

Princeton Lakes Piranhas

TEAM RULES AND EXPECTATIONS FOR SWIMMERS

AT PRACTICE

As a member of the Princeton Lakes Piranhas your conduct during practice is very important. The following are team rules, best practices, and team expectations regarding practice:

- Safety, Safety, Safety, Safety first and always
- Prepare your swim and gear bag the night before (swim suit, goggles, water, cliff bars, Gatorade, etc.)
- Be at practice at least 10 minutes before the scheduled time
- You are expected to assist and encourage your teammates at practice and during meets
- You are expected to show respect to your teammates: no teasing or horse playing
- Listen to the coaches during practice and follow their direction
- While at practice do not perform an unfamiliar skill without direction and supervision of the head coach or assistant coach
- Inform a coach when leaving the deck (bathroom break) and alert the coach when leaving practice if leaving early (Say Goodbye)
- Listen to lifeguards, facility personnel and follow facility rules
- Bullying, hazing, abusive language, lying, stealing, vandalism are grounds for immediate dismissal from the team

AT MEETS

As a member of the Princeton Lakes Piranhas your conduct during swim meets is very important. The following are team rules, best practices, and team expectations regarding practice:

- Safety, Safety, Safety, Safety first and always
- Prepare your swim and gear bag the night before (swim suit, goggles, water, cliff bars, Gatorade, extra towels, a sitting mat, etc.)
- Eat a high carb meal the evening before and a good breakfast and snack if you are competing in the PM session
- Spend at least 15 minutes the evening before the meet visualizing your race strategies and performance to prepare mentally to have a good outcome
- Arrive at the scheduled time noted for your session assignment and check in with an assistant coach or your assigned lane captain
- Make sure that you are wearing PLP spirit gear to signal you represent PLP
- During warm ups follow the coach's instructions
- Always enter the water for warm up feet first in an area cleared of other swimmers
- Follow the meet referee's instructions as well as other meet officials
- After each race report to the coach for any advice from him or her
- Inform a coach when leaving the deck (bathroom break) and alert the coach when leaving the swim meet if leaving early (Say Goodbye)
- Listen to lifeguards, facility personnel and follow facility rules
- If allowed, when eating snacks on deck clean up after yourself and the surrounding area
- Bullying, hazing, abusive language, lying, stealing, vandalism are grounds for immediate dismissal from the team

ABOUT PRACTICES

- The Practice Schedule is posted on the team website.
- Practice must start and end on time to accommodate all age groups. Please make sure your swimmer(s) are ready (cap and goggles on!) to get in the pool when their practice begins. **Goggles and caps are highly encouraged for all swimmers, Girls and Boys!
- An email notification will be sent out to the team if practice is cancelled due to inclement weather or problems with the pool.
- Swimmers are strongly encouraged to attend as many practices as possible. Their swimming skills will increase tremendously by practicing every day. In addition, the coaches may be timing swimmers during practice to help determine the line up for meets.
- If your swimmer is on a year round competitive team and needs an adjusted practice schedule, please contact the Head Coach to determine a fair and balanced commitment to the summer league.
- It is possible for swimmers to practice an age group up or down if necessary. Please coordinate that with the coaches so that they can plan accordingly.
- Swimmers that are **NOT** members of the Princeton Lakes Swim & Tennis club cannot stay after their practice.