

# Auburn Aquatics

WELCOME TO  
AUBURN AQUATICS

**Inspiring young people to strive to be champions in life through excellence in swimming.**

AUBURN AQUATICS  
BIGGIO DR.  
AUBURN, AL 36831

# **THE AUBURN AQUATICS PROGRAM PHILOSOPHY AND POLICIES**

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# **AUBURN AQUATICS**

## **VISION**

Building the best and most comprehensive swim program in the country by promoting excellence at all levels, retaining the best staff, fostering outstanding volunteer support, maintaining state-of-the-art facilities, and encouraging every individual to achieve the highest levels of personal development.

## **MISSION**

Inspiring young people to strive to be champions in life through excellence in swimming.

## **OBJECTIVES**

- 1.** To nurture the whole child at every age and realizing that each one is different, allowing young people to develop as far as their dreams, talents, and efforts take them.
- 2.** To teach young people the process of achieving. To encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support when they struggle, and inspire them to persevere until they succeed.
- 3.** To provide a level of coaching that will lead to the development of world-class swimmers, should they so aspire, while at the same time allowing beginning swimmers to develop character, self-confidence, and a love for the sport in an atmosphere of caring and consideration.
- 4.** To encourage parents to actively support both their child and the program as a whole, realizing that their personal investment is a key ingredient to a young person's success in any endeavor.
- 5.** To provide the community and the swimming world with young people who are becoming the best they can be - as individuals, students, citizens, and athletes.

## **ORGANIZATION OF THE SPORT**

- A. FINA: International federation of all national governing bodies.
- B. USA Swimming: National governing body of swimming in this country. Headquartered in Colorado Springs, CO.
  - 1. Establishes all competition rules and structure. ie. USAS Convention.
  - 2. Registers and insures athletes, coaches, officials, and organizations.
  - 3. Conducts multi-level programs designed to encourage young swimmers to progress to national and international competitions, ie. Select Camps.
  - 4. Provide training and certification for coaches, officials, and administrators.
- C. Southeastern Swimming: One of 59 Local Swim Committees (LSC) that implement USA Swimming rules and regulations at the local level.
  - 1. Governs and conducts LSC Championships.
  - 2. Establishes meet schedules for SES teams.
  - 3. Implements USA Swimming programs, ie. Local camps, officials clinics, etc.
  - 4. Maintains and updates a web site [WWW.SESWIM.ORG](http://WWW.SESWIM.ORG).
- D. Clubs (Teams): 2600 registered teams throughout the country; approximately 70 teams in Southeastern Swimming. Each has its own personality reflecting the values, philosophies and goals of their coaches, swimmers, and parents.
  - 1. Must have one Certified Coach (All AUB coaches are certified).
  - 2. Very few of these teams compete from the novice to the national level. of the 2600 registered teams nationwide, only 140 teams compete at the Senior Nationals.
  - 3. AUB participates in the Senior National Championships.
  - 4. On the other end of the spectrum, the AUB program takes great pride in consistently developing and serving as many B-C and novice level swimmers as any team in the state.

Grass roots club programs such as AUB are the heart of swimming in The United States. Broad based in design, the program caters to the needs of all ages and ability levels, novice to Olympian. Whether learning to swim or training to win, AUB provides an outstanding youth program for Auburn and the surrounding areas while also contributing to the U.S. Olympic effort.

## **PARENTS' ROLE IN THE AUB PROGRAM**

## A. Supporting Your Swimmer

1. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's job to supply love, recognition, and the encouragement necessary to help young athletes feel good about themselves. Be the person in their life they can look to for constant positive reinforcement.
2. Strive to provide your child with the basic opportunities he/she needs to have a positive swimming experience. Make sure your youngster is able to attend practice and swim meets regularly.
3. Parents' attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about their parents, desires and feelings. For example, be enthusiastic about taking your child to practices, helping at swim meets, participating in team activities, etc. - please don't look at these functions as chores.
4. Every individual learns at a different rate and responds differently to the various methods of presenting skills. Some swimmers take more time to learn, and this requires patience on the part of the coach and parent, who must both remember that the child's ultimate swimming potential may be as great or greater than that of a faster learner.
5. Avoid comparing the skill, courage, attitude, performance, or improvement of your child with other swimmers. Youngsters mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could well be leading practices in future years.
6. The etymology of the word "competition" goes back to the two Latin words, "com" and "petere", which mean "together to strive". It is important to teach young people to compete with, not against others and to use competition to help them strive to be their own best self.

## B. Supporting Your Program

1. Know and understand the AUB philosophy. Keep in mind that we champion a long-term approach with regard to each swimmer's participation in the program.
2. Strive to stay informed. Read the weekly newsletter, glance at the bulletin boards, check the AUB web site, watch practice periodically and communicate with the coach. Such indirect involvement with the program sends a powerful message to your swimmer regarding your interest in his/her activity.
3. ***Involved Parents = Successful Program. Volunteers are needed in almost every aspect of the AUB program. Your gift of time is a great way to have fun, meet new friends, and to make a positive contribution to your youngster's swim team. Please refer to the Volunteer Form to see the many ways you can choose to help.***
4. Always return meet entry forms and other requested information fully completed and on time.
5. ***The lines of communication between coaches and parents are always open. When a parent has a specific question or concern regarding their swimmer, we encourage them to go directly to their child's coach; most questions are answered quickly at this level. If you need additional help, please consult the Head Coach.***

# Auburn Aquatics

## VOLUNTEER ROLE AT AUB

*Auburn Aquatics is a non-profit organization that is directed by the coaching staff.*

*To successfully fulfill the goals and objectives of the club, we are dependent on parent volunteers throughout the year for many activities. These activities address the major functions of hosting swim meets, fundraising and administrative support. The successful achievement of these functions, not only support the financial needs of the organization but also the staffing needs of the operation. Approximately 80% of the operating budget comes from swim team dues with the remainder being derived from fundraising, sponsorships, swim meet revenue, and other programs.*

*Our current fundraising activities include a Splash for Cash, The War Eagle Invitational, The Orange and Blue Classic, The Tiger Invitational, and Swim Camp Invitational. **Working at these functions is mandatory if your swimmer is participating. At least one parent from each family participating is needed to work a minimum of three sessions per meet and working more than three sessions is a great service to the program. Failure to comply results in a fine of \$30.00 per session of the event not worked.** Volunteers are needed at the hosted swim meets to serve as officials, timers, concessions, hospitality, timing system and other duties. For swim meets hosted at the James E. Martin Aquatic Center, Valley Aquatics Center, and at the Summer Alabama Park and Recreation meets at Samford Middle School. The volunteer needs are normally met by the parents of the swimmers competing in the meets.*

*Quite frankly, Auburn Aquatics can only prosper if it receives the support of all families in the program. The club hires a professional coaching and administrative staff. However, this staff meets only a portion of the resources required to run a highly successful program. To be successful, swimmers need a regular competitive venue. Commitment on the part of parents to make meets possible is a critical part of the program. The volunteers make a major contribution to ensuring that AUB is the premier club program in the Southeast.*

*Recognizing the importance of all AUB volunteers, we will be instituting a new program to track volunteer participation and provide a means to publicize volunteer efforts.*

## COMMUNICATION

*Communication is the key to a successful experience in the AUB program. The coaching staff and Board of Advisors feel it is important to have an open line of communication. If at any time you have any questions or concerns, feel free to call*

*any member of our AUB staff at 844-9623. Any questions about the program can be directed to any member of the staff: however, if your questions are specific to your youngster, then it is best to communicate directly with your child's coach. Each coach has regular office hours which are published in the newsletter.*

In order to keep our membership well informed, we have developed several ways to communicate information. Please make every effort to take advantage of the following:

**AUB NEWSLETTER, TIGER BYTES-** *The team's newsletter is published weekly and distributed every Tuesday. It is the primary source of information about the AUB program for parents and swimmers. The newsletter includes important announcements, meet results, meet entry information and deadlines, practice schedule changes, policy reminders, special features, a team calendar, and more. We urge you to read Tiger Bytes carefully and faithfully every week.*

**Family Mailboxes /Mail Files** - Each active family has a "mail box" or file folder. These files will usually be available at the AUB entrance of the Aquatic Center. We will distribute newsletters, meet information, awards, correspondence, and other important communications in your family file. Swimmers and/or parents are encouraged to check their mailbox daily.

**Bulletin Boards** - Provides meet information in detail and entry worksheets for upcoming meets.

**Open Door Policy** – You may schedule an appointment to meet with any coach or see them immediately after practice.

**AUB Web Site** - The AUB web site address is: [www.auburnaquatics.org](http://www.auburnaquatics.org)

**Team Handbook** - Provides information about all facets of Auburn Aquatics and competitive swimming in general.

**Parents' Meetings** - AUB periodically conducts general parent meetings and meetings with parents of specific practice groups.

**Team Parents** - *Each practice group has one or two mothers or fathers who serve as Team Parents. These individuals help coordinate social activities for that group and assist the coach in a variety of ways.*

**Splash** - Published every two months by USA Swimming, Inc. and mailed to each USA Swimming registered athlete and non-athlete as a benefit of membership. Includes a variety of articles and information about every level of competitive swimming.

**USA Swim Web site** - [www.usa-swimming.org](http://www.usa-swimming.org)

**Swimming World** - A monthly magazine covering swimming around the country and world, to subscribe to the magazine call 1-800-345-7946 or ask a coach for information.

## **PARENTS WATCHING PRACTICE**

The AUB coaching staff encourages parents to watch practice from time to time; however, there are some important guidelines to keep in mind when observing a practice.

First, young swimmers want their parent's approval more than anything in the world. For them to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice. We ask that you not communicate with your child during practice and compete with the coach for his/her attention.

Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group) or during their office hours.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Every training set or instructional drill has a purpose and one practice and/or practice set often builds on another each week. If you have not attended all practice sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Finally, please do not try and coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal, but have an important purpose in teaching skills (ie. swimming one-arm fly or breaststroke with a flutter kick).

With these various reasons in mind, we ask parents to stay off the pool deck during practices and not attempt to coach your child based on what you observe at practice. Parents whose swimmers practice at the Aquatics Center should watch practice from the bleacher area above the pool or in the bleachers on the deck inside the instructional pool. Thanks for your cooperation and support.

### **PRACTICE GROUP ASSIGNMENTS**

The coaching staff spends a great deal of time to determine the best practice level for each swimmer. Swimmers are placed in the group we feel best meets his/her needs at the current stage of his/her development--the group that will afford them the opportunity for rapid development, enhancement of self-image and an enjoyable experience.

Careful consideration is given to each individual throughout the season. Although most changes in practice groups are made at the end of the season, it is possible for a change in groups to occur during the season.

There are several variables which are taken into consideration when coaches are considering moving a swimmer to a different level of the program. Some, but not all these considerations are the athlete's overall attitude, age and maturity, attendance, and stroke technique. It should be noted that meet performance plays only a minor role in determining a practice group that best suits a youngster. It is likely that some individuals in a particular practice group will swim faster in meets than others for a practice group with more advanced training and instruction.

If you would like further information about your child's particular group placement, please contact the person who can answer your questions best -- the coach who works with your swimmer.

### **PRACTICE ATTENDANCE**

Consistent practice attendance is important at all levels of competitive swimming. It doesn't matter if you are just starting out in the sport or if you have been swimming for quite some time now and are trying to reach the highest levels of the sport, you need to maintain a regular schedule. The coaches have determined what they feel is the appropriate number of practices for each practice level. The recommended amount of practices is based on the age of the swimmers, the number of years he/she has been swimming and the goals of the swimmer.

*Olympic Strokes swimmers should not swim more than 3 times per week at appropriate practice times.*

We recommend that **ORANGE GROUP** swimmers attend at least two practices a week and **BLUE GROUP** swimmers attend at least three or four practices a week.

Members of the **TIGER** practice group should attend practice as often as possible. These swimmers should not miss practice for the sake of missing practice.

Swimmers at the **EAGLE** level should attend at least five practices per week at the minimum.

Swimmers at the **SENIOR** level should attend at least nine practices per week based on his/her experience. These swimmers should not miss practice for the sake of missing practice.

For the younger swimmers who are coming to practice two to four times per week, we feel that it is better to spread the days out throughout the week and not attend two days in a row and then take five off.

*For the **TIGER, EAGLE, AND SENIOR** level swimmers, weekend practices are the most important practices of the week. The coaching staff feels that finishing a week of practice well is directly related to finishing a two or three day meet well.*

If at any time you have questions on your child's attendance please contact your child's Coach.

All swimmers should be dropped off at the pool in the appropriate time frame. We ask that swimmers be at the facility 15 minutes prior to practice or meets and picked up within 15 minutes of practice or the meet ending. Failure to comply with these guidelines for drop off and pick up will result in fines.

**YEAR ROUND SWIMMING AT AUB**  
(short-course and long-course swimming)

Now that you have registered with Auburn Aquatics, a United States Swimming (USA Swimming) Program, we want you to understand what happens throughout the year.

Every year is divided into two seasons --- the short course season and the long course season. At this time your child(ren) is registered to participate in both. The AUB coaching staff encourages all swimmers to continue throughout the entire year.

The **short course season** usually runs from early September through March. There will be a series of championship meets for all ages and levels of swimmers conducted from late February through late March. The majority of the meets offered will be held in 25-yard pools.

The **long course season** runs from April through the end of July or early August, depending when a youngster's championship meet is. These competitions are held in 50-meter pools. We strongly encourage our swimmers to swim during the long course season for their long-term development. The long course season also coincides with the summer Park and Rec. season. Auburn Aquatics has set a policy that all swimmers with 3 or more Southeastern qualifying times should attend the Southeastern Championships and not the Park and Rec. State Meet.

*Practices will be offered straight through from the start date the end of August or early September until the end of the long course season. The coaches want every swimmer to take a one-week vacation in March/April, which hopefully will coincide with their school spring break. After the week break we encourage every swimmer to continue swimming until the long course season is over.*

As your swimmers progress in the sport the best time for them to take vacations is during their spring break and then after their championship meet in the summer.

**Questions regarding year round swimming with Auburn Aquatics**

**1. My child(ren) want to swim with their neighborhood team this summer. What is the best way to have them involved with both AUB and summer league?**

The AUB coaching staff encourages summer league swimming.

Ideally, swimmers in the Orange, White and Blue groups should attend a combination of AUB practices and summer team practices. We would like to see the Tiger Cubs and Orange Team 2 to 3 times a week and the White team members 3 to 4 times each week.

As swimmers progress through the program into the Blue and Tiger Shark levels we feel they need to attend as many of the AUB practices as possible.

**2. Why is it important for my young swimmers to continue with AUB through the summer?**

The AUB program is a year round swim team and progressive in nature. Swimming during the summer will help youngsters continue to build on the skills they have worked so hard on September through May. In addition to technique, swimmers will build their aerobic/conditioning base. Children who take the summer completely off usually start behind in the fall. Instead of improving and moving forward they will usually take steps backwards. Those who take advantage of the summer practices and work hard will reap the benefits next short course season.

**3. Can my swimmer get anything out of his/her summer league practices?**

Summer league coaches have a tough job. They usually are working with large numbers of kids who are very diverse in ability and experience. The coach has to teach to the norm of the group, which is behind where your child is since he/she has been swimming for the last 9 months. Remember the majority of the neighborhood youngsters have not been swimming since last August.

We do feel that for our younger swimmers it is good for them to show their friends how much they have improved since last summer. Socially it is important, giving the swimmer a chance to get to know the other swimmers and to feel a part of the team.

**4. How much does it cost for our children to swim during the summer?**

*If your children started in September and you paid the nine monthly installments then your fees are paid up through the summer. If you started later in the year then you will continue the monthly fee through the month of July.*

**5. Explain to us the differences between the short course and the long course season?**

The short course season usually runs from September through March. Most of the meets during these months are conducted in 25-yard pools. The long course season begins in April and runs through July or August depending on the Championship dates. Long course competitions are swum in 50-meter pools.

The United States is the only country in the world to swim in 25-yard pools. Swimming in 50-meter pools is the best opportunity we have to compare our swimmers to the world. All world records are meters and international competitions such as the Olympics are conducted long course.

**6. How do we compare our child(ren)s times from short course to long course?**

It is best not to try to compare or convert times from short course to long course. Each youngster is different and depending on the stroke, how well a swimmer turns, their level of conditioning, etc.--- all these factors play a part in the difference between a short course time and a long course time. Typically, the times in a long course pool will be slower because 50 meters is longer than 50 yards.

For entering meets, if your child is a 'BB' swimmer in one course then he/she will be a BB, swimmer in the other course. Also, 12 and under swimmers who have 'A' times and 13 and overs who have 'AA' standards for short course are qualified for the long course championships.

#### **7. What advantages do my children get from swimming long course?**

Whether your children are practicing in a 25-yard pool or a 50-meter pool, the coaches are working on two important factors. One is teaching the kids to stretch out their strokes and concentrate on "distance per stroke". The other is working on conditioning and building a strong aerobic base. Both factors are important skills for the long-term development of your child.

Also, with school out our older swimmers have more time to train and we encourage them to take advantage of every opportunity possible to swim and improve.

The AUB program is progressive and we view your child's development as a "swimming career". Each skill we teach is meant to build on what was taught earlier in order to help your children reach their long term potential in swimming.

#### **8. How many meets should we try to attend?**

There are not many opportunities for long course meets. Try to take advantage of each meet that your child is qualified for. It takes time to learn to swim long course races because the strategy is different from short course.

#### **9. When does the summer practice schedule go into effect?**

*The summer schedule will be available in April and will start on Monday, June 5. All practices will be conducted at either the Aquatic Center or Samford Middle School pool. We encourage the all groups to take advantage of the long course opportunities.*

#### **10. Do you have any other advice for us?**

We encourage families to take their vacation after the championship meets. If your child has worked hard all year, for them to fully take advantage of their hard training, it is best not to interrupt their season with a week off. Also, the older swimmers have more opportunities to train since they are out of school and have more time and fewer pressures. These practices will not only help them now but are important for their long-term development.

And lastly, the best advice we can give you is if you have any questions about the best schedule for your child at this point in his/her swimming please speak with your child's coach.

## **SWIM MEET INFORMATION**

**I. COMPETITION**

**II. MEET ENTRY POLICY**

**III. EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SWIM MEETS**

**COMPETITION**

In preparation for your swimmers swim meets, we would like to comment on the Philosophy of Competition at Auburn Aquatics. The following are some basic policies the coaching staff would like to stress:

1. We emphasize competition with oneself. We feel it is more important to improve one's time and/or technique than win a blue ribbon or gold medal.
2. In addition to best times, the coaching staff praises youngsters for working on their technique and/or race strategies. It is possible that a swimmer won't improve his/her time the first time they try something new ( ie. Flip turns, new technique, etc.). However, if they continue to try they will improve more in the long run.
3. The swimmers are taught to set realistic goals and as they get older they are taught to relate performance in practice to his/her goal times.
4. The coaching staff encourages age-group swimmers to swim every event he/she is eligible for. This helps to promote versatility as swimmers are continuously switching best events as they are growing, maturing and changing shapes and sizes.
5. Sportsmanship is a must at Auburn Aquatics. We expect all swimmers to respect the officials, other competitors and the facilities we use. We also want swimmers to encourage and support their teammates.
6. **SUCCESS = IMPROVING UPON ONE'S OWN BEST SELF.**

It is important that each swimmer has a copy of his/her times. Keeping these times in a logbook helps your child see the progress made throughout the season and also from year to year.

## **AUB MEET ENTRY POLICY AND MEET SCHEDULE**

Each season the AUB meet schedule is distributed in the newsletter through AUB mail. We have extra copies available at both practice sites for any family that needs a copy.

For new swimmers and their families (and sometimes for veterans as well) it is often confusing to determine which particular meets your swimmer is qualified for and should attend. Please direct any questions about the meet schedule and meet eligibility to your child's coach.

As meet information comes to us from each meet host, AUB families will receive a handout through AUB mail which will include the meet format, order of events, location, eligibility guidelines, etc.

Meet entries are usually processed by the coaching staff within 1-3 days of the deadline. **Please be aware that once entries are sent to the meet host, the swimmer's entry fees are paid and it is too late to get the fees refunded.** Thank you in advance for adhering to the meet entry deadlines.

**EVERYTHING YOU ALWAYS WANTED TO  
KNOW ABOUT SWIM MEETS!!!**

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and detailed as we possibly could.

### Swim Meet Procedures:

1. The week before the meet, check the entries which will be in your mail file. If there are any problems with your entries let your coach know as soon as possible.
2. Arrive at the pool ten minutes prior to the scheduled warm-up time and locate the team area where all team members sit together. This time will be listed in the meet information as well as the newsletter.
3. Obtain a heat sheet and check to see if you are properly entered in all events. If there is a mistake, discuss it with your coach so corrective action can be taken if appropriate.
4. Warm-ups are always conducted by a member of the AUB coaching staff. **It is very important for all swimmers to warm-up with the team.** Swimmer's bodies are just like cars on a cold day--he/she needs to get the engine going and warmed-up before he/she can go all out. *If a swimmer misses the allotted warm up time it is then there responsibility to warm up on there own.*
5. All AUB swimmers are required to wear the team swimsuit, and the AUB team cap during both warm-up and actual competition. You are also asked to wear your AUB team t-shirts. All other team apparel is optional; however, wearing the complete team uniform promotes team unity and pride.
6. Each swimmer is responsible for knowing which events he/she is swimming and for being present on time to swim. It is customary to write event numbers, heat, and lane assignments on the back of the swimmers hand.
7. If possible, before reporting to the clerk of course or the blocks, a swimmer should confer with a member of the coaching staff to review race strategy and goals.
8. At the conclusion of each race the swimmer should ask the lane timers for the stop watch time. Younger swimmers are then asked to come immediately to the coaching staff. Older swimmers should warm down first, if possible, and then see their coach. This gives the coaches an opportunity to discuss the race with each swimmer and add positive comments concerning splits, stroke technique, race strategy, etc...

9. At most meets, electronic timing is used. The official time is generally the one recorded in the computer by the swimmer touching the touch pad and appearing on the scoreboard. But if a swimmer misses the touch pad or there is a mechanical failure, various back-up times may be used. The timing and score keeping personnel analyze all times to determine the official times, which are then posted as final results.
10. When the official results are posted, record the official time to the 1/100th of a second in your logbook.
11. **According to USA Swimming rules, parents are not allowed in the immediate competition venue unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.**
12. In between races, swimmers are asked to rest and stay warm. All energy is to be stored up and used during competition. If swimmers must eat, a light nutritious snack is recommended.
13. It is very important that parents and/or swimmers check with the coaching staff, prior to leaving the swim meet, making certain that their child has not been placed on a relay.
14. *Relays are decided by the coaching staff. The fastest four swimmers available will swim on the relay. Any exceptions to this will be at the Head Coach's discretion.*
15. What to bring to a meet:
  - a. AUB Team suit
  - b. 2 AUB team swim caps
  - c. AUB team t-shirts
  - d. 2 pairs of Goggles
  - e. 2 towels (or more)
  - f. Old blanket or sleeping bag
  - g. Quiet games or books
  - h. Food --- nutritious snacks
  - i. Logbook - for recording official times
  - j. Water bottle
  - k. Equipment bag (paddles, fins, pull buoy, etc...)

**Put your swimmer's name on all apparel.**

- Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any veteran parent on the team for help or information!

These meets are a lot of fun for the swimmers! They get to visit with friends, play games, and meet kids from both AUB locations and other teams. Swimmers get to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

## MISCELLANEOUS INFORMATION

### I. DIRECTIONS TO THE JAMES E. MARTIN AQUATIC CENTER

## **II. INCLEMENT WEATHER POLICY**

### **DIRECTIONS TO JAMES E. MARTIN AQUATIC CENTER**

Take I-85 to exit 51. Exit onto College St. head North. Turn left on to Donahue. Take Donahue to Biggio. Turn Left, Aquatic Center is on the left. Park either on the street or continue on Donahue to Roosevelt. Turn right, pool on left park in lot.

**DIRECTIONS TO SAMFORD MIDDLE SCHOOL**

Turn onto Samford Ave. Pool is behind the middle school approximately .2 miles from College st.

**AUB INCLEMENT WEATHER POLICY**

The inclement weather policy which causes a change in the practice schedule or a swim meet, information will be emailed out or you can call your team mom.

***COMPETITION  
CODE OF CONDUCT***

***General Swim Meet Policies***

1. *No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents.*
2. *No swimmer shall drive a car to, from or at any away swim meet unless accompanied by a parent or chaperone. Swimmers 18 years of age and older may drive themselves, but may not be accompanied by younger swimmers.*
3. *Meet warm-up times, which are set by the staff and published in the team meet information and weekly newsletter, are to be strictly adhered to by all team members.*
4. *In general, it is preferred that team members check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.*
5. *Swimmers are expected to meet with their coach before and after each of their events.*
6. *In prelim & final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.*
7. *All team members are expected to follow the team uniform policy. Be proud to wear your navy and orange. Your personal appearance shall be neat and appropriate at all times.*
8. *Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.*
9. *Team members will display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.*
10. *As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the AUB team area in a neat and clean condition at the conclusion at each session of the meet.*
11. *All questions swimmers or parents may have concerning meet results, an officials call, or the conduct of a meet, should be referred to the AUB coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.*
12. *In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.*

*Team Travel Policies*

1. *All team members are reminded that when traveling on trips, competing in meets, and attending other meet related functions, you are representing both yourself and the AUB program. Your behavior must positively reflect the high standards of the club.*
2. *All swimmers and chaperones traveling with the team will attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them. Coaches will establish warm-up times and other trip related timetables as needed. Being prompt and on time is essential.*
3. *Rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip.*
4. *All swimmers are to remain in their own (or assigned) seats during, all travel.*
5. *Male swimmers are not allowed in female swimmers' hotel rooms, nor are female swimmers permitted in male swimmers' rooms unless a chaperone/coach is present or unless a chaperone/coach has granted permission (i.e. for a small group to watch a movie).*
6. *Swimmers are to refrain from inappropriate physical contact.*
7. *All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's, radios, etc. must be turned off and no talking is permitted.*
8. *There is to be no telephone use after curfew and no room-to-room telephone use during the rest time between prelims and finals.*
9. *All telephone and incidental room charges must be paid prior to curfew on the final night of the trip.*
10. *When group meals are contracted for with a hotel or restaurant, all swimmers and chaperones on the trip are expected to participate in and share the cost of these meals.*
11. *Swimmers are expected to travel with and stay with the team on team travel trips. Any exceptions must be approved by the Head Coach prior to the trip.*
12. *Chaperones must agree to fulfill their responsibilities to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones.*
13. *Violation of these rules will result in disciplinary action, including the possibility of being sent home from the meet at the expense of the swimmer's family.*