

Parkway

SWIM CLUB



Head Coach:	Jon David Williford
Assistant Head Coach:	Thom Bick
Head Age Group Coach:	Chris Etherington
Head Developmental Coach:	Ashley Blue
Red/AGS West Coach:	Kurt Tuegel
Senior 1 West/South Coach:	MJ Woehler
White/Blue South Coach:	Gavin Hagar
White/Blue Kirkwood Coach:	Diana Daly
Red Kirkwood Coach:	Missy Shands
Swim School Coordinator:	Melissa Beasley
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General Information

Mission Statement

The Parkway Swim Club provides swimmers of all ages, through training and guidance, the opportunity to develop skills necessary to formulate and attain their goals.

Booster Statement

The Parkway Swim Club Booster Organization will provide financial, social, and volunteer support to the Parkway Swim Club in its operation of a swim team program for the Community School to provide swimmers of all ages, through training and guidance, the opportunity to develop skills necessary to formulate and attain their goals.

Vision Statement

Parkway Swim Club is committed to establishing a supportive environment for swimmers, parents and coaches. Leadership and resources will be provided for continuity among various programs while maintaining open communication. Each swimmer is an important team member and will be provided with the opportunity to develop self-confidence, discipline and time management skills that will be used for the rest of their lives. We will train and compete in an atmosphere of fun, friendship and team spirit while further building Parkway Swim Club's tradition of excellence.

Parkway Creed

This team shall be known for its great enthusiasm, pride and camaraderie, tempered by graciousness and respect for all. Let our team members speak well of each other and of their competitors and always encourage others. Let them learn to accept praise and victory with modesty and defeat with dignity. Let our team conduct itself so officials, parents and meet sponsors are glad to have the Parkway Swim Club competing.

Welcome!

Congratulations

Your child has just become a member of one of the country's largest and most beneficial youth sport's programs. The Parkway Swim Club is one of the most successful teams in Ozark swimming LSC, continually finishing in top 3 at age group championships.

The sport of swimming has many benefits, including the people you and your child will meet. In addition to being around fine people, swimming is unequalled as a conditioning sport for young athletes. The nature of the activity allows swimmers to train strenuously without many of the dangers of injury or stress found in other sports. The fitness level of swimmers is substantially above their peers.

Possibly the greatest benefit of participating in an organized swim program is the life skills your child will develop. These skills include time management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends.

Swimming has the best characteristics of both a team sport and an individual sport. The athletes train as a group and compete as members of a team. Yet there is no "second string". EVERY swimmer participates to his or her full ability in every meet he or she enters.

Age group swimming can be fun, exciting and rewarding. Many children improve rapidly and it is not unusual to see big time drops during this phase. Children are learning and growing at a greater rate than any other time in their careers. However, it can be difficult to avoid the tendency to push young athletes at this stage. Although a child of eleven or twelve can handle the physical demands of serious water training, most coaches feel that the workload should not be great until a child reaches puberty. In age group swimming, the emphasis should be placed on improving stroke technique. It is strongly recommended that these young athletes participate in other sports during this period. Participating in other sporting activities provides children with variety and can help prevent "burnout". Many swimmers train for more than ten years during their careers. Swimming, especially at the youngest levels, should be fun and relatively pressure free.

After a child reaches puberty, an athlete may experience a plateau in which improvements are more difficult to achieve. With continued hard work by the athlete and supportive parents and coaches, future performance improvements generally follow.

This handbook is designed to assist you in helping your child succeed in swimming and help you understand the policies and procedures.

Remember, not every swimmer becomes a world record holder, but everyone gains from his or her swimming experience. Supporting your child can be one of the most rewarding experiences in your life.

Message from the Booster Board

The Parkway Swim Club (PKWY) welcomes you to the team. This is now your swim team and program as well. In large part, your participation with PKWY will have as much effect on the team as the team has on you. The PKWY program is designed to accommodate all levels of participation from the beginning swimmer to the nationally competitive swimmer. Regardless of what level of swimmer you are currently, the Parkway Swim Club has something to offer you.

Above all, PKWY wants you to enjoy your participation on the team and have fun. The Parkway Swim Club is primarily a competitive swim team whose many members work hard to achieve their personal competitive swimming goals while having fun with team members along the way. Long after you have finished swimming, the lessons of self-discipline, time management and work ethics will be with you. But we hope that your foremost memory is:

“I had fun and enjoyed my time with the Parkway Swim Club”.

The booster board wants to welcome the parents to the club. You and your children have become part of an organization that has a tradition of excellence and a history about which we can all be proud. The philosophy around the Parkway Swim Club operates is a single premise:

“This is a program for our children”.

The programs, activities and learning experiences stem from this one thought. The coaching staff makes its decisions based on what they feel is best for the swimmers and plans its practices and meet schedules with this thought in mind. The parent volunteers work hard to better the program for their children. Children are our focus.

The Parkway Swim Club is a nonprofit organization and is administered by the Board of the Parkway Swim Club Boosters. The coaches are employees of the Parkway School District, and they are hired to coach swimming. Volunteers perform many activities, which are necessary to run this organization, with the exception of administrative functions. There are many tasks to be performed. But with the help of all parents, the workload for any one individual will not be that great. More importantly, volunteer work brings you closer to the program and gives you common experiences to share with your children. The Parkway Swim Club can truly be a family experience.

All of us look forward to a rewarding, exciting and fun experience!

USA Swimming

About

The national headquarters are located at the U.S. Olympic Training Center in Colorado Springs, Colorado. Programs and services are provided to the membership through the national headquarters. Among the many services are publications, educational programs, fund-raising activities, sports medicine programs, resources and general information about swimming-related activities. The headquarters staff is available to assist you in answering questions or providing general information about USA Swimming.

Mission Statement

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Core Objective

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

1. Build the Base

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

2. Promote the Sport

We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

3. Achieve Competitive Success

USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

The Sport of Swimming

The Basics

Skills

The five competitive swimming strokes are freestyle, backstroke, breaststroke, butterfly, and individual medley.

Competition

Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of events he or she may swim each day, depending on the meet rules.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up - and - down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **breaststroke**, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.)

The **individual medley**, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

The **freestyle relay** events consist of four freestylers, each swimming one quarter of the total distance of the event.

Starts: In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Under USA Swimming rules, one false start disqualifies the swimmer.

The Course

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

Teams

USA Swimming is made up of approximately 3,000 teams from all over the country. Of these clubs, nearly half have 80 swimmers or less, and a handful of teams have over 500 swimmers. A team may be comprised of any number of swimmers, parents and coaches.

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Basics of Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

Clerk of the Course (Administration): Arranges the swimmers in their proper heats and lanes prior to a race.

Referee: Has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet.

Relay Takeoff Judges: Stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

Timers: Operate timing devices (watches or semi automatic timing systems) and record the time for the swimmer in their lane. 2 or 3 timers are needed for each lane. This volunteer position offers an ideal opportunity for new parents to work in a swim meet.

Turn Judges: Observe the swimmers from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.
Starter: Assumes control of the swimmers from the Referee, directs them to "take your mark," and sees to it that no swimmer is in motion prior to giving the start signal.

Stroke Judges: Observe the swimmers from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn judge may be combined into one position called the Stroke and Turn Judge.

Swim Meet Procedures

All swimmers are responsible for checking their event information concerning events actually entered, location of meet, and warm-up times on the Parkway website.

Any changes to this information will be posted as soon as the information is received.

All swimmers are responsible for their own transportation to and from meets. Each swimmer should arrive at the facility 15-20 minutes prior to the scheduled warm-up.

All swimmers must report to the Parkway coaching staff upon arrival.

Any swimmer selected for a relay must plan on staying participate in that relay. Selection of swimmers for relay events will be done as quickly as possible following the last applicable events.

Check-in with the clerk-of-course or bullpen. Look for special posted instructions in the area. Each swimmer should purchase a meet program and make sure their name appears in the events to be swum. If there are any discrepancies, report them to the coach before warmups.

If "check-in" is not done, the swimmer will be scratched (not allowed to swim) from that event. Once "checked-in", write each event number on your swimmer's hand in ink. This helps them remember what events they are swimming and what event number to listen for.

Items that could be brought to the meet include:

- ★ Most important: team cap and two (2) pairs of goggles
- ★ Towels - your swimmer will be there awhile, so pack at least two (2).
- ★ Something to sit on (i.e. sleeping bag, blanket, lawn chair). Anything that will be comfortable to sit on. Your swimmer will be spending time between events.
- ★ Team Warm-ups: Pool decks can be cold for a wet athlete.
- ★ T-shirts: bring several, same reason as above.
- ★ Games: travel games, coloring books, reading books, cards, anything to pass the time.
- ★ Food: depending on the meet location, swimmers may be allowed to bring a small cooler. Suggested items to bring - a balance of protein, carbohydrates and fats. NO SUGARS! There is almost always a concession stand available, too.

The coach will tell the swimmers what strokes and yardage to swim during warm-ups. No horseplay or ball play will be tolerated. Sprints will be given in designated sprint lanes toward the end of the warm-up period.

According to USA Swimming rules (insurance purposes), parents are NOT allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They in turn will pursue the matter through the proper channels.

A psyche sheet is usually available for sale in the lobby or concession area of the facility. It lists all swimmers in each event, usually in order "seed time". When the team entry is sent in, each swimmer and his/her time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as "no-time" or "NT".

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A “no-time” swimmer will most likely swim in one of the first heats of the event. It is highly recommended that each family purchase a psyche sheet to help them follow the meet.

When the Meet Starts

A swimmer’s event number will be called, usually over a loudspeaker, and he/she will be asked to report to the bullpen. Swimmers should report with their cap and goggles. Generally, girl’s events are odd-numbered and boy’s events are even-numbered.

a) Swimmers will be responsible for checking their heat number and lane number on the “Heat Sheet” posted in the bullpen.

b) The clerk-of-course or workers in the bullpen will line up all swimmers by event and take them down to the pool deck in correct order.

c) Timers will be at each lane with clipboards. They will have each swimmer’s names for that lane for each heat. It is the swimmer’s responsibility to report to the correct lane in time for each event.

d) Upon completion of each event, the swimmer should report to the coaching staff. At this time, stroke mechanics, race tactics, and corrections will be made and out of the pool.

Conduct at a Swim Meet

The Parkway Swim Club will be known by its actions in and out of the pool. Remember that you are representing the Parkway Swim Club and the Parkway School District. Unsportsmanlike conduct on the part of any Parkway Swim Club Member (athlete, parent, or coach) will be handled in accordance to the policies set forth by USA Swimming, Ozark Swimming, and Parkway School District.

Teaching Parents the Principles of Peak Performance

Dr. Alan Goldberg, Competitive Advantage

Most parents who push, or otherwise interfere with the coaching role, do so because they want their child to perform better. They do not understand that their behavior is performance disruptive for their child. By directly teaching coaches to teach parents the principles of peak performance i.e. those elements that will insure high self-esteem, continued enjoyment or the sport and consistent performance - parents will be better equipped to work with coaches and not sabotage their child.

1. **HAVE FUN** - Coaches who consistently make the sport fun produce peak performers. When an athlete has fun, he will perform well. Fun will ensure an athlete's motivation and prevent burn-out. When the fun leaves the sport because of parental pressure, the child will become vulnerable to performance problems. A related concept to teach here is the reason a child plays. The child should compete because he wants to for his goals, not for his parents'. Coaches must be encouraged to explain about the negative, demotivating effects of "bribes" or "bonuses" for certain performance goals.

2. **BUILD HIGH SELF-ESTEEM** - Explain the direct relationship between self-esteem and performance. High self-esteem leads to improved performance while lower self-esteem results in poorer performance. Encourage parents to build self-esteem and not to link a child's self-worth and lovability with how fast he goes or how many games she starts. Encourage parents to "catch their kids doing things right", to focus on the positive.

3. **ENCOURAGE A PROCESS FOCUS VS OUTCOME FOCUS** - One of the biggest causes of “choking” that parents inadvertently contribute to is encouraging an outcome focus in their children. Pre-game thoughts about scoring, beating someone else, or getting a college scholarship all tend to distract the athlete from the game at hand. Parents would not push the outcome so much if they were aware of its detrimental effects on performance. Help them refocus their comments on enjoying the process of training, competing, and playing.

4. **CHALLENGED NOT THREATENED** - Parents who threaten and punish children for not doing well need to understand that these behaviors will hurt their child's performance and sense of self. Fear may produce short-term results, but it has serious long-term consequences. Implicit in a threat is the belief that you do not think the child is capable. Implicit in a challenge (there is nothing to lose should you fail) is a positive belief in the player's ability. Educate parents on the performance effects of threats and how they distract a player's focus, putting them into the future and out of the game they're in. Parents should be encouraged not to use guilt, fear or any kind of threat to motivate their children.

5. **FREE TO FAIL** - Parents need to be taught how to view their child's failure as a positive learning experience rather than as an excuse to demean them. Freedom to fail empowers athletes while the worry of messing up leaves an athlete tied in knots and playing tentatively. Teach parents how to teach this and the other principles by modeling this appropriate behavior.

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Failure is an opportunity to learn and improve. It is nothing more than feedback and should not have a value judgement placed on it.

6. **AUTOMATIC NON-THINKING** - In every peak performance an athlete is not thinking. They are unconscious and on autopilot. Their focus is in the experience, i.e. feeling the ground, the motion in their limbs, their rhythm, etc. Thinking slows athletes down.

Help parents understand that giving their child something to think about is counter productive. It gets the athlete trying too hard and performing poorly. Teach what pre-game and post-game comments are useful (have fun, relax, you're ready, good job, etc).

7. **RELAXED** - During a peak performance an athlete is relaxed and focused. Any kind of parental comments/pressure will only interfere with this principle.

Parkway Swim Club Information

Coaching Staff

Head Coach	Jon David Williford	314-415-6926	jwilliford@parkwayschools.net
Assistant Head Coach	Thom Bick	314-415-6945	tbick@parkwayschools.net
Head Age Group Coach	Chris Etherington	314-415-6929	cetherington1@parkwayschools.net
Head Developmental Coach	Ashley Blue	314-415-6948	ablue@parkwayschools.net
Swim School Coordinator	Melissa Beasley	314-415-6939	mbeasley1@parkwayschools.net
Senior 1 West/South Coach	MJ Woehler	no office #	maryjwoehler@yahoo.com
Senior 1 Kirkwood Coach	Blake McCauley	no office #	bamccauley26@gmail.com
White/Blue South Coach	Gavin Hagar	no office #	ghagar1993@gmail.com
AGS/Red West Coach	Kurt Tuegel	no office #	kudot@att.net
White/Blue Kirkwood Coach	Diana Daly	no office #	daly.diana@gmail.com
Red Kirkwood Coach	Missy Shands	no office #	vshands@gmail.com
Master's Coach	Elise Amo	no office #	eliseamo@yahoo.com
Main Office		314-415-4900	

Booster Board of Directors

For contact information for our Booster Board of Directors please visit www.pkwy.org

Booster Board Meetings

The booster board has an open board meeting policy. Members of PKWY are invited to attend and have a voice (but no vote). Meetings are usually held once per quarter, on a schedule determined by the Board from 6:30 - 8:30 pm. The meetings are usually held at Parkway North Health room.

Staff Phone Directory and Email List

Madelyn Bendet 314-415-6930	Parkway District Office Secretary mbendet@pkwy.k12.mo.us
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Contact regarding all monthly billing questions. Office hours are Tuesday - Thursday from 7:00 am - 1:00 pm

Trish Hartwig No Phone	Parkway Swim Club Booster Secretary boosterbilling@pkwy.org
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Contact regarding all online billing activity.

Parkway Swim Club Fee Payment

Age Group Programs (AGS, Blue, White, Red)

Senior Programs (National, National Prep, Senior, Senior 1)

Please visit website for payment amount for each group, www.pkwy.org

Parkway Swim Club

Payment Schedule (Option 1):

Monthly Billing due on the 1st of each month prior to participation.

Full Payment (Option 2):

100% of Registration minus a 5% discount (See Option 2 Above) Due at Registration

Parkway Policies

USA Membership and Insurance: This fee will establish the swimmer's amateur status as a competitive swimmer, and provide insurance coverage during swim practice sessions and meets. This is a nonrefundable fee due at time of registration.

PKWY Annual Family Membership: The Annual Family Fee is for families regardless the number of swimmers in the program. The money is used to fund swimmer incentives, buy equipment necessary for the hosted swim meets, help fund elite meet entry, help off-set cost for the banquets, and many other activities/functions throughout the year.

PKWY Team Apparel: A fee will be charged for team apparel, and each athlete will receive shirts and a swim cap. In order to have unified appearance at swim meets, athletes will be expected to wear the designated team apparel.

Delinquency Policy: Fees are expected to be paid in full by the 15th of the month billed. Fees past 90 days will be cause for removal of all swimmers in the family from practice and meets until the account is current.

Practice Cancellation or Change of Location: Parkway Swim Club is a guest of the facilities that we utilize for swim practice. The School's administration has control over who is allowed in the building dependent on other school activities being held that day. Parkway Swim Club is also not in charge of the operation of these facilities (chemicals, pumps, pool temperature, etc.). Every effort will be made to relocate practices when possible. If a practice is cancelled or moved to another location due to pool related issues or the request of the Administration there WILL BE NO REFUND issued for that practice.

Inclement Weather Policy: All practices will be cancelled when the school district cancels school and/or activities due to weather. Practice cancellations will be recorded on the Parkway Swim Club Practice phone line, 314-415-7010. Refunds will not be issued for the cancellation of practices due to weather.

Parkway Swim Club Hosted Meets: One parent from each family is required to work at one session per day that they have a swimmer participating in Parkway sponsored swim meets, or will be subject to a \$100.00 fine per session missed. Keep in mind that you will be expected to work for the entire session regardless of when your swimmer is finished with their events.

Leaving the Team: Anyone leaving the team, for whatever reason, must do so in WRITING with the Administrative Secretary prior to leaving. You may mail, fax, or e-mail your written notification. It is important to remember that your space on the team will be given away once you leave. If you choose to return later there may not be any space available.

Team Travel: Swimmers will be invited to participate in team travel opportunities if they are at least 10 years old, meet the qualifying standards in a minimum number of events, the coaching staff believes that participation in the meet would be a positive growth experience, and their account with Parkway Swim Club is in good standing. A swimmer must also complete and return the Team Travel Code of Conduct prior to the trip.

E-mail Communication: The club will use e-mail as a method of communication from time to time. If you do not wish to receive e-mail notifications at certain e-mail addresses (such as work) please inform the Administrative Secretary of this or designate so on the Registration Form.

Group Movement: Parkway Swim Club offers competitive swimming to all ages and skill levels, from the ages of 5 to 19. The group levels are a step by step progression through the program. Moving swimmers through the different levels is the sole responsibility of the coaching staff.

Parkway Swim Club

24 Hour Meet Controversy: For any conflicts at a swim meet that are not an emergency, a 24 hour wait period until after the meet has ended before communication from coaches to parents. Parents may communicate to the coach, but will not receive communication in return until 24 hours after the meet.

Transfer: If you decide to transfer your swimmer to another team within our area, we will NOT allow the swimmer to return to Parkway without a meeting with coaches to consider.

Age Group Practice Groups

Parkway Swim School

Minimum Age to Enter: 4, Maximum Age to Enter: 9

The Parkway Swim School offers lessons for the new swimmer separate from the Parkway Swim Club. These classes are offered for 4 to 9 year olds needing to learn basic swimming skills all the way to learning the Breaststroke and Butterfly. For more information please contact our swim school coordinator at 314-415-6939.

Red Group

Minimum Age to Enter: 6, Maximum participation age 11; ultimately coach's decision

The objective of this group is the introduction to competitive swimming and the technical development of the swimmers. Emphasis is placed on refining and developing the four competitive strokes, turns, and starts. The swimmers will be introduced to aerobic swimming and kicking. The goal is to have each swimmer complete a legal 200 IM, Freestyle and Backstroke Turns, and a legal 100 of each stroke.

White Group

Minimum Age to Enter: 8, Maximum Participation Age: 12; ultimately coach's decision

The objective of this group is to continue the technical development of the swimmers with emphasis on stroke mechanics and turns. The aerobic training load and kicking duration will increase dramatically in this group over the course of the season. Swimmers should be able to complete practices consisting of 200 IM's, 500 Freestyles, and master all four competitive swimming turns.

Blue Group

Minimum Age to Enter: 9, Maximum participation age 13; ultimately coach's decision

The objective of this group is to continue the technical development of the swimmers while spending a significant amount of time training the swimmer in the aerobic level. Swimmers in this group should be able to complete practices consisting of 200 IM's and 500 Freestyles on a regular basis. There are 6 practices offered each week and it is recommended that swimmers attend a minimum of 4.

It is recommended that swimmers compete in three meets each season and participate in the Championship meet if they are qualified.

Age Group Select

Minimum Age to Enter: 10, Maximum participation age: 14; ultimately coach's decision

It is the primary objective of this group to focus on developing AAA qualifying swimmers through increases in aerobic training and introduction to race strategy. Stroke mechanics, turns, and starts will be refined. Focus will be placed on IMX performance to ensure a well-rounded and developed athlete. There are 6 practices offered each week and it is recommended that swimmers attend a minimum of 5.

It is recommended that swimmers compete in the meets laid out in the meet schedule by the coach and attend all Championship meets that they are qualified for.

Senior Practice Groups

Senior 1

Minimum Age to Enter: 13, Maximum Age to Enter: 18, Maximum Participation Age: 19

It is the objective of this group to prepare swimmers for competing at the High School level and further develop their stroke mechanics. The focus on this group is to develop Ozark qualifiers and enable athletes the opportunity to improve stroke mechanics while increasing their training load.

There are 6 practices offered each week and it is recommended that the swimmers make a weekly average of 4 practices.

It is recommended that swimmers compete in at least 2 meets each season and participate in the Championship meet if they are qualified.

Senior

Minimum Age to Enter: 13

It is the objective of this group to prepare swimmers for competing at the High School level and further develop their stroke mechanics. The focus on this group is to develop Ozark A Championship qualifiers and enable athletes the opportunity to improve stroke mechanics while increasing their training load.

There are 6 practices offered each week and it is recommended that the swimmer attends as many as possible.

It is recommended that swimmers compete in three meets each season and participate in the Championship meet if they are qualified.

National Prep

Minimum Age to Enter: 13

It is the objective of this group to refine stroke technique while increasing the training load of the athletes. The focus of this group is to develop Sectional and Zone level athletes through consistent practice attendance and introduction of race strategy.

There are 8 practices offered each week and it is recommended that the swimmers attend a minimum of 6.

It is recommended that swimmers compete in the meets laid out in the meet schedule by the coach and attend all Championship level meets that they are qualified for.

National

Minimum Age to Enter: 13

It is the primary objective of this group to focus on developing Junior National, National, and Olympic Trial Qualifiers. Increase in training intensity and workload occur during various times throughout the season. Swimmers will spend time focusing on race strategy and race tempo. Swimmers should already have a good foundation of stroke technique prior to participation in the National Group. An athlete in this group should have no other conflicts that prevent attendance at all swim practices.

There are 8 practices offered each week and the swimmer is expected to attend all of them or the schedule set by the Head Coach.

It is recommended that swimmers compete in the meets laid out in the meet schedule by the coach and attend all Championship level meets that they are qualified for.

Parkway Hosted Meets

WORKER RESPONSIBILITY FOR SWIM MEETS

Remember: Our swim meets raise money for our team; ALL swimmers benefit from the proceeds of the meets.

Parkway Swim Club ("PKWY") hosts numerous swim meets throughout the year.

Parent volunteer workers are needed in order to efficiently organize and run

a swim meet. Including meet officials, approximately 60 parent workers are needed for any given session.

PKWY's policy concerning swim meet staffing is that for every meet that a child is entered, a parent

is REQUIRED to work at least one session, depending on the meet layout. The club's policy concerning parent no-shows is that if at least one of the parent(s) does not work a session in which they have a child swimming, the family will be fined \$100.00 per session not worked.

In order to be fair to the vast majority of families fulfilling their work responsibilities, PKWY enforces this policy in the following manner:

1. If the family fails to work a required session at a PKWY hosted meet, they will be billed \$100.00 for EACH missed work session.
2. If the family does not think the fine was appropriately levied, the family may submit a written appeal to the Booster Board explaining the reasons for not working the required session(s). The Board will adjudicate the appeal; its decision is final, there is no further appeal.
3. At the end of the swimming season, all families with fines outstanding will not be allowed to register for the upcoming season until all fines are paid in full.

When Parkway Swim Club hosts the Ozark Senior Champs meet, each family in the Senior part of the program (swimmers 15 and older) will be required to work the meet. Specific information detailing required worker assignments will be posted as the meet approaches.

SWIM MEET WORKER ASSIGNMENTS

Many parents have questions regarding which areas they are assigned to work at swim meets. Parent workers are assigned to specific areas at meets based on a number of factors, including:

1. Based on meet size and age of the swimmers, the appropriate number of workers is determined.
2. The Meet Director is provided a list of all entered PKWY swimmers and assigns parent workers accordingly.
3. Any parent (who is not officiating) with a child swimming in the meet will sign up for a duty.
4. The Meet Director will have the work assignments available at check-in at the swim meet. The work assignments are also available on the website approximately one week before the meet.
5. Worker sign-in sheets will be available for workers to sign-in along with name tags.
6. If a given area is deficient in workers, it is possible workers may be shifted as needed by the Meet Director.
7. If your child is unable to swim, you should notify the Meet Director as soon as possible.

Typical Questions and Answers

The following are typical questions and answers between PKWY parents, Meet Directors and Booster Board members, which should clarify questions concerning the Meet Worker policy.

Q. If I explain to the Meet Director that I have a conflict for the weekend and my child can swim but I can't work, can the fine be waived?

A. No. The basic philosophy for members is that if a child swims, the parents work. If you cannot work, for whatever reason, your child should not swim. Entering a child in a meet whose parents do not work is an insult to those parents who are working and upholding the PKWY hosted meet philosophy and principles. The Meet Director will have no authority to waive the responsibility to work or the associated fine. All families have busy schedules, but the vast majority of PKWY parents make themselves available to work as required. The Meet Director will be required to submit a list of any families not working a session in which their child is swimming to the Board. The Board will impose the fine as appropriate.

Q. My child is swimming the first two events and I need to leave early. Do I still need to work?

A. Yes. If you do not work the FULL session, you will be fined. The Meet Director has no authority to authorize an exception to the worker policy.

Q. Can I buy my way out of working?

A. No. Buyouts are not feasible because a successful swim meet can only be run with sufficient parent workers. A buyout by significant numbers of families would risk PKWY's ability to properly run the meet. The \$100.00 fine per session will likely be utilized to hire replacement workers so that the meet can be adequately staffed.

Q. I can't work a session in which my child is swimming. What are my options so that I meet my responsibility and don't get fined?

A. The responsibility is on the family to provide a worker. Any responsible family member or friend can work the session. Some parents have hired older swimmers to work the session for less than the \$100.00 fine. The Meet Director may be able to refer you to older PKWY swimmers who can be hired to work the session for you. Also, there are some responsibilities that must be completed at times other than during the meet. For example, set-up and take-down are done the night before the meet starts and the afternoon after the meet is over. This would be an option if you were unavailable to work during the meet.

Q. Why do we need so many workers at the swim meet and why don't we have relief workers so that everyone does not have to work a full shift?

A. The number of parents required to work meets varies, but approximately 60 workers per session are needed depending on the age of the swimmers and whether concessions are being run. Typically, 200+ (and sometimes 300+) PKWY swimmers swim in a PKWY hosted meet. Some swimmers don't swim all days. This does not include any guest Ozark or out-of-town teams that may be attending our meets; at large meets, 500+ swimmers from guest teams may be present. Split between sessions, you can see we need many workers.

Q. What if I have more than one swimmer at the meet – do I have to work twice daily?

A. Some swimmers have siblings in the meet so the parents' work one session each day. Approximately 5 parents work as Meet Officials with another 2 working as Meet Directors and 3 more working set-up & take-down before and after the meet. This leaves about 50 parents to work each session. It quickly becomes obvious that in order to run a fully staffed meet, all parents of all swimmers at a meet must work. Finally, in the rare event more than enough parents are working to adequately staff the meet, and then PKWY will be in the fortunate position of having the potential for relief workers. In other words, more workers means less work for all; many hands make light work.

Q. My child is swimming a meet, but I have not been assigned a responsibility. Do I still need to work?

A. Yes. Worker assignments are available on the website approximately one week before a meet. Worker assignments will also be available when you arrive at the swim meet. It is the responsibility of the parent to work each session in which they have a child swimming. The Meet Director may not have been notified of any late additions to the meet, so a few families may not have been assigned work duties prior to the meet. If your swimmer is a late entry, contact the Meet Director at the meet for an assignment. Otherwise, the family will be fined for having a swimmer and not working.

Q. The meet is scheduled for Friday, Saturday and Sunday, but I cannot work on Friday. Do I still

need to work?

A. Yes. The staffing requirements for a Friday session are no different than for any other session. If you can't work, you are responsible for finding a substitute who can work.

Q. I sometimes see parents of swimmers sitting in the stands. Do all families really work?

A. Yes. While it is the parents responsibility to work the meet, the Meet Director cross-checks the swimmers entered in the meet against the parent signed up to work the meet to make sure all families are assigned to work.

Q. What are some of the reasons the Board would grant an appeal of the \$100.00 fine?

A. A family that has been fined may submit a written appeal to the Board requesting the fine is waived. The Board might consider deferring the fine if the family works an equivalent number of additional sessions at a future meet. The meet could be either a meet hosted by PKWY or a meet hosted by another club in which PKWY has been asked to supply workers. The family would be responsible for working an entire additional session at a future meet.

Q. If my child's coach wants my child to swim, but I can't work, can the coach waive the fine?

No. The coach has no authority to waive the parent's responsibility to work at a session in which they have a child swimming.

Q. What happens if my child becomes sick on the morning of a meet? Do I still have to work? Will I get fined if I don't work?

A. You are responsible for working when your child swims. If your child cannot swim, you are asked to make every effort to contact the Meet Director so that your responsibility can be reassigned.

Q. How do other swim clubs assign workers to meets? Is this policy unique to Parkway?

A. The method utilized by PKWY is used by other clubs quite successfully. Parents know that if they have a swimmer in a session, they are required to show up at the session and work the entire session. If a family does not work, they are automatically fined.

Q. I have always worked as a lane timer. Why would I be assigned to an area other than timing?

A. A Meet Director might recall that a given person prefers to be a Timer, but Meet Directors change over time and a new Director will have no knowledge of individual preferences.

Q. I want to work on deck, but have been assigned to work in Awards. Can I be moved to another area on deck?

A. No. Safety Marshals, Officials, Meet Directors and Coaches are certified for insurance purposes. Because of liability concerns, only they are allowed full and direct access to the deck. The only exceptions are those with transient deck duty such as timers, runners, bullpen workers who periodically bring swimmers to pool side from the bullpen, and hospitality workers serving refreshments to officials, coaches and timers.

Team Travel

Team Travel

Parkway Swim Club among its many objectives holds the overall safety and physical development of its member's paramount. Every member should always conduct himself or herself in a manner that is respectful and mindful of these objectives. From the youngest to oldest, beginner to accomplished, all members are expected to support these objectives. This team travel policy is an expression of that commitment.

Code of Conduct (form 1103 revised 6/2015) — (2) page

The reference form(s)/policy are to be signed and/or adhered to for all Parkway Swim Club Team Travel. Revisions have been made to each insert or add clarification; the Parkway Swim Club chaperone staff is responsible for the action of chaperoning, not the coaching staff, and adhering to the Code of Conduct. The Parkway Swim Club Board has the responsibility to make team travel arrangements after consulting with the head coach. The Travel Committee chairperson will oversee selection of the chaperone staff and the travel arrangements.

TEAM TRAVEL POLICY

The Parkway Swim Club will seek out-of-town competition to achieve the following goals:

1. To teach the participating swimmers how to be responsible for themselves, to their teammates, and to their coach (es)/chaperone(s). These swimmers are earning the opportunity to make their decisions and to learn from the consequences of those decisions.
2. As we strive to be challenged by higher levels of competitions beyond what can be achieved locally, this program substantially reduces the cost per family associated with traveling to such meets. The program not only makes it more affordable for families on a meet-by-meet basis, but may also allow for a swimmer to participate in a greater number of these meets in a given year.

Parkway Swim Club

The following rules are designed to help insure that the above objectives will be attained.

1. Swimmer will be invited to participate in these meets based on the following criteria:
 - a) The swimmer has met the meet qualifying standards in a minimum number of events. This number will be determined by the head Coach on a meet-by-meet basis according to the level of competition (i.e. Age Group Invites, Sectional Championships, Senior Invites, US Open, and Senior Nationals).
 - b) The swimmer must be at least 10 years of age.
 - c) The Head Coach and group coach believe that participation in the meet would be a positive growth experience in the swimmer's career.
 - d) The swimmer is in good standing with the Parkway Swim Club.
2. A specific schedule will be distributed to all swimmers who satisfy the above criteria and chaperones with information concerning warm-ups, curfews and other pertinent information. If you have any questions, see the coach immediately. At times, because of circumstances beyond our control, the schedules will change.
3. Supervision will be established on a ratio of 1 chaperone: 10 swimmers (max). For all team travel below the Elite Meet level, the full cost of each travel trip (airfare, when necessary, ground transportation and lodging for the swimmers, chaperone(s), and coach(es)) will be shared equally by the participants in each meet on a meet-by-meet basis. For Elite Meet travel, see the handbook section "Elite Meet Support".
THE CHAPERONE STAFF MUST BE IN COMPLETE ACCORDANCE WITH THIS POLICY OR TRAVEL WILL HAVE TO BE FAMILY TRAVEL.
4. On your family's next monthly statement, all averages or shortages in travel expenses will be transferred and settled through your family's account in situations where travel deposits are billed.
5. A swimmer entered in a team travel meet is mandated to pay the team transportation fee whether they travel on the team ride (bus, plane, or van) or not. The swimmer may provide (e.g. travel with parents) his/her own transportation – but that does not relieve him/her of the obligation to pay the team travel fee.
6. All swimmers entered in a team travel meet are expected to stay in the team hotel block. Team lodging fees are accounted in the following manner: total number of hotel rooms (including swimmer rooms and chaperone rooms) divided by the total number of swimmers staying in the team hotel block. Additionally, all swimmers attending the team travel meet will be assessed a fee for the coaches hotel room(s). This fee is calculated using the following formula: total cost of coach room(s) divided by the total number of swimmers attending the meet. This charge is assessed to each swimmer attending a travel meet regardless of where a particular swimmer lodges or method of transportation.
7. It is assumed that those traveling with the team will do so for the duration of the trip. Both the coach and the head chaperone must be notified before a swimmer may leave a team travel trip. Any swimmer that wishes to leave the trip at any time must be signed off by one of their parents by signing and dating a "Guidelines for Travel Alone" form and be signed back in before returning to team activities. A swimmer may sign off at the end of a meet to travel home with a parent only after competition is completed. Team transportation and/or lodging fees may be waived by exception of the head coach, in extraordinary cases (*e.g. illness/injury requiring immediate travel home or death of a family member*); if the head coach denies the exception, the swimmer may appeal to the Booster Board, and the Board's decision will be final.
8. Swimmers wishing to make their own travels arrangements (i.e. airfare) must make all their own travel arrangements for the meet (air, ground transportation, hotel, dining). The club will only be responsible for coaching at the pool. Any swimmer who makes their own travel arrangements will still be assessed a fee for the coach room(s), (see number 6 above). Any swimmer wishing to make their own travel arrangements must, upon entering the meet, notify the coach and the board member in charge of making travel arrangements of their wish to make their own arrangements. If no notice is given, that swimmer will be assessed the team transportation fee and any hotel fees incurred in their name.
9. All airline tickets purchased are the property of the person named on the ticket. Once purchased, they are your to use, refund when necessary, apply to frequent flyer programs, etc.
10. All forms and deposit deadlines will be strictly adhered to. Only those swimmers with signed forms and deposits in by the deadline will be confirmed to travel with the group. All other seats will be released at this time.
11. Only swimmers that will be swimming may travel with the team.

Parkway Swim Club

12. Punctuality is essential. We will usually have meals as a team; go to warm-ups as a group, etc. Do not inconvenience the team by not being punctual. Each swimmer should bring an alarm clock on these trips as a back-up to the hotel's wake-up call.

13. First impressions such as politeness and neat appearance are very important to the swimmer's personal image, as well as that of the team and the sport. If the team attends special functions, travels by air, etc., a designated team uniform is required. Check with the coach if you are not sure what to wear. Impoliteness and boisterous behavior will not be tolerated.

14. Each morning the team will have breakfast together and arrive at the swimming facility fifteen minutes prior to warm-ups.

15. After time trials, swimmers should eat lunch and those swimming in finals should return to their rooms to rest. Anyone who does not make finals must be considerate of this schedule.

16. All swimmers, whether they will swim in finals or not, will return to finals each evening.

17. All swimmers must be in their assigned rooms before curfew. "Lights out" curfew will be no later than thirty minutes following room curfew.

18. Restaurant behavior:

a) Be polite to the waiter/waitress.

b) Do not leave with any "souvenirs" unless you pay for them.

c) A 15% gratuity (tip) must be added to your food bill. *If you feel the service was inadequate, see the coach.

d) Do not leave a mess at your table and use responsible table manners.

19. Hotel Behavior

a) Any damages or thievery incurred by a hotel will be at the expense of the swimmer and further disciplinary action will be taken.

b) Any "loud" behavior will be confined to each swimmer's room and not at inappropriate times. (i.e. between prelims and finals, after curfew, etc)

c) Under no circumstance will loud or boisterous behavior be tolerated in hallways or other public areas of a hotel.

d) All long distance phone calls must be made collect or by pre-paid phone card.

e) All room charges not previously collected for in the travel arrangements, such as local phone call charges, room services, etc., must be paid for the evening prior to checkout.

f) Refer all hotel staff calls to a coach/chaperone. Don't allow hotel staff to enter the room without a chaperone or a coach present.

g) No drinking of alcoholic beverages, smoking or consumption of marijuana or other drugs will be tolerated. The strictest of punishments will be imposed for these infractions.

h) All lounge/bar areas are off limits to swimmers. If you need to leave the hotel or pool for a valid reason, permission from the coach is required.

20. THE CODE OF CONDUCT WILL BE FOLLOWED AND ENFORCED WITHOUT EXCEPTION!

21. Required Forms and Fees:

1. For those swimmers traveling with the team:

a) "Release, Waiver of Liability Claims and Covenant Not To Sue"

b) "Consent to Urgent Medical Treatment of a Minor"

c) "Code of Conduct"

d) Trip deposit

2. For those swimmers traveling with their parents.

a) "Code of Conduct"

All forms are available on the Parkway Website (www.pkwy.org)

The preceding rules are meant to give the swimmer, chaperone and parent at an out-of-town meet some general guidelines of expected behavior while attending such competition. Anyone, who conducts himself/herself in a manner, not covered by the rules but in the opinion of the coach, and/or chaperone is considered inappropriate to the best interests of the individual or team will also be subject to disciplinary action. It is the responsibility of the swimmer to consult with the coach on matters that are covered in the rules but which might be construed "negatively" by the coach.

The chaperone staff has the responsibility to chaperone the swimmers attending the travel meet, not the coaching staff. The Chaperone staff will administer Code of Conduct violation consequences per the signed Code of Conduct form. Decisions made at the site of the swim meet, in which a violation may have been made, may not be the final discipline action.

The Parkway Swim Club Board has the responsibility to make team travel arrangements after consulting with the head coach. The Travel Committee chairperson will oversee selection of the chaperone staff and the travel arrangements.

Anyone who violates any of the above policies or anyone who witnesses a violation without reporting it to a coach or chaperone may be subject to the same penalties as set forth in the Code of Conduct.

Parkway Booster Club Code of Conduct

As a participant of the Swim Club program, I recognize and agree to conform to this CODE OF CONDUCT at all times when representing the Swim Club (including practice, meals, and travel to and from meets).

I. GENERAL RULES OF CONDUCT

- i. All swimmers will be respectful to all adults.
- ii. The possession or use of alcohol, tobacco products, or controlled substances is prohibited. Being present and witness to possession or use by someone else will constitute possession and use by the witness.
- iii. Team members will refrain from any illegal or inappropriate behavior. It is important to always present the best image of our club and members.
- iv. The property of others will be respected and any property damage (pool, restrooms, locker rooms, hotel towels, etc) will not be tolerated.
- v. Swimmers will always use the Buddy System. No swimmer is permitted to wander off alone.

II. SPECIFIC RULES FOR TEAM TRAVEL

- i. A nightly curfew will be established by the coach in charge. All swimmers shall be in their rooms at that time. There will be no phone calls or noise after that time.
- ii. Team Members will normally be in their assigned rooms, when they are in another team member's room and no coach/chaperone parent is present, the door into the room and the curtains shall be left open.
- iii. Whenever possible, an additional room will be provided for swimmers to co-mingle under the supervision of a chaperone.
- iv. All hotel rooms will be left in an orderly fashion each morning so that the hotel housekeeping staff is able to perform their job. It is the swimmer's responsibility to clean up after himself/herself. All bottles, bags, food spills, and other trash is the responsibility of the owner. The swimmers are responsible for the care and maintenance of their clothing and personal items.
- v. It is the responsibility of the swimmer to attend school the day following a scheduled activity.
- vi. Swimmers must be prompt for all events including curfews, scheduled meets, and transportation.

III. I recognize my responsibility to abide by the above CODE OF CONDUCT and that if discovered to have violated the CODE, there may be consequences immediate at the time including, but not limited to:

- i. Scratching the swimmer(s) from event(s).
- ii. Sending the involved party home at their own/parent's expense.
- iii. Other actions as determined necessary by the Coach/Chaperone at site.

IV. In addition to the immediate consequences in paragraph III above, the Head Coach of the Parkway Swim Club has the authority to impose the following penalties: However, depending on the seriousness of the offense, the Head Coach is authorized to impose any of the three penalties, at any time.

i. *FIRST VIOLATION* may result in no out of town travel for six months unless the swimmer is accompanied by his or her parent at all times. The parent will act as the lone chaperone for his or her child, and may not be on the trip staff as chaperone. The parent will assume all travel and lodging responsibilities for that swimmer. The swimmer must travel and stay with the parent.

ii. *SECOND VIOLATION* may result in no out of town travel for six months.

iii. *THIRD VIOLATION* may result in the swimmer being suspended or permanently expelled from Parkway Swim Club.

Parkway Swim Club

The Head Coach may impose any of these penalties within forty-eight hours of the report of the violation by a reliable source and a meeting between the Head Coach, the swimmer and his or her parent. If the swimmer or his or her parent declines the meeting, the penalty shall be imposed. A reliable source shall include such person as a police officer, a hotel manager, assistant coaches, chaperones on the particular trip during which the conduct occurred, and two or more other swimmers. If the penalized swimmer and his or her parent have met with the Head Coach and disagree with the penalty, the swimmer may appeal in writing to the Conduct Committee of the Board of the Parkway Swim Club within three days of the imposition of the penalty. The Committee shall meet with the swimmer, his or her parent, the Head Coach and all interested parties within two weeks of the swimmer's appeal. The Committee has the authority to amend the Head Coach's decision or to substitute its own decision. The decision of the Committee shall be final.

I, _____ understand the Parkway Swim Club Code of Conduct and (Print Name) the consequences associated with actions violating the code. I also give permission for above swimmer to travel in vehicle driven by Head Coach/Assistant Coach.

Athlete Signature: _____ Date: _____

Parent / Guardian: _____ Date: _____

Parkway Booster Elite Meet Support

The Club will support its members who enter elite meets as members of the Club by paying their meet entry fees and further reducing their expenses according to the following procedures:

1. The Club shall allocate in its budget separate funds for both the short course and long course seasons.
2. The Club shall pay the regular entry fees (surcharges and event fees) for all swimmers attending the meets below.
3. The Club will not pay fines for the failure to compete or to prove prior performances. The reimbursement below will be based on the swimmers participation in individual, bonus, and relay events at the meet. Swimmers must participate in the meet and must compete in the event to receive reimbursement. Time trials are not eligible for reimbursement. Athletes and other members of the athlete's family must be in good standing financially with the Parkway Swim Club Boosters in order to receive reimbursement. Reimbursement amounts cannot exceed the cost for the trip. If the cost of the trip is less than the reimbursement amount the excess will be put back into the meet support budget. Travel costs are defined as transportation and lodging for team travel.

Central Zone Championships

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.

USA Speedo Sectional Championships

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.

NCSA Junior National Championships

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.
- Athlete will receive \$50.00 per individual event and relay event in which they compete.
- Athlete will receive 25% of the athlete travel costs paid by Boosters.
- Boosters will pay 100% of the coach/chaperone travel costs.

USA Junior Nationals

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.
- Athlete will receive \$50.00 per individual event and relay event in which they compete.
- Athlete will receive 33% of the athlete travel costs paid by Boosters.
- Boosters will pay 100% of the coach/chaperone travel costs.

USA Nationals / US Open Championships / World Championship Trials

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.
- Athlete will receive \$100.00 per individual event and relay event in which they compete.
- Athlete will receive 50% of the athlete travel costs paid by Boosters.
- Boosters will pay 100% of the coach/chaperone travel costs.

Olympic Trials

- Athlete individual meet event entry costs will be covered.
- Athlete relay meet event entry costs will be covered.
- Athlete will receive \$250.00 per individual event and relay event in which they compete.
- Athlete will receive 100% of the athlete travel costs paid by Boosters.
- Boosters will pay 100% of the coach/chaperone travel costs.

Parent Code of Conduct

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

As a parent or spectator:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athlete ahead of any personal desire I may have for my child to win.
15. I will respect the official and their authority during games and will never question, discuss, or confront coaches at the game, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.