



Information you need to know about your BSL membership

BSL Code of Conduct

Philosophy

The purpose of this conduct policy is to insure that every swimmer is provided an environment, which allows them the opportunity to reach their individual goals. Therefore, underlying this policy are the following assumptions:

- 1). A swimmer's conduct at practice and at swim meets should support every other swimmer's ability to learn.
- 2) A swimmer's conduct at practice and at swim meets should support the coach's ability to teach other swimmers.
- 3) Each swimmer should be committed to striving for their goals and for the good of the team.

Conduct Expected of All Swimmers

Swimmers are encouraged to learn because they choose to do what is in their best interest, not to avoid punishment for "breaking rules." However, it is in everyone's best interest for basic rules to be clear and unambiguous.

1. BSL swimmers are expected to remember that at practice, during swim meets and in public they are representing BSL. Swimmers, coaches, and parents should represent the BSL name with excellence, team spirit, good sportsmanship, and politeness.
2. BSL swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
3. **SPECIFICS**
 - a. BSL swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
 - b. There shall be no drinking of alcohol, use of tobacco products, illegal drugs, or any substances banned by FINA or IOC.
 - c. BSL swimmers are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the swimmer to the most severe discipline.
 - d. BSL swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
 - e. Swimmers may leave practice only with the coach's permission.
 - f. Disruption of practice by an athlete will be grounds for removal. (Continual cheating in a practice will be considered a disruption of practice.)
 - g. Changing of clothes (either into or out of swimsuits), other than in designated dressing areas or bathrooms, is strictly prohibited. No swimmer shall change clothes while on the pool deck or in other public areas.
4. **OTHER EXPECTATIONS**
 - a. Focus on every drill and every set.
 - b. Follow all of the coach's orders completely and exactly. If any clarification is needed, inquire politely.
 - c. Never stop during a drill or set (other than the proper rest periods) for any reason. If you must go to the restroom or get a drink of water, ask for permission between sets.



BSL Code of Conduct

CONTINUED

5. DISCIPLINE:

Failure to follow the above rules may result in disciplinary measures, including:

- a. Suspension from practice.
- b. Suspension from team.
- c. Expulsion from the team.

A swimmer's first offense may warrant a one-day suspension from practice and the notification of the swimmer's parents. A second offense may warrant a three-day suspension from the team, and the swimmer and parents will have to meet with the coach at the coach's earliest convenience to be reinstated. A third offense may result in expulsion from the team. This expulsion may be appealed to the board of directors. The nature or severity of the conduct may warrant more severe discipline. Furthermore, suspension from school may constitute grounds for suspension from practice during the term of any such suspension. Furthermore, expulsion from school may also warrant suspension or expulsion from practice or from the team.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment for all. The spirit of the above rules is to provide a safe and effective training situation.

This code shall be in force and in affect for all BSL swimmers during practice, during swim meets, and at events sponsored by or in which BSL participates.

Swimmer Last Name and Swim Group

BSL CODE OF CONDUCT

I have read the BSL Code of Conduct and discussed it with my son or daughter.
We understand and agree to abide by it.

_____ Parent Signature

_____ Swimmer Signature



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Escrow is a separate account for each family member participating in the BSL swim program. Each family is required to keep a minimum balance as defined in the "Acknowledgment of Member Obligations" (page 3) in each swimmer's account. The meet entry forms and payments for "away" meets are typically due and submitted 10 days in advance of the competition. Escrow accounts are charged after each meet and a statement sent monthly. Should a swimmer sign up for a meet and is then unable to attend, your coach must be notified via email prior to the submission to the Host swim club of the BSL meet registration package to avoid loss of your entrance fees. **Please note that there is a \$10.00 travel fee per swimmer for each out of town meet attended.**

Fund-raising is based on the highest-level training group swimmer in the family. Please see Dues & Fees, page 5 of the Registration Packet to find your family's requirement. This category is a crucial part of the funding of the BSL programs. BSL offers fund-raising as a way to keep program dues as low as possible and is not optional. The Fund-raising requirement may be met by any combination of Cash Donation, Advertising, participation in team-organized fundraisers, and/or purchasing Scrip. **Fund-raising is due in two parts:** by December 15th, with any outstanding balance to be included in the January EFT, the balance is due by May 15th, with any outstanding balance to be included in the June EFT. Example: a Bronze swimmer's family has a Fund-raising requirement of \$250.00, of which \$125.00 is due by December 15th and \$125.00 by May 15th.

The **Advertising guidelines** are listed below. The Advertising order forms may be found on the BSL website: www.birminghamswimleague.org

BSL Website:

Advertising on the BSL website will run from November 1st- October 31st. The placement of an ad on the BSL website will be based on the time the ad copy is received. Advertising must be submitted on a disk. Because of the time that is required to have the ads ready for the web, they may not be posted immediately, but will be posted as soon as possible. Our Web site address is: www.birminghamswimleague.org.

Web Ad \$200.00

Link to Business on Ad additional \$100.00

Heat Sheet Advertising:

The advertisements are placed in swim meet programs called, "Heat Sheets" that are available during BSL hosted meets. During the 2011-2012 swim season BSL will host or co-host at least 3-4 meets. In order for your ad (s) to be published in ALL of the Heat Sheets for the 2011-2012 swim season, we must receive your Ad copy by September 16, 2011. If an Ad is received after this date, it will be published in the remaining Heat Sheets for the 2011-2012 swim season.

Full Page \$150.00

Half page \$100.00

Quarter Page \$ 75.00

Eighth Page \$ 50.00

The family that received credit for an advertiser in the past year has the first opportunity to ask for their help again this year.

**All advertisements must be from a business. Personal ads are not allowed.
All ads are subject to the approval of the Board of Directors.**



FIRST USA SWIM MEET? HERE'S WHAT YOU NEED TO KNOW

We have families that will help you on a one to one basis with all aspects of getting ready for a swim meet. It is a great way to get to know some of the other families. Call 823-5512 and ask to be included in our Welcome Wagon program if you have not been contacted already.

The goal of our team when we attend a meet is for our swimmers to improve. Improvement can be anything from getting a best time in a specific event to learning what part of a specific stroke that needs improvement, or attempting their first flip turn. As long as there is improvement in **some area**, the meet and your child's performance has been a success.

Your First Swim Meet

The whole process starts with signing your child up to compete in the meet. Approximately half of the swim meets BSL attends are out of town. We encourage our parents and swimmers to swim, eat and play as a group while away. There is a sign up list at the pool normally located in the locker room area on the bulletin board. The deadline for sign up is roughly twenty days before the weekend of competition. Our swim meets are governed by the rules of USA Swimming and typically are held on a Saturday and Sunday. If the meet starts at 8 A.M. you will need to be there at least an hour and fifteen minutes early for warm ups. Check with your Coach or the BSL website for specific warm up times for each swim meet. The meet is divided into two sessions per day, a morning session for 12 year old swimmers and younger, an afternoon sessions for 13 year old swimmers and older. A typical session lasts approximately four hours. Your child will be eligible to swim as many as five events and a relay in one session. The youngest swimmers of the morning session will have a Clerk of Course. This is an area in which volunteers organize the youngest swimmers for each event. In the Clerk of Course, each swimmer may be issued a 2x4 card that shows their name, heat number, and lane number. The meet volunteers in Clerk of Course place swimmers on benches in the correct order for their heat and lane for each event. The meet volunteers will then lead the swimmers from the Clerk of Course to the starting blocks in time to swim their race and insure that your swimmer is in the correct lane. In the older age groups, 9 years and up, your swimmer is responsible for showing up behind the blocks in the correct lane for their heat as indicated in the heat sheet.

There will be a lot of down time between events so bring them something to do as well as healthy snacks and drinks. All meets will have a concessions area and a local swim shop that will have various swim gear for sale. You will need to bring:

- A must, 3 to 4 towels per child- keep one in reserve until the end so it is dry
- Bring warm clothes to wear over a bathing suit, and warm dry clothes to wear home
- Bring small games to play during the down time of the meet; cards, coloring books, Game Boys, etc.
- Bring small snacks to eat during the meet. Granola bars, fruit, crackers, carbohydrates, not sugars, work really well. Also bring water and sports drinks to stay hydrated. Stay away from junk food.
- Bring something to sit in or on. Most meets do not provide areas to sit. So bring chairs for the adults and blankets for the swimmers to spread out on.
- Buy a Heat Sheet. Bring parent meet gear. This includes a bag for toting all the stuff, camera, cash, highlighter and ballpoint pen for marking your swimmer and their friends in the heat sheet.
- Make sure that your swimmer has brought all of their gear, caps, goggles, towels, etc. Also, remember that team caps must be worn if they plan on wearing a cap. They can get them from their coach at the meet. After your first cap, they are \$3 a piece for Latex, and all Silicone caps are \$13 a piece.