

NST PARENT HANDBOOK & POLICIES

Welcome to the Northampton Otters Summer Swim Team! We are part of the Lower Bucks Swim League (www.lbsl.org) White Division. The Lower Bucks Swim League consists of 18 swim and 6 dive teams broken down into 3 divisions: Red Division, White Division, and Blue Division. Clubs throughout Lower Bucks County along with some pools located in Central Bucks County, Montgomery County, and Northeast Philadelphia are included in our league.

MISSION STATEMENT

To provide a competitive swimming program that teaches the principles of teamwork and good sportsmanship, promotes a love for the sport and advances aquatic skills, while having fun.

SWIM COACHES

Geoffrey Boodey – Head Coach gboodey@gmail.com

Cell Phone (For Emergency Use Only) 267-994-3018

Heidi Stoklosa - Assistant Coach heidistoklosa@icloud.com

Cell Phone (For Emergency Use Only) 267-789-7181

NST VOLUNTEER PARENT ASSOCIATION MEMBERS

Molly Rooney: rooneyfamily08@gmail.com

Maria Pyle: 3mpyle@gmail.com

Tish Dewhurst: sellertish@gmail.com

DISCIPLINE POLICY

The goal for our swimmers and coaches is to have a fun, successful, and safe summer season. It is not the team's intention to have numerous rules and punishments. However, the team has an obligation to deal promptly and appropriately with any infractions that interfere with the safety, fun, and success of our swimmers. With that said, what follows is a guideline of behaviors that are expected, and the consequences when those expectations are not met.

Swimmers registered with Northampton Swim Team and Lower Bucks Swim League cannot be registered with another swim team in any other competitive summer league swim team. This does not include club swim teams or winter swim teams.

PRACTICE ATTENDANCE

Swimmers are urged to attend a minimum of three (3) practices per week, and practice should be attended on meet days. Since Tuesdays and Thursdays are meet days, any illness or unexpected emergencies on these days require a phone call to the Head Coach no later than 12 noon. Lineup preparation takes a lot of time, and last minute changes are unfair to both the coaches and the other swimmers.

PRACTICE BEHAVIOR

All swimmers and parents are expected to respect the authority of the coaches. The coaches are in charge of the team. They are responsible for the safety of all swimmers, and are also responsible for the pool facility and equipment. All swimmers should come to practice prepared to swim. Any concerns regarding injuries or illness that may limit your child's ability to practice should be discussed with the coaches. The coaches will determine the consequences of failing to exhibit appropriate behavior, up to and including expulsion from the team. Parents will be notified immediately of any problems. All swimmers are expected to follow pool rules at both home and away meets. Please note: If you or your swimmer are requested to leave the team, there will be no refund.

If your swimmer chooses to get out of the pool at practice (for something not related to an injury or illness), they will be told to get dressed, call their parents, and leave practice. On our team, swimmers do not sit on the side of the pool and watch practice. The coaches do not sit with swimmers to coax them into the water.

Parents are not allowed on the pool deck during practice. If you need to speak to a coach, please wait until after the conclusion of the last practice.

RULES FOR PRACTICE

Pool time is scarce and we need to make the best of every minute we have. Families are asked to drop off their swimmers 10 minutes prior to their practice.

During swim team practice, no children except those practicing should be in any part of the pool. Parents, siblings or friends of swimmers watching practice may not enter the pool for any reason.

Swimmers must be prepared to swim. Please make sure your equipment (goggles, etc.) is working properly.

Swimmers must attend the designated age group/ability practice time. Swimmers will be assigned a designated practice by the head coach. Do not bring your child to a practice group they have not been assigned to.

EARLY SEASON EVENING PRACTICE TIMES

Monday through Thursday, in June until a date TBD each year.

age 11 and up 4:45-5:45 p.m.

age 10 and under 5:45-6:45 pm.

During early season practice times, when temperatures are unpredictable, swimmers should be sure to bring shorts, t-shirts/sweats and sneakers in the event the coaches elect to do dry-land practices.

REGULAR SEASON MORNING PRACTICE TIMES

Begins after Council Rock School District has closed for the summer and coaches have completed their school year requirements. (typically the last week in June.)

Monday through Friday as follows:

8:00-9:15 Black Group 1

8:00-8:45 Black Group 2

9:15-10:30 Red Group 1

9:15 - 10:00 Red Group 2

*Practice schedule may change slightly once team roster is established. Parents may select Black or Red practice schedules. Coaches will assign into group 1 or group 2 based on age and ability.

Rain: Both practices and meets will be held during rain. Please do not assume practices or meets are cancelled. If a meet or practice is cancelled, there will be a message on the Township website and/or an e-mail/text blast will be sent

SWIM MEETS AND COMPETITIONS

Dual swim meets are held on Tuesday and Thursday evenings. All swimmers will be placed in events designated by the coach at each meet.

A tentative lineup for a meet will be read to swimmers the morning of a swim meet during their practice time. Practice on the day of a meet is therefore MANDATORY. If swimmers have concerns about the events they are assigned, they should speak to a coach at practice the morning of the meet.

On Deck 5:45 PM

Warm-up 6:15 PM

Start 6:45 PM

Swimmers must arrive at the pool for a meet no later than 5:45 pm. This will allow the coaches time to inform swimmers of last minute changes.

If you will be late to a meet (later than 5:45 pm), you must notify the Head Coach as soon as possible but before 5:00 PM to avoid confusion and last minute changes to the meet.

SWIM MEET PROTOCOLS

Swimmers are to remain seated in the area designated for them throughout the meets. This is to ensure that swimmers will not miss their events.

Unsportsmanlike conduct, including profane language, disregard of coaching instructions and disrespect for the decisions of the judges is not permitted.

Swimmers are to remain at the meet until the last event is completed. As a team, we all cheer for one another!

All swimmers are expected to make every effort to attend meets. Coaches will assume that all swimmers are attending each meet unless told otherwise. If you are unable to attend a meet, a note indicating your absence must be given to the Head Coach at least one week in advance. **FAILURE TO FOLLOW THIS PROCEDURE WILL RESULT IN EXCLUSION FROM THE NEXT MEET.**

Line-ups will be based on times recorded throughout the current year.

Swimmers are allowed to swim a maximum of four events per meet (either 2 individuals and 2 relays or 3 individuals and 1 relay). Swimmers will swim a minimum of two events at each meet.

Winning the meet is the goal for the team. Therefore, the coach will make the best line-up possible. All swimmers will swim in assigned squad dual meets and have the ability to attend Invitationals. Usually, every swimmer gets into at least two events in a dual meet. Again, line-ups are based on best times in that event. Coordination of the heats of each swim events will be determined based on recorded times. The swimmers in the first heat will have the top times in that event, heat 2 will have the next three quickest times, etc. Relays also follow this philosophy. Times are based on times swum at official Northampton meets during the season and are consistently updated after each swim meet.

The 6 & Under age group primarily focuses on teaching children the basics of competitive strokes and introduces what it is like to be a part of a team. These swimmers will be in each and every dual swim meet, but will most likely only be entered in one event. As they progress through the year, another event may be added at the coach's discretion.

Meets start promptly! It is necessary for the athletes to be on deck as directed by the coach. Please arrive in time so swimmers have adequate time to get ready, check-in, and warm-up.

In the event of inclement weather, a decision will be made about cancellation at 5pm. If a message has not been placed on the Parks & Recreation web-site, the swim meet is proceeding and all swimmers are to make every effort to attend. **FAILURE TO FOLLOW THIS PROCEDURE WILL RESULT IN EXCLUSION FROM THE NEXT MEET.**

MANDATORY PARENT/GUARDIAN VOLUNTEER REQUIREMENT:

In order to run a successful swim meet, it requires the help of volunteers.

All parents/guardians of swimmers will be required to volunteer at a certain number of dual meets during the season.

The volunteer requirement for meets will be determined prior to the start of the season and will be dependent on the number of meets (determined by the league) along with the number of registered swimmers. Volunteer roles consist of timers, lane marshals, runners, table workers, and certified officials.

INVITATIONALS

Invitationals are not required but are HIGHLY recommended.

If your child is swimming in an invitational, you will be required to work at the event.

Additions to Invitationals cannot be made once the deadline passes. Please check the calendar and your e-mail for reminders.

There are additional fees which must be paid when registering for each Invitational Swim Meet.

CHAMPIONSHIP MEETS

Division Championships are held at the end of July.

All swimmers are eligible for this meet and are encouraged to attend, as this meet is what we are working toward the entire season.

Awards are given for 1st- 12th place

League Finals: The top swimmers in the 11+ years age groups (Blue, White and Red Divisions) will compete against each other. These times are taken directly from championships, so you must attend champs to qualify for finals. Anyone who qualifies will receive an award. All swimmers are welcome to come cheer on their Teammates!

SWIMMER'S CODE OF CONDUCT

As a Northampton Summer Swim Team member, it is expected that all swimmers will abide by the following Code of Conduct at all times while representing the Northampton Summer Swim Team:

Offer congratulations to all opponents, win or lose, and cheer on all teammates.

Act and conduct oneself with dignity while demonstrating respect for others and the property of others.

Promote good sportsmanship while striving for positive team spirit.

Deal justly, kindly, impartially, and honestly with all fellow team members.

At the same time, while involved in any Northampton Summer Swim Team functions, the swimmer will not:

Cause or threaten physical or verbal harm to another swimmer, coach, official, or parent.

Possess, use or be under the influence of alcoholic beverages, chemicals, or illegal drugs.

Behave in a manner that, in the opinion of the coaches, is harmful to the Northampton Summer Swim Team.

The swimmer should understand that violating any of these criteria will put them at the mercy of the coaching staff. Punishment is at the discretion of the coaches and can include expulsion from the team and forfeiting any monies paid to date.

PARENT CODE OF CONDUCT

As a parent of a swimmer of the Northampton Summer Swim Team, it is expected that all parents will abide by the following Code of Conduct at all times while representing the NST Summer Swim Team:

Practice teamwork with all parents, swimmers, and coaches by supporting the values of the Northampton Summer Swim Team.

Allow the coaches to instruct the team and swimmers at practice and meets.

Demonstrate good sportsmanship by conducting themselves in a manner that earns the respect of their swimmer, other swimmers, parents, officials, and the coaches at meets and practices.

Maintain self-control at all times. Understand that criticizing, name-calling, yelling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer or parent will not be permitted or tolerated. Such actions may cause that parent to be asked to leave the program.

Enjoy involvement with the Northampton Summer Swim Team by supporting the swimmers, coaches, and other parents with positive communication and actions.

Direct all questions or concerns regarding decisions made by meet officials to a member of NST coaching staff. Parents may not address officials or approach the Scorer's Table at any time during a meet.

Abide by all Township Rules set for the pool, including but not limited to NO Glass, No Smoking and No outside Alcoholic beverages in the pool complex at any time.

Mandatory for EACH family to work at 3 swim meets

Allow coaches to construct a lineup. Questioning or critiquing the lineup for any reason is not acceptable.

Parents will not be on deck speaking to coaches during swim practice. Please wait until the end of all practices or use phone/e-mail or set up a meeting with the coaches to discuss any issues.

Should parents conduct themselves in such a way that brings discord to the NST Summer Swim Team, parents will voluntarily subject themselves to disciplinary action.

HOW TO ADDRESS CONCERNS, QUESTIONS REGARDING POLICIES

If you have any questions or concerns regarding policy, please email one of the NST Parent Association members. A Parent volunteer will commit to a response within 48 hours of your grievance. A resolution time-frame will be determined and communicated as part of the committed response from NST. If you need further assistance, contact the Swim Club Manager or Director of Parks and Recreation.

Please note: Any coaching issues should be addressed directly with the Head Coach by phone, e-mail, or after practice.

We look forward to another successful season. If you have any questions, please don't hesitate to ask! The coaches and the NST board will be happy to assist you.

Go Otters!