

TRAINING SESSIONS

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool time is our most limiting factor - Don't waste it.

PRACTICE TIMES and LOCATION

The Seahawks train at the San Luis Obispo Swim Center. The Sinsheimer Pool is a 50 Meter x 25 yard pool run by the San Luis Obispo Parks & Recreation. San Luis Obispo Swim Club rents this space at considerable expense to the team. We are fortunate to have a facility like this available to accommodate the size of the team.

* See Team Website for Practice Times

PRACTICE AND ATTENDANCE POLICIES

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups.
2. For the swimmers protection, they should arrive to the pool grounds no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.
3. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, notify the coach prior to the start of practice.
4. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.
5. Swimmers are to enter the pool at the side gate by the team's office (swim team gate).
6. While on the pool grounds during practice time, the swimmers are the responsibility of the coaching staff.
7. During practice sessions, swimmers are never to leave the pool area without coach's permission.
8. If any swimmer needs to complete homework before practice or leave practice early to do homework, he/she must do their homework on the pool deck so the coaches will know where he/she is located.
9. The club has an obligation to act as guests while in the SLO Swim Center (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to the property may result in financial liability of the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.
10. Parents are not allowed on the pool deck during practice unless it is an emergency.
11. Parents are allowed to observe practice from the stands. Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.

ILLNESS AND INJURY

Whenever possible, the coach should be informed of an illness or injury. Regardless of how serious or trivial it may be, it will almost always be possible to find a physician (or parent) who will recommend abstaining from training and one who will recommend a modified approach. It is helpful to find a family physician who appreciates the importance of participation and who understands the repercussions associated with missed meets and training sessions.

If your swimmer will be out of the water over a long period of time due to an injury or illness, please notify the swimmer's coach, so the coaching staff is aware of the problem.

SWIMMERS TRAINING RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to advance to the Senior Group and beyond. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

CODE OF CONDUCT

It is the responsibility of SLOSC to ensure a healthy, safe environment for all its members. As such, all swimmers must abide by the following:

1. Any swimmer who is known to use alcohol, drugs, or tobacco illegally is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation the club has throughout the state and country.
5. All team members will be required to sign the "Honor Code".