



Team Rockland Swimming

Disciplinary Action Plan

Throughout the season we have regular coaching staff meetings to discuss and update on how the team is progressing. Various topics are reviewed, such as coaching goals, individual swimmer and team goals, swimmer leadership, attitudes and behavior.

During practices and meets it is important for coaches to maintain a safe and fun environment on the pool deck. In order for our coaching staff to be able to provide an environment conducive to learning we must first make sure they understand what is considered appropriate behavior on the pool deck. Athletes are regularly instructed on what is considered proper behavior on the practice and meet pool deck. In the event an athlete chooses to disregard appropriate behavior they will be subject to disciplinary action.

With this in mind we have established a Disciplinary Action Plan for those athletes who choose to repeatedly express distracting, disruptive and/or unsafe behavior before, during and/or after practice or meets.

Below is a detailed explanation of how we'll address any negative behaviors.
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1. Warning
Swimmer will get a verbal warning. Coach will speak with swimmer and explain his/her actions and why it is inappropriate. Parent will be notified by phone of conversation with swimmer.
2. Disciplinary Letter home (mandatory parent signature)
This is to inform the parent/guardian of what specifically your child has done to be taken out of practice and what prior action was taken to help solve the problem. Swimmer will not be permitted to continue practices until the DL has been signed and returned to the Head Coach or specific Group Coach. Swimmer/parent/coach meeting will be required at that time.
3. One week suspension
If swimmer behavior persists swimmer will suspended from TRS practices for one week beginning the day after the cited behavior. Parent will be notified of suspension.
4. Dismissal from TRS
Swimmer will be removed from the Team Rockland Swimming roster by the Head Coach for an indefinite period of time. Parent will be notified of dismissal.

As coaches it is our responsibility and promise to you to work hard with your children to not only develop great swimmers but to also help develop great people. Such skills as respect for one self and others, responsibility and accountability are modeled and encouraged. It is our expectation that we all work together to help develop our kids into fine young adults. As always, if you have any questions or concerns please do not hesitate to email and/or request a meeting outside of practice hours.

Sincerely,

Coach Dave Holmes

Head Coach, Team Rockland Swimming
Holmseyl1@optonline.net