



Responsibilities of RMSTC Swim & Dive Team Members and Parents

In an effort to clarify and articulate the expectations for swimmers, divers and parents of the Russell Mill Swim and Tennis Club, Inc., the Board of Directors has adopted the following policies and expectations to help guide the club and ensure our continued success.

Swimmer & Divers Code of Conduct and Expectations

- Participate in swim & dive team practices.
- Participate in all swim & dive meets.
- Stay to the end of the competition and show your support for the team! Swimmers & divers should participate from the beginning to the end of the meet.
- Cheer on your team members!
- Wear your Russell Mill swimwear and apparel!
- Inform your coach if you will be away or need to leave early. Many hours go into planning each meet and an unplanned absence could mean a forfeit of a race for the team.
- Listen to your coaches! They are on deck, at the meets and at all RMSTC activities for your sole benefit.
- Inform the RMSTC coaching staff of any and all medical conditions or other special circumstances which the club should be aware of.
- Be respectful at all times toward the coaching staff, the swimmers & divers, the officials, and the other teams.
- Be responsible for your belongings and equipment! Leave the pool area cleaner than you found it!
- Have fun!

Parental Code of Conduct and Expectations

- Participation by your swimmers & divers in practices and meets.
- Support the "Swimmer & Diver Code of Conduct" for your child.
- Communicate with the coaches-it is essential to notify coaches ahead of time if your child will not be attending the meet or needs to leave early!
- Parents should inform the coaching staff of any medical conditions or other special circumstances which they believe the club should be made aware of.
- Get involved! The meets are only as successful as the parents who volunteer to run them.
- Volunteer in a minimum of two swim meets per season. The meets run smoothly and efficiently when RMSTC has the volunteer support.
- Come to the swim & dive committee meetings and help to organize and run the meets, fundraising and social events.
- Demonstrate respect toward the coaching staff, the swimmers & divers, the other teams, the officials and the parents at all times.
- Positive reinforcement of all swimmers & divers in all situations - team spirit, team loyalty – team commitment!
- Remember – this is your club and your team! RMSTC needs your support to make it happen!