



**Maple Grove – Osseo – Park Center
District 279 Synchro Gators
Synchronized Swimming Team Policies**

To build driven, empathetic young women of integrity; bolstering an atmosphere of discipline and hard work to reinforce the foundation for happy and successful lives.

2017 Program goals

Have Fun!

Become the best synchronized swim team possible

Develop skills

Build friendships

Represent Maple Grove/Osseo/Park Center to the best of our ability

ATTENDANCE POLICY

1. All synchronized swimmers are expected to be at practice and on time every day.
2. All synchronized swimmers are expected to be ready to go with suits, caps, nose plugs, and goggles, at their scheduled start time.
3. Swimmers may not miss any portion of the first week of practice; basic skills will be taught and tryouts will be held during this time.
4. Total of 5 absences can be used during the season (this includes all illnesses, family events, school meetings, etc.).
5. If part of a practice is missed (leaving early included) this will count as one of the 5 absences.
6. If a swimmer is present at pool but not swimming due to an injury this will not count as an absence.
7. Spring break is not included in these 5 absences, but swimmers are expected to attend practice if not traveling.
8. Coaches must be notified of any absences at least 24 hours prior by parents or guardians via email.
9. Consequences for greater than 5 absences: Forfeiting spot on team and small routines, swimmer will not be able to letter.
10. Special circumstances will be granted for weekly after practice activities (i.e.: church) that requires swimmers to leave 5-10 minutes early. However, this needs to be discussed and established with coaches during the first week of practice.
11. Swimmers must be at practice the day before a meet to participate in the meet.
12. Swimmers must be in attendance at school to practice or participate in a meet.
 - To be considered “in attendance” you must be in school the first four periods of the day or the last four periods of the school day. If you are out of school for a “school related purpose” than you are considered in attendance.
13. The swimmers are required to be on the pool deck to learn and observe, if unable to be in the water due to illness or injury. The coach and swimmer will decide if it is appropriate.
14. Email the coaches with any illnesses or attendance issues or dates.
 - Email address for attendance: **GatorAttendance@gmail.com**
15. All swimmers **must be available** for the section meet (May 18th & 20th, 2017) and the state meet (May 27th & 28th) to be considered for routine placement.

ATTITUDE and SPORTSMANSHIP

1. All swimmers, coaches, and parents will have a positive attitude and show good sportsmanship at all times. This means: working to the best of your ability without skipping yardage, sets, or skills. We have to work together to make every day fun and rewarding.
2. Anyone speaking, emailing, texting, or acting in an insulting, harassing, or disrespectful manner toward anyone at any time will meet with the coaches to discuss the situation. If the behavior continues, school officials and parents will be brought in.
3. All swimmers are to follow the athlete code of ethics set up by the high school league. (As signed in your registration packet)
4. Parents are expected to be respectful of coaches, swimmers, other parents, officials, and other parties. If there is a

failure to do so, the parent will be expelled from viewing competitions and other synchro events.

LETTERING

1. The swimmer must have an appropriate attendance record (see Attendance Policy above).
2. The swimmers must demonstrate good sportsmanship towards teammates, coaches, and officials.
3. The swimmer should be willing to reach new goals.
4. The swimmer should strive for maximum performance in practice and meets.
5. The swimmer should be encouraging, supportive and respectful.
6. The swimmer should channel frustrations appropriately.
7. Placing 1-7 in a Figure Competition, during our dual meet season.
8. Placing 1-4 in Routines at the Section Competition; alternate swimmers who learn the entire routine, will be counted as part of the team.
9. Coaches may consider other factors in their decision, such as, but not limited to: leadership in and out of the water and/or improvement over the course of the season.

MEETS

1. All swimmers are to be in the team bleachers during the meet to observe and support their team.
 - Swimmers may shower and then return to the team bleachers.
2. Swimmers should be with teammates during the meet, not in the spectator bleachers with family and friends; swimmers need to be mentally preparing for the meet at hand.
3. Swimmers are to remain in the pool/locker room area during all meets, except when decking routines.
4. Swimmers are to stay at all home meets until the other team leaves.
5. Swimmers must provide and bring a black swimsuit, de-void of any other color or school emblem, a white swim cap, a nose clip, and Gator team warm-up/shirt.
6. Swimmers must wear team T-shirt at every meet (other warm-up apparel is allowed – jackets/pants).

LEAVING A MEET WITH A PARENT OR GUARDIAN

1. Swimmers are required to ride the team bus to and from all away meets
2. Parents and Guardians are required to fill out the Synchro Gators Bus Permission Slip form and give it to coaches 24 hours in advance of a meet if they want to pick the swimmer up directly from the meet
3. Parents must check in with a coach before removing their child from the meet to ensure the coach is aware of the child's location

ROUTINES

1. Solo, duet, trio, and team routines will be selected by the coaches
2. Try-outs will be held the first week of practice
3. There are a set number of routines and we will be divvying them out based on the results of the try-outs
6. All members of the District 279 Synchro Gators will participate in a team routine consisting of four to eight members, except those swimmers that have already been notified. First year swimmers will be placed on a team, and a routine will be taught to them. Some swimmers may swim one or two small routines (solo, duet, or trio). When placing a swimmer in a routine, coaches look at ability, swimmer input, attendance history, dedication, and division eligibility. It is important to remember that coaches have the final say in everything related to routines.
7. All girls will compete their figures and at least one routine at the sections meet.

ACADEMICS

1. Athletes must maintain satisfactory academic progress as defined by the school they attend in order to remain eligible for the team
2. If you are having trouble with a class, please talk to the coaches and arrange to get help from your teacher
3. We understand the demands placed on student athletes who want to succeed in all areas and we will do everything that we can to help you balance these demands and reach academic and synchronized swimming excellence

CHEMICALS/BEHAVIORS/VIOLATIONS

1. NO synchronized swimmers shall use tobacco, drink a beverage containing alcohol, or consume, have in possession, buy, sell, and/or give away any other controlled substance.
2. Swimmers should be aware of photos and statements put on Facebook and other social media sites.
3. If a violation occurs during the calendar year outside of the synchronized swim season, regardless of quantity, the Minnesota State High School League rules will apply.
4. If a violation occurs during the synchronized swim season, regardless of quantity, the Minnesota State High School League rules will apply.
5. If a violation occurs, captains will lose their positions.

CONCUSSIONS

1. A concussion is a brain injury that is caused by a bump or blow to the head.
2. The National Federation of State High School Associations (NFHS) has implemented a standard rule in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may have slightly different wording in each rule book) states that: *"Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest/practice and shall not return to play until cleared by an appropriate health care professional."*
3. Signs to watch for if you suspect a concussion -
The athlete:
 - Appears dazed and stunned
 - Displays confusion about assignment or position
 - Forgets sports plays
 - Is unsure of game, score, or opponent
 - Moves clumsily
 - Answers questions slowly
 - Loses consciousness (even briefly)
 - Shows behavior or personality changes
 - Can't recall events prior to hit or fall
 - Can't recall events after hit or fall
4. Symptoms Reported By Athlete:
 - Headache or –pressure in head
 - Nausea or vomiting
 - Balance problems or dizziness
 - Double or blurry vision
 - Sensitivity to light
 - Sensitivity to noise
 - Feeling sluggish, hazy, foggy, or groggy
 - Concentration or memory problems
 - Confusion
 - Does not "feel" right
5. Please notify the coach if you have been hit in the head and are having any of the symptoms.
6. Only an Appropriate Health Care Professional can decide if an athlete has been concussed (has had a concussion)
7. An Appropriate Health Care Professional (AHCP) is defined as a medical professional functioning within the levels of their medical education, medical training, and medical licensure.
8. If the Appropriate Health Care Professional has determined that an athlete has been concussed, that decision is final.
9. Once a concussion has been diagnosed by an AHCP, only an AHCP can authorize a subsequent return to play.
10. The clearance must be in writing and may not be on the same date on which the athlete was removed from play. The form must be kept on file in the school's athletic office. A parent cannot authorize the return to play for his or her child even if the parent is also an AHCP.
11. The Athletic office will inform the coach when a player is allowed to come back to practice.
12. The MSHSL Sports Medicine Advisory Committee highly recommends that every student-athlete and parent should successfully complete the Heads Up: Concussion in high School Sports course. The course can be accessed at: www.cdc.gov/concussion

For more information please refer to www.concussionsafety.com.

**Exceptions to the policies need to be discussed with the head coach.

I have read and agree to the policies for the 2017 Synchronized Swimming season.

Attendance Policy Yes No

Attitude and Sportsmanship Yes No

Academics Yes No

Chemical/Behavior/Violations Yes No

Concussions Yes No

Lettering Yes No

Meets Yes No

Leaving a meet with a parent or guardian Yes No

Routines Yes No

I give the Maple Grove - Osseo - Park Center Synchro team permission to share my address and phone with the whole team.

Yes No

I give the Maple Grove - Osseo - Park Center Synchro Team my permission to use photographs/video of my child with no identifying information for news, publicity and website purposes.

Yes No

ATHLETE _____
Signature

Print name

Date

PARENT/GUARDIAN _____
Signature

Print Name

Date

All paperwork needs to be turned in, to the coaches, by the end of practice on MONDAY MARCH 13TH, to be considered for routine placement.

Please keep the policy information for your own records, only turn in this signed page.