

BELOIT TIDE HANDBOOK

MISSION STATEMENT

To Create an Environment Where Champions are Inevitable.



PHILOSOPHY:

The swimmer and the team come first. We want to develop the whole person, both in and outside of the pool. Our goal is to develop future leaders in the sport of swimming and in our community. We will use the latest sport science, techniques, psychology, and strength and conditioning to allow our swimmers to develop their full potential.

SWIM TEAM PRACTICE RULES

1. For protection of the swimmer, no swimmer should arrive for practice more than 15 minutes before the scheduled time and all swimmers should be picked up within 15 minutes of the end of practice.
2. Swimmers should be ready to begin practice at the scheduled time with all required equipment ready. If a swimmer is late, they should inform the coach as to the reason why they are late.
3. Swimmers are expected to stay the entire practice session. In the event that a swimmer needs to be dismissed early from practice, they should notify the coach at the start of practice.
4. Swimmers may not leave practice at any time without notifying the coach.
5. All swimmers, at the direction of the coach, must help in setting up and taking down of equipment.
6. Only proper and legal strokes, turns, starts, and finishes are allowed at practice.
7. Swimmers must start and finish at the walls using a proper push-off and finish.
8. Swimmers must learn to use the pace clock and leave on the designated time.
9. Swimmers may never interfere with the progress of another swimmer.
10. Swimmers are expected to practice appropriate lane etiquette during practice. Passing is done by moving to the center of the lane. Swimmers being passed should move to the side as much as possible, but not stop. Swimmers passing other swimmers may never grab, strike or interfere with the swimmer they are passing in any way.
11. The use of starting blocks is prohibited unless supervised by a coach. Horseplay on or around the blocks will not be tolerated.
12. Use of the diving board is prohibited at all times.
13. Pool rules such as: no running, pushing, etc. must be followed at all times.
14. Parents are not allowed on the pool deck at any time, except in an emergency and having received the permission from the coach.
15. Parents are allowed to observe practice from the stands. Please be considerate and keep conversation to a low volume when practices are being conducted. Do not try to communicate with any swimmer from the observation area.
16. Weather: Occasionally during the winter one or more of our practices may be cancelled. Check the BTDE website right before the practice to be sure. If school is cancelled, the BMHS Pool is closed also; NO exceptions.
17. Swimmer Expectations and Responsibilities: This will depend on which group your swimmer is in, but the overall philosophy is that as kids age, they need to take a larger role in the sport. Parents should work with the coaches to make sure that swimmers are developing responsibilities and a sense of ownership in their swimming.
 - a. ALL swimmers are responsible for carrying their own bags, fins, etc.
 - b. Increased role in packing their bags for practice and meets.
 - c. Increased role in communication, both face to face with coaches as well as electronic communication.

- d. Increased role in signing up for meets and selecting appropriate events.
- e. Increased role in EVERYTHING which should make them prepared to be fully functional, reliable, independent senior level and/or college swimmers.

BELOIT TIDE SWIM TEAM

MEET RULES

1. Swimmers are expected to wear only Beloit Tide Swim Team apparel at swim meets.
2. Swimmers should be ready to start warm-up 15 minutes before the assigned warm-up time.
3. Swimmers are expected to participate in all relays entered by the team, unless excused by the coaching staff. Check with your coach before you leave if there are still relays in the meet session. Scratched relay charges due to unanticipated swimmer absence will be charged to absent swimmers.
4. Swimmers are expected to attend all team meetings during a meet. Promptness is expected.
5. Swimmers are required to warm down according to coach instructions after each competitive event, including the last event of the session.
6. Parents are not allowed on the pool deck at any time except in an emergency and having received the permission of meet management. Parents with questions about scoring, placing or disqualifications should ask the coach to investigate or explain.

OUT OF TOWN MEETS RULES

1. Parents are responsible for transportation and any lodging necessary for their swimmers competing in any out of town swim meet for which they have signed up. A list of all swimmers participating in the meet will be posted prior to the meet so that car pools may be formed by parents as needed. Coaches are not allowed to transport swimmers to meets.
2. What to bring to an all-day meet: All day meets involve many swimmers from many teams. Because deck space is at a premium, swimmers are assigned to a rest area between events. The swimmers may bring quiet activities (games, books, cards, etc.) to keep occupied. Most meets offer food services; however, you may bring your own coolers.
3. What to eat: Swimmers should not consume any food or beverages at least 45 minutes before swimming an event. It is imperative to avoid foods containing sugar or chocolate as these foods temporarily raise the blood sugar level to a "false high" which then plummet to below average level. Also, avoid greasy foods, highly carbonated drinks and milk. Generally, a smart swimmer will eat a substantial breakfast and will limit his/her healthy snacks during the meet.

OUTSIDE OF PRACTICE

Since all of our athletes are also students, it is important that athlete's budget time and has school work done on time. We pride ourselves on our academic achievements. We have a strong history both in the pool and the classroom.

Make sure your athlete is eating a healthy, balanced diet. Avoid processed foods and energy drinks. Consume lots of vegetables, carbs, protein, and water. Depending on the age group, your athlete will burn an extra 1-2000 calories per day.

Your athlete should also be getting plenty of rest. No staying up late playing video games or social media.

Please read the Blog and Team Facebook page to keep up to date on team information, practice schedule changes, meet reminders etc...

PARENTS

Parents if you have questions for the coaches please ask coaches, before or after practice, unless there is an emergency. Please use phone or e-mail. Do not use Facebook to vent about a problem you might be having. We will deal with your problem, but we not deal with issues publicly. Also we will not talk about other kids or families when discussing your issue.

VOLUNTEERING

We are one program with many teams; High School Boys and Girls, Intermediate School Boys and Girls, Beloit TIDE (USA Swimming), and Summer TIDE. When we host meets or when another team hosts at BMHS Natatorium, we have control of the concessions. This is an excellent fundraiser for our program. Remember all teams benefit from this, so when we ask for volunteers please try and give an hour or two.

PRACTICE INFORMATION

- Due to limited pool time, athletes need to be on time for practice. Try to be there 10-15 minutes before start-dressed and ready to get better.
- When there is a home swim meet for the High School or Middle TIDE there will be NO swim practice. You are invited to attend these meets to cheer on your teammates. We can also always use extra timers and other help with the meet.
- If there are drylands scheduled, practice will take place in the balcony.
- After practice leave as soon as possible. If you choose to shower after practice, please do so quickly, remember your coaches have worked all day and need to get home and see their families.
- Take care of all practice equipment; including things like kick boards, pull buoys, goggles, suits, etc....

REGISTRATION FEES:

USA Membership Fee: (\$70.00) **All** swimmers are required to pay USA registration **whether or not they swim in meets.** The USA Membership fee is a once a year fee which is sent to Wisconsin Swimming and covers a swimmer's liability insurance. If you are transferring from another team, a USA transfer form needs to be turned into us.

Monthly Fees:

City of Beloit Resident \$50.00 per month

Non-Resident \$60.00 per month

Monthly fees are due the 5th of each month. It is the family's responsibility to make payments to the City of Beloit. Our office is located at 2351 Springbrook Court. Office hours are Monday-Friday 7 am-4 pm, credit cards are accepted over the phone. At no time will the Head Coach or any Asst. Coach's accept payment of any kind!

Multiple Swimmer Discount:

10% for second swimmer

20% for 3 or more swimmers

Short Course Season: (September – February)

Long Course Season: (April – July)

Escrow Fees: Escrow fees are for swim meet entries and are only required if participating in swim meets. Escrow fees are paid to City of Beloit. Generally swim meet fees vary, but as a general reference each meet will cost approximately \$25.00-\$35.00 per swimmer. An email will be sent after each meet letting you know your family balance. All families should keep an adequate balance to cover swim meets. **All negative balances must be paid ASAP!**

BELOIT TIDE SWIM TEAM

CODE OF CONDUCT

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

1. Team members (swimmers, coaches, parents) will display proper respect and sportsmanship towards coaches, officials, administrators, teammates, fellow competitors and the public at all times.
2. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
3. The consumption or possession of alcohol, tobacco, or any other illegal drug or substance of any kind will not be allowed by minor swimmers. In addition, any team member found to be in the presence of others partaking in any of the above activities, could be subject to the same punishments and possible expulsion from the Beloit Tide Swim Team.
4. No "deck" suit changes are permitted. Athletes are expected to use available change facilities.
5. Swimmers are to refrain from inappropriate physical contact at team activities and events.
6. Swimmers are to refrain from use of inappropriate language.
7. Swimmers are to follow the rules in team travel policy.
8. Swimmers are to follow the rules on practice and meet behavior.
9. Team members are reminded that when competing in meets, traveling on trips, and attending other meet related functions, they are representing both themselves and the Beloit Tide Swim Team. Athlete's behavior must positively reflect the high standards of the Team.
10. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action. Such discipline may include but may not be limited to:
 - i. Dismissal from team trip and immediate return home at the athlete's expense.
 - ii. Disqualification from one or more events or all events of competition.
 - iii. Disqualification from future team travel meets.
 - iv. Financial penalties.
 - v. Suspension or dismissal from the Team.
 - vi. Proceedings for an LSC or USA Swimming Board of Review.

Swimmer's Signature: _____ Date: _____

Guardian's Signature: _____ Date: _____

PARENTS CODE OF CONDUCT – BELOIT TIDE

- Parents must make their children emotional and physical wellbeing their number one priority during swim season.
- Parents will only address officials, all swimmers including the opposing team, parents, fans, and coaches in a positive, respectful, and encouraging manner demonstrating fairness and sportsmanship.
- Parents will stand behind the coach and support his/her decision at all times and not place the coach in a position to have to be concerned with their behavior.
- Parents will remember that swimming is for the children and not for the adults.
- Parents will bring and pick up the children promptly from practice as the coaches would like to get home to see their families as well.
- As an organization, we cannot tolerate the following behavior from parents:
 - Coaching your child(ren) at practice or during competition.
 - Interrupting the coaching staff during practice or competition.
 - Aggressive/Abusive language towards coaches, athletes, parents, officials, and your own children.
 - Any communication (including emails) that is demoralizing to any member, coach, or the organization as a whole.
- Parents should make sure the child always knows that you are proud of them no matter what the outcome is.

By signing below I/We understand that if any of the rules in the Parent Code of Conduct are broken, swim privileges and visitors privileges may be revoked at the discretion of the coaches and/or Recreation Supervisor including not only temporary, but possible permanent suspension with no refunds given.

Parent (or Legal Guardian) Signature:

-----DATE:-----

***Swimmer(s) will not be allowed to practice or participate in swim meets until signed.**

BELOIT TIDE SWIM TEAM
PHOTO RELEASE AUTHORIZATION FORM

This consent is to both inform you and request your permission for your child's photo/image/likeness to be published on the Beloit Swim Tide website, Facebook, newspaper, or other marketing materials.

By so agreeing, you are aware that there are potential dangers associated with the posting of personally identifiable information on a web site, as global access to the internet does not allow Beloit Tide Swim Team or its coaches, representatives or agents control as to who may access such information. These dangers have always existed; however, we as a Team want to celebrate your child and their accomplishments. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without your agreement as the parent or guardian. Personally identifiable information includes the swimmer's name, photo/image, addresses, email address, and phone numbers.

If you as the parent/guardian, wish to rescind this agreement, you may do so at any time by providing a written letter to the Head Coach or Spencer Waite of the Beloit Tide Swim Team and such rescission will take effect as soon as administratively possible upon receipt.

Parent/Guardian Signature

Date