with respect at all times.
5. Not engage in physical or verbal contact that could be experienced by another person as mistreatment or abuse.
6. Report to a coach any person's behavior experienced as mistreatment
7. When at competitions, abide by the discipline policy and rules of conduct, as described in the Synchro Alberta's Code of Conduct.
8. Display Good Sportmanship.
9. Be positive role models for the younger swimmers and to set a good example of behavior.
10. Create a supportive atmosphere in both training and competitive settings.

Implementation of the Discipline policy in specific:

When a coach notes a problem, or a problem is reported to a coach.