



VISION:

Make Swim Gym Swim Team a place where young athletes age 7 and older can grow and mature, learn to train and to race, develop good sportsmanship and strive to reach their potential

VALUES:

- To respect and cooperate with all around you
- To learn to lose with dignity and win with humble pride
- The success of the program is everyone's job
- "Please" and "thank you" - the magic words

MISSION: To foster the development of team members as sports men and women who become resourceful, self-disciplined, perseverant and well aware of the importance of team and safety first and fast times next. Sharing & caring about friends, brothers & sisters who treat others with fairness and vow never to discriminate; staying in line with our vision and values

OBJECTIVES:

- We do not make champions; we provide a friendly environment of equal opportunity for development in the sport so every member is empowered to become the "Best they CAN BE."
- We commit to provide knowledgeable and caring professionals that set the example to the team members into becoming citizens of the highest level of integrity
- We challenge our students to achieve outstanding educational levels and to make a sounding contribution in the development of their community
- We believe that our athletes prove to be winners when they set out to do their ultimate best in any endeavor they undertake; and this is not necessarily based on the acquisition of medals

SWIM GYM SWIM TEAM MEMBERSHIP POLICY:

You are on a Swim Team, because you chose to. Please, be a team player so we can continue to offer you the quality program you've become accustomed to. The only reason these policies have not been enforced, was people always paid the month in a timely fashion, (it is a little embarrassing for me to be asking you for the \$\$\$ you know you owe every month for your child's aquatic potential development!)



swimgym



Alper JCC
MIAMI

GENERAL PRACTICE GUIDELINES

1. Swimmers are not required to wear swim meet attire at all practices i.e. shirts, shorts, swimsuits, track suits, parkas, etc.
2. Swimmers are recommended they wear the team cap at practices it looks professional.
3. Parents are welcome to attend training sessions but are asked not to interrupt coaches during sessions. Please leave name and telephone number and best times to call you in the office, in the event that you want a coach to call you.
4. By USAS Rules, swimmers are not permitted to wear any items of jewelry in the pool during practice.
5. We ask that swimmers are dropped off and picked up on time, so as to get full benefits from each session. As well as having adequate supervision at all times.
6. Disruptive behavior may result in swimmer(s) being pulled out of training session(s) and a possible meeting with parents can be scheduled.
7. Shoes must be worn to and from the pool to prevent accidents, and sweatshirts and sweatpants should be worn from October thru April.
8. It is recommended that the parent schedule a meeting with the Head Coach, or the Coach in charge of the swimmer, within the first month after they start in our program.
9. It is our club policy that all swimmers enjoy themselves. Yes, we are a competitive club, but not to the exclusion of good-natured fun, fitness and health.



swim gym



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GENERAL SWIM MEET GUIDELINES

1. Swimmers are required to wear team swim meet attire at all swim meets i.e. swim caps, shirts, shorts, swimsuits, warm up or track suits, parkas, etc. It is highly recommended that all team gear have the swimmer's name labeled on it.
2. By USAS Rules, swimmers are not permitted to wear any items of jewelry in the pool during a race.
3. It is highly recommended that a swimmer keep a log of all their Personal Records, a spread sheet displaying the events on a column and the date and location of the Swim Meet on the top row. Every swimmer can easily set up this form with a little help from their parents on any spread sheet program.
4. Parents are welcome to attend racing sessions but are asked not to interrupt coaches during a race in progress. Lines of communication are open at swim meets, in between races, especially to verify qualifying times for finals, or other logistics, i.e. food, rest, transport, warm-ups.
5. It is required when a parent needs to bring a ruling to the attention of an official, the inquiry needs to go through the coach or the person designated to deal with official matters in particular.
6. Calendar is provided for you to plan ahead.
7. A sign up sheet for swim meets will be at the pool 2 to 3 weeks before the meet date. Entries are usually due to the host team 10 days ahead of the date of the meet.
8. It is the responsibility of the swimmer and parent to sign up for meets on time. Late entries can not be accepted at most meets.
9. Payments of the entries are due to the host team when entries are turned in. For this reason, when a child is sick and misses the meet, payment has to be made if he was entered. By signing up to a meet in advance, you are agreeing to pay the fees of the meet.
10. Relay swimmers are notified before the meet. If you are a relay swimmer, it is your responsibility to be at the pool for team warm-ups. If a swimmer is not present when the relay cards need to be turned in, a substitute swimmer if available can swim. It is not fair to the other relay members to miss the race, for this reason a member of a relay team that is not ready to swim at the time of the event will pay the entire entry fee of the event.
11. If you are ill on the day of the meet, please inform one of the coaches ASAP, so a substitute can be made especially in the case of the relays.
12. "A" meets will be for swimmers who have accomplished "A" times.
13. Team gear can be sold at swim meets. Please purchase team caps and other equipment prior to the meet at the Swim Gym Office.
14. Swimmers must report to the coach after each race.
15. Swimmers are responsible to report to the block on their own. 8 & under may need the help of a parent.
16. Team area must be cleaned up during and after each meet. Please throw trash in receptacles.
17. Parents are asked to assist with putting the tents up and taking down.