

**Maple Grove - Osseo - Park Center**

**District 279 Synchro Gators**

**Synchronized Swimming Team Policies**

**MISSION STATEMENT AND GOALS**

Our mission is 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.

This year’s program goals :

* Have Fun!
* Become the BEST synchronized swim team we can be
* 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 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 during this time.
4. A total of 5 absences are allowed during the season (this includes illnesses, family events, school meetings, etc.)
5. If the swimmer is present at the pool but not swimming due to an injury, this will **NOT** count as an absence.
6. Spring break is **NOT** included in these 5 absences, but swimmers are expected to attend practice if they are not traveling.
7. Coaches must be notified of an absence or early departureat least 24 hours in advance by a parent or guardian via email.

* Attendance email address is [**gatorattendance@gmail.com**](mailto:gatorattendance@gmail.com)

1. Missing more than 5 practices will cause the swimmer to face the following consequences : Forfeiting a spot on team and small routines, losing the ability to earn a letter.
2. Special circumstances will be granted for weekly after-practice activities (ie. Church) that require swimmers to leave 5-10 minutes early. However, this needs to be established with coaches during the first week of practice.
3. Swimmers must be at practice the day before a meet in order to participate.
4. Swimmers must be **IN ATTENDANCE** at school to practice or participate in a meet.

* To be considered “in attendance” you must be in school for either the first four periods or the last four periods of the school day. If you are out of school for a “school related purpose”, then you are considered in attendance.

1. 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 discuss these circumstances together and come to an agreement.
2. Email the coaches with any illness or attendance issues and with dates where an absence is anticipated.

* The attendance email address is **gatorattendance@gmail.com**

1. All swimmers **MUST BE AVAILABLE** for the section meet (May 11th and 18th, 2018) and the state meet (May 23rd and 24th, 2019) 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 everyday 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 and the swimmer may face consequences including removal from the team.
3. All swimmers are to follow the athlete code of ethics set up by the Minnesota State High School League (MSHSL). For more information on their policy, see the registration packet.
4. Parents are expected to be respectful to 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 the attendance policy)
2. The swimmer must demonstrate good sportsmanship toward teammates, coaches, and officials.
3. The swimmer should be willing to improve and 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. She should address her concerns with her coaches in a respectful way.
7. Placing 1-4 in routines at the section meet. Alternate swimmers who learn the entire routine will be counted as part of the team.
8. Loyalty to the sport. Participating in three years or more by the swimmer’s senior year.
9. Coaches may consider other factors in their decision, such as : 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 watch and support their team if they are not allowed to be on the pool deck.

* Swimmers may shower before returning to the team bleachers.

1. If swimmers are allowed on the deck, swimmers should be with their teammates during the meet, not in the spectator bleachers with family and friends.
2. Swimmers are to remain in the designated pool / locker room area during all meets, except when decking routines. Swimmers need to alert coaches to their decking location so that they know where the swimmers are at all times during the meet.
3. Swimmers are to stay at all home meets until the other team leaves.
4. Swimmers must provide and bring a black swimsuit devoid of any other color or school emblem, a white swim cap, a nose clip, and Gator team warm-up / shirt.
5. Swimmers must wear their team t-shirt at every meet (other warm-up apparel is allowed - jackets/pants)

**ROUTINES**

1. Solo, duet, trio, and team routines will be selected by the coaches.
2. All members of the District 279 Synchro Gators will participate in a team routine consisting of 4 to 8 members, except those swimmers who 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, 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 on everything related to routines.
3. All girls will compete their figures and at least one routine at the section meet.

**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.

**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. Grade checks may be performed throughout the season. If a swimmer’s grades are unacceptable, she may be excluded from meets until her grades improve.
4. 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 / BEHAVIOR / VIOLATIONS**

1. NO synchronized swimmer shall use tobacco or marijuana (either in cigarette or vape form), 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 outlets.
3. If a violation occurs during the calendar year outside of the synchronized swim season, regardless of quantity, the MSHSL rules will apply.
4. If a violation occurs during the synchronized swim season, regardless of quantity, the MSHSL rules will apply.
5. If a violation occurs outside of the synchronized swim season with one of the captains, that captain will lose her position.

**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 states that : “Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (see list of symptoms below) shall be immediately removed from the contest / practice and shall not return to play until cleared by an Appropriate Health Care Professional (AHCP).”
3. Only an ACHP can decide if an athlete has been concussed (has had a concussion)
4. An ACHP is defined as a medical professional functioning within the levels of their medical education, medical training, and medical licensure.
5. 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

1. Symptoms reported by Athlete -

* Headache or pressure in the 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

1. Please notify the coach if you feel you have been hit in the head and are having any of the symptoms listed above.
2. If the AHCP has determined that an athlete has been concussed, that decision is final.
3. Once a concussion has been diagnosed by an AHCP, only an AHCP can authorize a subsequent return to play.
4. The clearance must be in writing and may not be written on the same date as the date when the student was diagnosed. The form must be kept on file in the school’s athletic office. A parent cannot authorize the return to play for his/her child even if the parent is also an AHCP.
5. The athletic office will inform the coach when a player is allowed to come back to practice.
6. 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](http://www.cdc.gov/concussion)

For more information, please refer to the following website : [www.concussionsafety.com](http://www.concussionsafety.com)

**I have read and I agree to the policies for the 2019 Synchronized Swimming season.**

Mission Statement and Goals………………………………………………………………….. YES ▢ NO ▢

Attendance Policy………………………………………………………………………………... YES ▢ NO ▢

Attitude and Sportsmanship…………………………………………………………………….. YES ▢ NO ▢

Lettering……………………………………………………………………..…………………….. YES ▢ NO ▢

Meets…………………………………………………...………………………………………….. YES ▢ NO ▢

Routines……………………………………………………...…………………………………….. YES▢ NO▢

Leaving a Meet with a Parent or Guardian…………………………………………………….. YES ▢ NO ▢

Academics……………………………………………………..………………………………….. YES ▢ NO ▢

Chemical / Behavior / Violations…………….………………………………………………….. YES ▢ NO ▢

Concussions…………………………………………………………...………………………….. YES ▢ NO ▢

**I give Maple Grove - Osseo - Park Center Synchro Team permission to share my address and phone number with the whole team………………………………………………...…….. YES ▢ NO ▢**

**I give the Maple Grove - Osseo - Park Center Synchro Team permission to use photographs / videos 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 11TH IN ORDER TO BE CONSIDERED FOR ROUTINE PLACEMENT.**

**Please keep the policy information for your own records. Only turn in the signed page.**