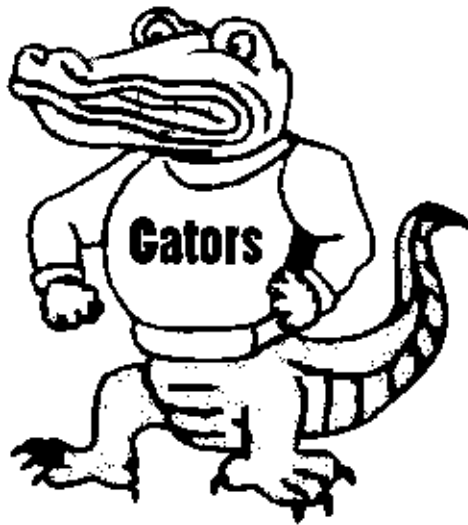


# **FM GATORS SWIM TEAM MANUAL**



9/2010

# FM GATOR SWIM TEAM MANUAL

## INTRODUCTION

The purpose of this handbook is two-fold: 1) to explain to new members just what the FM Gator Swim Team is and 2) to outline various policies that affect all swimmers, year after year. All families should read it so that they may become familiar with important facts and rules of the team.

Parents and swimmers are encouraged to visit the FM Gator Swim Team website [www.fmgators.com](http://www.fmgators.com) for additional information such as current fee rates and practice schedules; nutrition information, glossary of swim terms, USA Swimming insurance details, types and levels of swim meets; things to know about a swim meet; basic swimming rules, links to other useful websites as well as much more valuable information.

The FM Gator Swim Team was founded in 1959 by a group of parents that had the vision of competitive swimming and the advantages it provides. The YMCA has been very supportive of the program providing pool time and coaching staff. The FM Gators have become one of the most successful age group programs in the state of North Dakota. Many members of the Gators have gone on to have outstanding high school and college careers. The Gators have had YMCA national qualifiers and Junior National and Senior National qualifiers the past 16 years. The Gators have also captured the North Dakota age group championship more than 30 times.

## WHY SWIM?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

When a young person becomes a member of the FM Gator Swim Team he/she learns the values of sportsmanship and teamwork. Swimming, through the FM Gator Swim Team, develops physical, emotional and intellectual skills that will last a lifetime.

## TEAM MISSION

**The FM Gator Swim Team's mission is to develop athletes who value and demonstrate sportsmanship, self-discipline, physical fitness and integrity. We strive for each athlete to reach their maximum potential in and out of the water.**

The FM Gators also honor the mission of the YMCA of Cass and Clay Counties to enhance the Spirit, Mind "&" Body of all persons through quality leadership, programs, services and facilities. We also strive to instill the YMCA core values of Caring, Honesty, Respect and Responsibility.

The FM Gator Swim Team believes that COURAGE and PERSEVERANCE developed by swimming will prepare the individual for the challenges they will face in life.

The FM Gator Swim Team is organized to provide a competitive age-group swimming program for children ages 5-18 years of age. The Team is dedicated to accomplishing the following:

- 1) Help each athlete develop, understand and appreciate his or her own physiological and psychological capabilities, and those of others;
- 2) Promote and encourage physical and mental fitness as positive ways of achieving realistic goals, both in swimming and other pursuits;
- 3) Provide opportunities for realizing individual goals as well as competition with other athletes as a means of stimulating and motivating all participants to fully develop their potential as athletes and as sportsmanlike competitors in all aspects of life.

## ORGANIZATION

The FM Gator Swim Team is a nonprofit corporation and is organized exclusively for charitable and educational purposes. The team's fiscal year runs from September 1 to August 31.

The club team is a registered member of North Dakota Local Swim Committee Inc. (NDLSC), which is a member of USA Swimming, Inc, the governing body of amateur competitive swimming.

The Team operates on a year-round basis that includes a summer season (long course) and a winter season (short course). The long course competitions are generally held in pools 50 meters in length. The standard season runs May through July. The short course competitions are generally held in pools 25 yards or 25 meters in length. The standard season runs October through March. Membership on the team is on a seasonal basis.

The Board of Directors is composed of the following officers: President, Vice President, Secretary, Treasurer; At Large; Safety Chair; Social Chair; LSC Representative, Officials Chair and Registration Chair. The head coach is a non-voting member. The Board of Directors is responsible for developing, directing, administering, and promoting a financially sound, competitive age-group swimming program. Regular board meetings are held each month, and at such other times as deemed necessary. The membership may observe board meetings upon requesting such presence from the President and is encouraged to provide input and feedback through the At Large or any board member. Parent meetings are held monthly while swimming is in session (see Communication section for additional information and other options).

The FM Gator Swim Team annual meeting of the membership is held prior to the start of the winter (short course) swim season for the purpose of electing the Board of Directors and the transaction of any other business. Special meetings of the membership may be called by the President, a majority of the Board, or by the written request of at least ten members.

## **FEE STRUCTURE**

### **Program Fees**

Each swimmer must pay the yearly USA Swimming fee. The fee for current swimmers will be due during registration and new swimmers will pay their USA Swimming fee when they join the team and it will be good for the remainder of the calendar year. Refer to the website at [www.fmgators.com](http://www.fmgators.com) for current USA Swimming fee and program fees.

The FM Gator Swim Team program fees are due at the beginning of each of three seasons.

#### Short Course Seasons:

SCI October through December

SCII January through March

#### Long Course Season:

LCI May through July

All program fees must be current or the swimmer will not be allowed to participate in practice or meets. Financial assistance and/or payment arrangements are available for those who qualify. Contact the head coach or the YMCA Aquatics Director for consideration.

Meet fees are in addition to team fees and only apply for meets that the swimmer participates in.

## **FUNDRAISING REQUIREMENT**

***Each Gator family is required to generate or contribute \$75.00 in fundraising revenue during the year (or \$35 per season).*** This fundraising requirement is mandatory in order to keep the program fees at a reasonable level. The expenses involved in running the swim team include, but are not limited to, pool rental, coaches' travel, equipment purchases, timing system upkeep, relay entry fees, coaches' education and swimmer awards.

Additional credits are available to help meet some of your swimming-related expenses. For example, if a family raises more than \$250.00, half of the amount over \$250.00 will go toward meet fees. (e.g., if \$350.00 is earned - \$100 over the bonus credit minimum - \$50.00 would be allowed for meet fees.) This is based on a full year that runs September 1 through August 31. Families should contact the team treasurer to arrange for credit on meet fees.

Gator fundraisers include ad sales for swim meet programs (see below) and other fundraisers the Gators have from time to time. When a family has participated in one or more of these fundraisers and raised a minimum of \$75.00, they will satisfy the requirement. If only a portion of it is satisfied, the family will be billed for the balance outstanding.

Swim meet ad sales are generally done in January/ February and/or May/June. Families can sell advertising space to area merchants and businesses for display in the meet programs for meets that the team runs. Information and forms are generally sent out in December to be completed by February. Contact any board member for information on ad sales or fundraising opportunities.

## **USA SWIMMING**

USA Swimming is the National Governing Body for amateur competitive swimming in the United States. USA Swimming meets are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another.

All athletes pay a set annual USA Swimming registration fee and a seasonal Y program fee that varies, depending upon the level the swimmer participates in. Athletes receive a membership card (held by the FM registration person). All registered swimmers will have both Secondary Accident Medical Protection and a self-funded Liability Insurance Program (see the USA Swimming website <http://www.usaswimming.org> for additional information regarding insurance coverage). Each swimmer is covered at any organized practice of FM Gator Swim Team and every competition that is USA Swimming sanctioned.

USA Swimming strives to educate and inform its members through continued communication. Once a year USA Swimming publishes an updated version of the USA Swimming Rules and Regulations, the final word in technical swimming rules. *Splash* is a bi-monthly publication providing current and timely information of interest to all USA Swimming members. Lanelines, the USA Swimming coaches' newsletter, is also included in Splash.

USA Swimming staff is available to assist in answering questions or providing additional information about USA Swimming. For information or assistance, contact:

USA Swimming National Headquarters  
One Olympic Plaza  
Colorado Springs, CO 80909-5770  
(719) 578-4578  
<http://www.usaswimming.org>

## **COACHING STAFF AND TEAM STRUCTURE**

### **COACHING STAFF**

Nothing has a greater influence on the quality of children's sports than the philosophy and commitment of the coach. The FM Gator Swim Team staff consists of professionally trained coaches. The head coach, as a member coach of the American Swimming Coaches Association, has access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in U.S. Swimming

programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time.

**COACHES' RESPONSIBILITIES** The coach's job is to supervise the entire competitive swim program. The FM Gator Swim Team coaching staff is dedicated to providing a program that will enable them to learn the value of striving to improve oneself. Therefore, the coaches must be in total control in matters affecting training and competition.

The coaches are responsible for placing swimmers in practice groups based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.

Sole responsibility for stroke instruction and the training regimen rests with the FM Gator Swim Team coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.

The head coach and the Board of Directors will make the final decision concerning which meets FM Gator Swim Team swimmers will be attending as a team, with a coach present. The coaching staff also makes the final decision concerning which events a swimmer is entered into.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive advice and guidance regarding the swimmer's performance.

**TEAM LEVELS** The FM Gator Swim Team uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation. The goal for all levels is to have FUN while learning and developing in the sport of swimming.

Practice times will vary depending on the season. Refer to the website for a current schedule. The meet schedule will be determined at the beginning of each season and is subject to change. Which meets the swimmer competes in is up to each family and competition is not a requirement of membership.

**DEVELOPMENTAL GROUP** The majority of the workouts will include drills, techniques, and games. The goals for this group are to swim one 25 yard length legally of each stroke, learn basic workout terminology, attempt flip and stroke turns, and work on competitive starts.

**PRE-AGE GROUP** This group is designed for swimmers who can perform at least 25 yards of each stroke legally, complete a 100 IM without long rests between laps, know the general techniques of the flip and stroke turns, and understands the basic workout jargon. This group will focus on stroke technique 50% of the workout as well as build endurance and continue to strengthen their competitive swimming knowledge.

**AGE GROUP I** This is a group of swimmers who are ready to take the next step toward competition and refining their strokes. The main objective of this group is to start swimming in more meets and focus on personal improvements and bettering their competitive skills. Being able to compete for 50 yards in each of the four competitive strokes and doing a legal 200 IM are requirements for this group. Invitation by the coaching staff is required to join this group.

**AGE GROUP II** This is a group of experienced swimmers whose main focus is swimming in meets and developing the proper attitude toward competition, personal improvements and bettering

their competitive skills. Being able to compete for 100 yards in each of the four competitive strokes and doing a legal 200 IM are requirements for this group. Invitation by the coaching staff is required to join this group.

#### **SENIOR GROUP**

The main focus is training, stroke improvement, and increased conditioning. The decision of what type of commitment the swimmer wants to make to their sport is covered. Invitation by the coaching staff is required to join this group.

#### **SENIOR ELITE GROUP**

This group's main focus is to "train to attain". To compete and move up the scale of regional and national competition. Invitation by the coaching staff is required to join this group.

### **SWIMMERS' TRAINING SEASONS AND RESPONSIBILITIES**

#### **TRAINING SESSIONS**

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends the recommended number of practices for their level in order to derive the full benefits of the program. There is a State Championship meet at the end of each season for those swimmers that meet qualifying times. There are also additional opportunities for competition for the advanced swimmer. Visit the web page at [www.fmgators.com](http://www.fmgators.com) for more information

The swimming year is broken into two seasons. The short course season runs from early October through March and the long course season runs from May through July.

#### **PRACTICE AND ATTENDANCE POLICIES**

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

1. Each training group has specific attendance recommendations appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The team does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher levels.
2. For the swimmer's protection, he/she should arrive at the pool no earlier than 15 minutes prior to the scheduled practice time. They should also be picked up no later than 15 minutes after practice is over. Swimmers should be ready to swim five minutes prior to the start of practice.
3. Swimmers should plan to stay the entire practice. In the event that your child needs to be dismissed early from practice, a note from the parent for early dismissal is preferred.
4. Swimmers are to enter the high school pools using the northwest entrance at both schools. This entrance is also the same entrance used for the recreational pools. The swimmers will use the Park District pool locker room and go directly to the pool area. A swimmer found in any other part of the building could damage our relationship with the High Schools. Any damages to school property may result in financial liability to the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.
5. While on school grounds, the swimmers are the responsibility of the coaching staff. During practice sessions, swimmers are never to leave the pool area without coach's permission.
6. Parents are allowed to observe practice from the bleachers at each pool. Do not try to communicate with any swimmer or coach during practice. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.

7. Parents are not allowed on the pool deck during practice unless it is an emergency.
8. In the event of inclement weather the following policies will be followed:
  - A. During Short course season if the Fargo Public Schools close early, do not have school or cancel after-school activities, then the Gators will **NOT** have practice.
  - B. During Long course season, the only time practice will be canceled outdoors is if there is lightning or storm watches in the area.

**CODE OF CONDUCT**

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

**ILLNESS AND INJURY**

Whenever possible, the coach should be informed of an illness or injury. Swimmers with an illness or temperature greater than 100 degrees are not allowed to practice or participate in a meet until they have been without a fever or on medication for at least 24 hours.

Any injury incurred during practice or a meet should be reported immediately to coaching staff.

**SWIMMERS’ TRAINING RESPONSIBILITIES**

As a swimmer’s level of swimming ability increases, so does his/her responsibility. The program is designed to encourage all swimmers to be Gold level bound. A swimmer has responsibilities to the team, the coach, his/her parents and, most importantly, to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

All FM Gator Swim Team members and their parents will be required to sign the “Honor Code”. A copy should be included in your packet. Please see the head coach if you do not receive one.

**PARENTS’ RESPONSIBILITIES**

**PARENTS... YOUR ATHLETE NEEDS YOU**

To have a successful program there must be understanding and cooperation among parents, swimmers and coaches. The progress your child makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the FM Gator Swim Team and acquaint yourself with this section if you are a returning FM Gator Swim Team parent.

The following guidelines will help you keep your child’s development in the proper perspective and help your child reach his/her full potential as an athlete.

The Coach is the Coach. We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces the best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often insurmountable, confusion as to whom the swimmer should listen. If you have a problem, concern, or complaint, please contact the head coach. If you don’t feel your issues are resolved they should be reported to the At Large Representative, any board member or the YMCA aquatics director. Issues will be reported to the board as needed.

The coach’s job is to motivate and constructively guide the swimmer’s performance. It is the parent’s job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Swimmers ten years of age and younger are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike. Parents and coaches must be patient and permit these swimmers to learn to love the sport. When a young swimmer first joins the Gators, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Even the very best swimmer will have meets where they do not achieve their best times. These “plateaus” are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these “poor” meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits.

Provided with this manual, there is a copy of the “Terms and Conditions for Participation” that you will be required to sign when you register with the Team. Please familiarize yourself with these items.

A majority of the FM Gator Swim Team operating budget is generated from the hosting of swim meets. We host three invitational swim meets each year; a one-day meet in November, a two-day meet in March, and a three-day meet in July. It takes a great deal of manpower to host a successful meet and we are very fortunate to be able to host meets and reduce our travel.

One of the commitments you make when you join the FM Gator Swim Team is to volunteer at these swim meets. Every family is expected to work at the FM-hosted meets in which your swimmer participates. **It is a requirement that if your child swims at an FM-hosted meet, a parent must volunteer for each session in which the family has a child swimming or the family may be assessed a \$20.00 fee per session.** Descriptions of volunteer opportunities can be found on the web site or discussed with the meet manager or any board member.

## COMMUNICATION

**All communication from parents to the coaching staff should be done through the head coach. Parents are always welcome to attend practices, but must refrain from communicating with coaches and/or swimmers during practice so that safety and prime teaching aren't compromised. The coach will be glad to speak with you before or after practice.**

**Gator Bites**- A weekly newsletter put out by the coaching staff. This newsletter is e-mailed to those of you who have given their e-mail address and is also available on the Gator website.

**Monthly Parent Meetings** – Parent meetings are held each month while swimming is in session. Parents are encouraged to attend and bring up any questions or concerns. This is also a great opportunity to get to know other swim parents and families.

**Voice Messaging/e-mail** - The head coach has voice messaging available at the YMCA at 364-4151 or email at merritt@fymca.org.

**Web Page** – The Gators maintain a web page at following site [www.fmgators.com](http://www.fmgators.com). The web page contains the most current information including meet schedules, practice schedules, newsletters, announcements and a wealth of helpful information related to the sport of swimming.

If you have problems with the coach or any suggestions, the At Large board member serves as a parent representative and is available to assist you. You can also contact any board member with your concerns. All board member contact information is available on the Gator website.

## GENERAL SWIM INFORMATION

**TEAM UNIFORM** Each fall the Gators usually order a team suit for those who wish to order them. This is not a requirement.

**COMPETITIVE STROKES** The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swam by one swimmer called the individual medley (IM). Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

**LEVELS OF ACHIEVEMENT** There are seven different age group classifications recognized by USA Swimming (the governing body of the sport): 8-Under, 9-10, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age-registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. Generally, the swimmer's age on the first day of a meet will govern the swimmer's age for the entire meet.

Within each age group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "BB", "B", "A", "AA", "AAA", and ultimately "AAAA". USA Swimming publishes the times required for each ability level each year. This permits fair, yet challenging, competition on all levels. The North Dakota LSC also has an established qualifying time for the North Dakota State championship meets.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification prior to the meet.

**SWIM MEETS** Each season's meet schedule is distributed at the outset of the season and posted on the web page. It is not mandatory to attend meets. One can also choose to enter only one or two days of two and three day meets.

Meet fees vary and will be disclosed on the intent form that will be available on the website or distributed by the head coach a week or two prior to the meet. If your swimmer wishes to participate in a particular meet, the Intent Form must be completed and turned in to a coach with the appropriate entry fee by the due date listed on the form. The meet information on the website will provide details of start times, events offered and entry limits as well as other meet details. Coaching staff will determine which events a swimmer will be in as well as build the relay teams if applicable. The team will pay any relay fees involved for the meet. See the Gator website for "Everything you always wanted to know about swim meets..." and other helpful information and links to beneficial websites.

**OUT OF TOWN MEETS** Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. The FM Gator Swim Team has established the following policies for the safety of the swimmer and peace-of-mind of parents:

1. Parents are responsible for arranging transportation and lodging to away meets, with the exception of Nationals and those competitions so designated.

2. A coach has too many responsibilities to the entire team to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation or chaperone.
3. Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the FM Gator Swim Team “Honor Code” at all times.

## PHILOSOPHY OF COMPETITION

The FM Gator Swim Team engages in a multi-level competition program with USA Swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual’s improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance to improved performance. All the coaches teach swimmers how to behave like a champion whether the swimmer has a “good” or a “bad” swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the FM Gator Swim Team coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach’s job to offer constructive guidance of a swimmer’s performance. It is the parent’s responsibility to provide love and encouragement that bolster the swimmer’s confidence along the way.

Competition plays an important role in motivating swimmers, but the ultimate goal should always be to get that “best time” or the next qualifying time. A good swimmer always swims against the biggest competition of all, the clock! Though it may be tempting, parents should refrain from “bribes for times.” Too much emphasis on winning may lead to low self-esteem and excessive anxiety. Swimming is not exempt from these dangers, but it is structured to avoid them. In a meet, a swimmer will be *seeded* according to their previous best time, and will be placed in a *heat* (race) with other swimmers of similar ability. This not only keeps the swimmer motivated, but also encourages competition against the previous best time and not necessarily against the rest of the field. A swimmer should be judged according to *that* standard and not whether he/she wins or loses the heat. Adults must continually remind themselves that young children need patience, understanding and guidance from those of us who should know that there is more to life than swimming. We must encourage them to swim for the countless benefits to the child; not because they are faster than someone else’s child.

Ideally, the coach should provide constructive guidance while the parents’ primary responsibility is to provide encouragement. Parents should avoid “coaching” their swimmer, as the swimmer may become confused when it conflicts with what the coach has told them. Remember, swimming is a demanding sport. Kids need all the positive encouragement they can get, especially if they become frustrated. A word of encouragement and a hug can do far more than too much swimming advice! If a swimmer appears confused, let the coach know so the coach can help the swimmer.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Often, a swimmer’s “best” stroke changes as they mature and his/her body goes through physical changes.

## RECEIVING AWARDS

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentations. It is also customary for FM Gator Swim Team swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a “thank you”. Good sportsmanship is essential. If photos are being taken,

we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. The image a swimmer presents is a direct reflection of the team.