



NOVA SYNCHRO CLUB

Swimmer Guidelines

1. All swimmers must act in a responsible and respectful manner at all times.
2. Valuables should be left at home. Swimmers should only bring enough money to cover their food costs and any souvenirs from the meet.
3. Swimmers must listen and follow the instructions of the coaches and the chaperones.
4. Be friendly and show good sportsmanship to other competitors.
5. Club tracksuits or outfits designated by the coach are to be worn whenever travelling with the group (i.e. at the pool, travelling to/from destination, club/team dinner).
6. Jeans and pyjama pants are not permitted to be worn during transportation to or from the pool or while at the pool.
7. NO JUNK FOOD! This includes candy, chocolate, chips, pop.
8. Swimmers must inform coaches and chaperones if leaving the facility or the hotel. Swimmers must travel in pairs of groups, never alone. The “buddy system” is enforced at all times.
9. Hotel and bus must be left in the same condition you found it in. This is a reflection of the club.
10. Pyjamas are not to be worn out of the hotel room.
11. Lights out at the coaches/chaperones instruction.
12. Be on deck to cheer your fellow teammates and club on when they are performing.
13. Schedule as designated by the coach must be followed at all times.
14. Failure to comply with the above guidelines may result in the swimmer being sent home early at the parent’s expense or suspension from attending the next meet.

Chaperone/Coach Guidelines

1. Chaperones are responsible for the group as a whole.
2. Coaches are responsible for communicating their intentions with the chaperones, regarding pool departure times, team meetings, and room allocations. Copies of the team schedule will be provided.
3. Junk food is to be confiscated on sight. It will be returned to the owner on return to Edmonton.
4. If, for some reason, a coach must leave, a chaperone and another coach will be responsible for that team.
5. Chaperones are expected to assist coaches and swimmers whenever possible.