



CSLA Swim Team – Survival Guide (2020-21)

Our goal is to help develop our athletes to the point where they can reach their maximum potential. Our coaches are extremely dedicated to giving our athletes all of the tools and resources necessary for them to reach their highest possible level of performance, while also encouraging an active, healthy lifestyle.

Every year, we receive many questions with regards to what being a part of the CSLA swim team means. This guide will help answer some of the more frequently asked questions. Additional information can be found on the [CSLA website](#), or by contacting us directly. Contact information can be found at the end of this document

SPECIAL COVID PROTOCOL - FALL 2020

These rules have been put in place to comply with both the provincial and municipal guidelines with regard to the pandemic. These are subject to change as new guidelines or other circumstances emerge. All changes will be communicated by e-mail and posted on our team website (If you are not receiving the emails, please make sure to send us your updated contact info). In order to ensure our team can train in the fall we must comply with the following :

- Masks must be worn at all times in the ACC, including on deck and in the changing rooms. They may be removed at the point of entering the swimming pool.
- Hands must be washed upon entering the ACC.
- Swimmers will be asked three health based questions in order to gain access to the building.
- We ask that swimmers arrive no more than 15 minutes prior to the start of workouts. (Coaches will be on hand to guide the kids through the ACC and into the pool.)
- Swimmers are asked to quickly change and not loiter in the changing rooms.
- Swimmers must fill out and return the FNQ risk waiver form (Attached in email)
- All dryland work will be done with masks on.
- Parents will not be permitted to stay on deck or in the atrium during workouts.
- **ATHLETES MUST RESPECT SOCIAL DISTANCING AT ALL TIMES.**

GENERAL

Where do I find out about upcoming swim meet details (warm-up times; event time; etc.)?

All competition information will always be posted in the “Upcoming Meets” section of the website, found on the Home page.

The following links are posted on the CSLA website as soon as they are available:



Competition Invitation is published by the host swim club and is the official invitation to a competition. It includes all basic information for the meet such as swimmer eligibility, location, dates, and events. *An event at a competition is considered an individual race (i.e.: 11-12 year old 200 IM).

Technical Bulletin: Is provided by the host team and is made available 2 to 4 days before the competition. This document includes warm-up times, session times, officials information, description of meet procedures and special modifications/rules, relay information, link to results page and list of rules and awards.

Entries: Displays the list of events that each athlete is confirmed to compete in, which are determined by their coach.

Meet Results are available on the [Swim Canada website](https://www.swimming.ca/en/events-results/meet-results/) (<https://www.swimming.ca/en/events-results/meet-results/>) or via the Splash Me App (available on Android and Apple mobiles) and are regularly updated within the hour following each event. Depending on the competition, a direct link to the host team results page can be found on the CSLA Home page.

Please note that all information for swim meets are provided by the host club.

How do I find out about cancelled practices?

Cancelled practices will be posted on the Web site as well.

What equipment does my child need?

No equipment will be provided at the ACC due to COVID-19, all swimmers are expected to bring their own equipment to every practice. Storage bins will not be available to store equipment bags

Every coach will be responsible for letting their swimmers know what equipment they will need for training throughout the season. Equipment and team apparel will be available for online order this upcoming fall at our team store: alltides.com by using the access code: [CSLA25](https://www.alltides.com/CSLA25) To see what equipment is required for your child's group please see:

<http://swimteam.cotesaintlucaquatics.com/training-equipment.html>.



REGISTRATION & FEES

What costs do the swim team fees include?

The swim team program fee includes the coaching cost, the team fees and the volunteer fee, as well as a team t-shirt and two (2) bathing caps. The club fee includes the affiliation and registration fees which are in part determined by the Fédération de Natation du Québec and Swim Canada. The club fee is non-refundable (*see payment plan sheet*).

We will be sending each family an invoice with their team fees for the 2020-21 season. Payment in full will be possible via your [Cote Saint-Luc registration account](#). Those who wish to set up a Pre-Approved Payment (PAP) will need to come to the ACC to add the PAP to the existing invoice. A registration waiver will also need to be signed and returned. PAP's can be set up any day between 11am and 630pm at the ACC front desk.

****Only registered swimmers will have access to the building and pool. The earlier a swimmer is registered, the sooner we can get their access card printed, giving them access to the pool****

What discounts are available and how are they applied?

- **Fun Card:** 10% discount on Aquatic teams program fee only, with a current Fun Card (applies to residents only)
- OR -
- **Multi-Family:** 10% discount on the Aquatic Teams program fee only, for all family members residing at the same address. (includes residents and non-residents)
Aquatic teams include: swim team, masters, triathlon and synchro

****Discounts cannot be combined****

When should the Swimmer's Access Cards be used?

The Access card or Fun Card must be used to enter the ACC facility. Swimmers must use their cards to enter the locker rooms and pool area.
This ruling will be enforced.

Fitness room: **The Fitness room is currently closed.** Please note that swimmers must be 13 years of age or older and accompanied by a coach in order to access the fitness room.



Is the Fun Card available to all swim team parents?

A special arrangement has been made for the parents of CSLA swimmers. Non-resident parents may purchase an individual Fun Card that is valid from September to August shutdown and use the Fitness Room facilities during practice times.

****Please note: The Fun Card discount is only available to CSL residents. ****

Who can use the gymnasium?

Access to the gymnasium is available for Fun Card holders or those who pay the Drop-in fee.

How are competition fees paid?

Each swim meet fee will be invoiced prior to the meet taking place. It will be possible to pay these invoices at the front desk, or online using your [Cote Saint-Luc registration account](#). An e-mail will be sent out letting you know when your invoice is ready. The deadline to pay a meet's invoice will be on the Wednesday prior to the meet.

The breakdown of the cost of these swim meets is as such:

Regional Competition:	\$25.00
Provincial Invitation (2 to 4 events)	\$45.00
Provincial Invitation (5 to 7 events)	\$65.00
Team champs (Events only)	\$55.00
Mini- Coupe	\$ 65.00
Coupe de region:	\$TBD/ Region will decide in the fall
Québec Junior Cup	\$75.00
Québec Senior Cup	\$95.00
Provincial Championships	\$100.00
Canadian Junior Championships	\$120.00
Canadian Senior Championships	\$125.00

How does a swimmer confirm their attendance at a swim meet?

Each swimmer's attendance is confirmed by completing the digital form by the determined deadline indicated on the form. The link for this form will be sent via MailChimp email. The e-mail will be sent at least two weeks before the competition. Each competition attendance form will contain the name and location of the competition as well as the related costs. If a swimmer confirms for a competition, they will be invoiced for it. Meet attendance deadlines must be respected as late submissions will not be accepted.



Are there additional costs once I've paid the program fee and for my competitions?

Other costs may include hotels, team travel, special events and fundraisers.

What is the procedure for away competitions that require lodging/transport?

For all swimmers ages 10 & up, staying at the hotel chosen by the Club is required to encourage team spirit. If parents would like to stay at the same hotel as their child, they must reserve and pay for their own rooms directly with the hotel.

- If you agree to attend an away meet and confirm your hotel reservation, you have up to 15 days prior to the competition to cancel your room. Hotel fees will be incurred for any cancellations made within 14 days of the meet.
- All athletes must pay for travel arrangements set up by the Club, even if the parents decide to drive to the away meets themselves.
- All Hotel + Transport information will be included in the competition e-mail. All costs will be invoiced on the first Monday of the following month.
- The above parameters apply to group reservations for away competitions with more than 12 swimmers confirmed.
- For away competitions of groups of 11 swimmers and less, hotel rooms will be reserved until a specified date and families will be responsible for booking their own rooms and organizing their own transportation.

REFUNDS

If necessary, how do I request a refund?

A refund for program fees may be requested no later than December 31, 2020 and may be requested by completing a Refund Request Form; all refund requests must be submitted in writing. The City's refund policy applies to all requests: an administration charge on the program fee and prorated for the unused portion of the program as outlined in the City's refund policy found in the Activity Guide. If a refund is requested for medical reasons, a 10% administration fee will apply and a medical note must be submitted with the request.

*For the complete refund policy, please consult the City's Parks and Recreation Activity Guide



Are refunds possible on all related fees?

Refunds apply to the program fee portion of payments **ONLY**; competition fees are not refundable. In order for a swimmer to be officially recognized by *Swim Canada* and *La Fédération de Natation du Québec*, an affiliation fee, otherwise known as 'club fee', must be paid. This portion of the payment is non-refundable. **View payment plan 2020/21**

VOLUNTEERING (ON STANDBY FOR THE TIME BEING)

What is the Volunteer Fee?

The success of each CSLA swimmer's experience relies on our amazing volunteers! Each swim meet requires over 120 volunteers per day. We are regularly recruiting for volunteers for both the technical & hospitality aspects of the team. The technical includes all roles pool-side (timers, judges, meet managers, etc.) Hospitality includes vital support roles such as fundraising, meal preparation & service at home meets, Splash Bash event planning, etc.

The volunteer fee is a credit towards a families' contribution to the volunteer aspect of the program. As you volunteer at events, you will earn volunteer credits towards the \$200 volunteer contribution.

Volunteer credit system

1 Volunteer credit = 1 four (4) hour block of time

Each family must commit to a minimum of 4 Volunteer credits (4 x 4hours) in a season. A fee of 200\$ will be invoiced at the end of the season to all families who did not accumulate a sufficient amount of volunteer credits.

Additional credits (4 hour block) are valued at \$25, to a maximum of \$100/child towards the following season

NB: A Meet Manager, Fundraising Campaign Organizer, Officials Coordinator, Hospitality & Event Coordinator, etc. will receive a full credit towards their volunteer fee.



Volunteer Positions

Below are outlines for each of the volunteer roles at competitions:

Hospitality (*home competitions only*) *Description:* The valuable team who ensures all volunteers and officials are taken care of at home meets. A predetermined menu is provided, food preparation and buffet-style service, clean up and preparation for the next meal. Pool-side responsibilities include keeping officials hydrated and armed with snacks. Legends says that a meet is judged by the meals served! *Experience Required:* A desire to partake in a kitchen party with new and old friends! Come prepared with music, jokes and tricks!

Timer *Description:* The job of the timer is to time heats using a stopwatch from the starting beep to the final touch. This provides you with a great seat to watch all the action. *Experience Required:* A passion for competition and a dynamic cheer, all while focusing on timing accuracy. Timers clinics are offered at the ACC, please consult the CSLA website at the start of the season for dates.

Safety Marshal *Description:* The role of the Safety Marshal is to observe the safety of swimmers during the warm-up period and ensure established safety procedures are followed. Candidates must be calm, discreet, patient and polite with swimmers and coaches while maintaining control and applying FNQ competition rules. Usually, the person acting as a Safety Marshal is also working another position during the meet. *Experience Required:* Training is provided through a clinic.

Stroke and Turn Judge *Description:* The role of the Stroke and Turn Judge is to observe the correctness of the stroke and/or turn to ensure that no swimmer gets an unfair advantage. *Experience Required:* A short (2-3 hour) training course is required before you can be a stroke and turn judge. Courses are offered frequently, scheduled near a home competition date.

Clerk-of-Course *Description:* The Clerk-of-Course is responsible to making deck entries of swimmers, scratching swimmers from races and entering relay teams. *Experience Required:* A training course is required, good organization skills and computer proficiency.

Chief Timer *Description:* The chief timer is responsible for all the timers, watches and plungers. The chief timer may also be asked to collect "sweeps" (the visual observation of the order in which the swimmers have touched the wall). *Experience Required:* A short training course is



required, great people skills and good organization skills.

Starter Description: The starter starts each race through the activation of the electronic timing system (horn and strobe flash) and ensures a fair start has occurred. *Experience Required:* Intermediate to Advanced experience with swim competitions and a short training course must be completed.

Referee Description: The referee is the senior official at the competition and is responsible for all the deck officials. *Experience Required:* Advanced experience with swim competitions and training courses. The referee is usually selected by the meet manager.

Meet Manager and Assistant Meet Manager: Meet managers are responsible for the preparation, organization and overall success of the competitions. Responsibilities include: meet sanctioning and recognition by the FNQ; meet package and technical bulletins are prepared, accurate and available; all officials' positions are filled; accurate pool set-up is to standard. Experience required: Must have meet manager certification

OFFICIALS

Interested in becoming an official? The training dates for Officials Clinics are currently TBD but will appear on the CSLA website in the ['PARENTS'](#) -> ['OFFICIALS'](#) section.

To sign up as an official for a competition:

- 1) Watch for the email requesting officials for a competition your child or our club is participating in and click on the sign up link.
- 2) Sign up for the session or sessions that you would like to volunteer for. Include your request for specific volunteer roles however the Meet Managers will ultimately decide where you are most needed.
- 3) To ensure your volunteer hours are accurately tracked we ask that each family uses the Officials sign-up document mentioned above. Should you choose to volunteer at the last minute, it will be your responsibility to communicate that time (and competition) to Larry Masella by email (found on the last page of this document). Failure to report volunteer times by email to Larry will result in those hours not counting towards your family's volunteer contribution.



Officials, communication

All official's certifications and officials experience at competitions is tracked by the club's Officials Coordinator and submitted to the FNQ. Please communicate requests regarding officiating via through our Official's Coordinator (officiels.csla@gmail.com) or Larry Masella (lpmasella@cotesaintluc.org)

FUNDRAISING

Why do we fundraise?

Funds raised through fundraising initiatives may be applied to competitions fees and competition related expenses. The funds raised will be shared amongst all who participated in the fundraising initiative via credits in our registration system.

Fundraising suggestions are welcomed and are a great volunteering opportunity for parents who wish to become involved. Hosting meets at the ACC allows CSLA to generate revenue which partially supports the day-to-day operations of the Swim Team program.

COMMUNICATION

We continue to improve all areas of CSLA communication and would love to hear from you! Our contact information is listed below and you can expect to hear back from us within 24-48 hours (not including weekends). If you don't, please try again as we may not have received the first message.

Swim Competitions: the most up-to-date information for upcoming swim competitions is posted on the CSLA website as soon as we have it. Here you will find competition/meet packages, entry lists, technical bulletins, official's clinics and other important information posted on the home page.

The **Survival Guide** contains pertinent details for all members of the team, swimmers and their parents. We are requesting that all families confirm that they have read and understood the information contained in this document. We are happy to review and address all questions and concerns so please don't hesitate to contact Larry Masella (lpmasella@cotesaintluc.org , tel: 514-485-6806 ext 2231).



Contact Information, CSLA Families: Each family will be contacted early in the season to verify and confirm all contact details(phone numbers, emails, addresses). This is a good time to provide additional emails if all parents would like to receive CSLA communications.

CSLA Emails via Mailchimp: We use MailChimp to share team information as it permits us to track all communications. Families will only be sent messages related to their swimmers. We request that all messages are reviewed carefully to ensure clear communication.

Technical communications with Coaches: Coaches hold the most accurate information regarding each swimmer’s training and development; each coach will have a specific group of swimmers that they are responsible for. At the September parent meeting, this information will be shared as well as the coaches contact information. Each coach will meet with his respective groups prior to the first competition.

The [CSLA website](#) is a great resource for vital team information. We recommend bookmarking it.

Contact Us:

For inquiries regarding the swim team, scheduling, meets, etc.

Head Coach: Mike Calcutt – Phone: ext. 2235, e-mail: MCalcutt@cotesaintluc.org
Office hours: Tuesday-Thursday 8h30-12h00

Coach (Regional Level): Abdenour Hammadache: email: abdenourHammadache@gmail.com

For inquiries regarding hotel bookings, invoices, payments, etc. please refer to:

Aquatics Coordinator: Larry Masella – Phone: ext. 2231, e-mail: lpmasella@cotesaintluc.org

For other questions and concerns, please refer to:

Manager of Aquatics & Leisure: Trish McKenzie – Phone: ext. 2232, e-mail: tmckenzie@cotesaintluc.org

Happy Swimming!



SWIM TEAM PRACTICE SCHEDULE, PAYMENT PLAN, AND GROUP LISTS

Group	Criteria	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Elite	14+ minimum AAA or Quebec Cup standards	13:30-15:15 OR 16h00-17:45 + 18:00-18:45 dryland	6:00-7:30 am 13:30-15:15 OR 16h00-17:45	13:30-15:15 OR 16h00-17:45 + 18:00-18:45 dryland	6:00-7:30 am 13:30-15:15 OR 16h00-17:45 16:00-17:30	13:30-15:15 OR 16h00-17:45 + 18:00-18:45 dryland	6:00-8:00 am + 8:00-8:45 dryland	
Age Group Elite	11-15 AAA or within 2 %	16:00-17:45	16:00-17:45 + 18:00-18:45 dryland	16:00-17:45	16:00-17:45 + 18:00-18:45 dryland	16:00-17:45	6:00-8:00 am + 8:00-8:45 dryland	
Senior	15 and older with AA standards	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	6:00-8:00 am + 8:00-8:45 dryland	
Senior Sprint	15+	18:00-19:30		18:00-19:30		18:00-19:30	6:00-8:00 am + 8:00-8:45 dryland	
Age Group	11-15 up to AA standards	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30	17:30-18:00 Dryland + 18:00-19:30		7:00-9:00
Youth	11 and under with development times	A: 16:00-17:30 OR B: 18:00-19:30		A: 16:00-17:30 OR B: 18:00-19:30		A: 16:00-17:30 OR B: 18:00-19:30		7:00-9:00
Youth Prep	11 and under regional		A: 16:00-17:30 OR B: 18:00-19:30		A: 16:00-17:30 OR B: 18:00-19:30			7:00-9:00
Intro to Competition	10 and under		18:30-19:30		18:30-19:30			



Masters	Anyone 18+	6:00-7:30 & 8:00-9:30	8:30-10:00 & 19:30-21:00	6:00-7:30 & 8:00-9:30	8:30-10:00 & 19:30-21:00	6:00-7:30 & 8:00-9:30		9:30-11:00
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Payment Plan Swim Team 2020-2021								
Group	Program fee	Affiliation	Total	Registration deposit	October 15th	November 15th	February 15th	March 15th
Senior Elite	\$1,300.00	\$250.00	\$1,550.00	\$310.00	\$310.00	\$310.00	\$310.00	\$310.00
Senior	\$1,250.00	\$250.00	\$1,500.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00
Senior Sprint	\$670.00	\$200.00	\$870.00	\$174.00	\$174.00	\$174.00	\$174.00	\$174.00
Age Group Elite	\$1,025.00	\$200.00	\$1,225.00	\$245.00	\$245.00	\$245.00	\$245.00	\$245.00
Age Group	\$925.00	\$200.00	\$1,125.00	\$225.00	\$225.00	\$225.00	\$225.00	\$225.00
Youth A	\$615.00	\$175.00	\$790.00	\$158.00	\$158.00	\$158.00	\$158.00	\$158.00
Youth B	\$615.00	\$175.00	\$790.00	\$158.00	\$158.00	\$158.00	\$158.00	\$158.00
Youth Prep A	\$565.00	\$175.00	\$740.00	\$148.00	\$148.00	\$148.00	\$148.00	\$148.00
Youth Prep B	\$565.00	\$175.00	\$740.00	\$148.00	\$148.00	\$148.00	\$148.00	\$148.00
Intro	\$360.00	\$100.00	\$460.00	\$92.00	\$92.00	\$92.00	\$92.00	\$92.00
*Affiliation and administration fees are non-refundable								
* Program refunds may be requested prior to December 31st, 2020.								



CSLA Youth Swim Team Parent & Swimmer Code of Conduct

As a member of Côte Saint-Luc Aquatics (CSLA), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of CSLA. The following behavior guidelines state the principles CSLA expects all members to demonstrate and uphold.

CSLA is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include

time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with CSLA ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose while the Head Coach, and Assistant Head Coach oversees the direction of the staff.

PART I – PARENTS CODE of CONDUCT

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help CSLA achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. CSLA wins gracefully, loses graciously and congratulates their opponents either way.



- Be an active participant in many events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staffs' instructions and advice. Your unconditional love and support before and after races will help them best.
- Recognize that CSLA coaches are professionals and allow them to coach your child without interference during workouts and meets, (including not being present on deck during practice or competitions unless you are working at the meet).
- Support your professional coaches as they strive to do what is best for each CSLA swimmer. Our expectations and methods are based on Swimming Canada, the FNQ and other recognized swimming authorities.
- If you have concerns, you will address it with the appropriate coach in private.
- Maintain open and honest communication among all members of the CSLA family. We reach our common goals by working together.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENTS, BASIC RESPONSIBILITIES

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Represent CSLA with excellence, respect, team spirit, good sportsmanship, and politeness
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your



child.

- Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- Get involved ...be an official, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Pay your fees on time (as per the Survival Guide).
- Know and uphold CSLA management, coach directives, and the code of conduct that are designed to maximize the experience for all swimmers and parents.

PART III – SWIMMERS CODE of CONDUCT The undersigned athlete participating with/for the Côte Saint-Luc Aquatics Swim Team (CSLA) agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing CSLA. They should represent CSLA with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected at all times to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is valuable.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear CSLA team caps and team t-shirts at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, vandalism, Indiscreet or destructive behavior will not be tolerated.
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any



substances banned by Swim Canada.

- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

PART IV – VIOLATION OF THE CODE, SWIMMERS The coaches have the authority to impose the following penalties for violation of the Côte Saint-Luc Aquatics Swim Team Code of Conduct. The penalties include, but are not limited to, the following: * The swimmer will be given a verbal warning. * The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent. * The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days. * If the swimmer continues his/her bad behavior, he/she will be suspended for one (1) week. (There will be NO pro-rating of fees.) If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

PART V – VIOLATION OF THE CODE, PARENTS The coaches have the authority to impose the following penalties for violation of the Côte Saint-Luc Aquatics Swim Team Code of Conduct. The penalties include, but are not limited to, the following: * The parent will be given a verbal warning. * Continued disregard for the code will result in a written warning. * If the parent continues his/her bad behavior after these measures, he/she will be suspended from the team.

I, the undersigned swimmer(s) and parent, agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.

By placing your name below you agree that you have reviewed the Côte Saint-Luc Aquatics Swim Team Code of Conduct with the registered athlete and the athlete understands the Côte Saint-Luc Aquatics Swim Team Code of Conduct and that you (the parent/guardian) and the swimmer agree to abide by this Code and accept the penalties for not abiding by these.

Swimmer's names: _____

Swimmer's Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____

