<u>Spirit Swim Team Rules & Responsibilities</u>

<u>Family Responsibilities</u>
- Every family must volunteer in order for our team to succeed.
- Volunteering is required in order to be on the team. A $100 check deposit (or cash) **per family** is required. If you volunteer continuously throughout the entire season, your deposit will be returned to you at the end of the season. Many volunteer opportunities are available at swim meets. Each family must acquire a minimum of 15 points to receive your deposit back.
- Sample volunteer opportunities include signing in swimmers at meets, angeling, timing and officiating at all swim meets
- All of our swim meets will be loaded into your Active portals. Once they are loaded, please go in and sign your swimmers IN or OUT for all meets. This will alleviate you having to do so throughout the season. We will NOT be following up with families to see if your swimmers are attending if they are shown as No Response. We will sign them OUT and they will not be added on deck. Please help us to keep the process rolling smoothly!
- Sign your swimmer/s OUT through Active as soon as you know they are not able to make a meet. Missing a meet without sufficient notice can mean other swimmers do not get to swim their relay. Therefore, if a swimmer misses a meet without 24-hour notice, they will be restricted from attending the next meet.
- Be early to practice so we can start on time. We have the pool for a very limited time period.
- Arrive early to warm-ups for all meets. All the meets/pools are located at least an hour away; **please plan accordingly**.
- All tuition and fees must be paid in full by the first day of practice or your swimmer will not be able to participate.

<u>General Rules</u>
- HAVE FUN!
- Good sportsmanship: cheer on your teammates, encourage others, shake hands over the lines at the end of a heat, and be friendly at all times.
- Respect others in your lane during practice and warm-ups.
- Listen to your coaches. No playing around with other swimmers during practice.