



Team Rockland Swimming

Rules & Regulations

1. Respect yourself, your teammates, your coaches and your facilities.
2. Arrive on time for practice (15 minutes early for Age Group and Seniors)
3. Communication is vital to the success of this team. Please be open and honest with the coaches and your teammates with respect to all issues.
4. Every swimmer is expected to attend all practices and meets scheduled for their particular group.
5. Any issues/conflicts with respect to meets must be brought to the attention of the coaches in a timely fashion.
6. Swimmers are expected to meet with their coach before and after each of their events at a meet.
7. Swimmers are expected to get their times at the end of each race and be knowledgeable of their best times for comparison.
8. It is expected that each swimmer wear some Team Rockland attire on deck at swim meets. Team suits and apparel are available for purchase at various times during the season.
9. Meet warm-up times are to be strictly adhered to by all team members.
10. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators and fellow competitors.
11. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the TRS team area in a neat and clean condition at the conclusion of each session of the meet.
12. In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.
13. Practices during the Girls/Boys HS Season.
 - TRS Team Fees do not include practicing during the respective NRHS or other HS swim seasons. If a swimmer wishes to practice with TRS during that time they must obtain prior approval from Head Coach.
 - TRS Team Fees include any and all USS meets in which they are entered during the HS season.

Note: If a parent disregards or refuses to follow USA Swimming and/or TRS Rules regarding deck procedure then it may be necessary to remove their swimmer(s) from the deck (practice) or scratch their swimmer(s) from the next day meet events or next meet events. A parent(s) will be informed of any necessary actions at the end of the practice or session.