

ARIZONA AQUA STARS

Synchronized Swim Team

SWIMMERS COMMITMENT

PRACTICE POLICIES, DECK RULES, AND PROCEDURES

These are the set **Policies, Deck Rules, and Procedures** for daily practices; they must be followed to insure effective practices:

- 1) **Come** to the **pool** on time with your **swimsuit on**, ready to practice.
- 2) Swimmers must come to practice **prepared** with their **own swim cap, goggles, nose clips, swimsuit**, and a **positive attitude**.
- 3) No food on deck and **no eating during practice**.
- 4) No gum or candy chewing while swimming.
- 5) Swimmers **may not leave** the pool deck until **all trash and belongings are picked up**.
- 6) Swimmers must stay on the pool deck until parents come to get them. **Swimmers are not allowed outside the pool gate**.
- 7) During practice, the **pool deck is open to swimmers and coaches only**. **Parents** are asked to remain **off the deck** during practice as **not to disturb or interrupt practices**. Parents are asked to drop off their child for practice and pick them up no sooner than 5 minutes prior to practice ending. Checks may be dropped off in the communication box either before or after practice.
- 8) **No valuables** are to be brought to the pool.
- 9) You must always **notify the coach** if you are **not coming to practice**. If you cannot reach the coach call another swimmer to tell the coach.
- 10) If your daughter cannot swim for an extended period of time please discuss this with the coach.
- 11) **Treat the coaches with respect** at all times. The coaches are vital to your daughter's success and they are devoting their time to your daughter's success. **Respect their abilities and knowledge**.
- 12) No swearing on deck.