

BUTTERFIELD BULLFROG SWIM & DIVE TEAM

SWIMMER/PARENT HANDBOOK



SUMMER 2018



BUTTERFIELD PARK DISTRICT

UPDATED 3/2018

PARENT / SWIMMER HANDBOOK

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WELCOME TO THE SWIM TEAM

Welcome to the Butterfield Park District Swim Team!! The "Bullfrogs" is a swim team that offers individuals the chance to excel with their swimming talent, while encouraging a team spirit that unites us all. Your child will have the opportunity to swim competitively, to be a team member, to learn, practice and refine new strokes, turns, and swimming techniques. We are very proud of our team record and overall history. Welcome to new members as well as returning members to the team.

The handbook has been compiled to provide swimmers and their parents with everything one needs to know about the Butterfield Swim Team. Being on the team is a family commitment, as the responsibilities for running a swim team such as ours are equally shared by both the swimmers and parents. Working together, the Butterfield Bullfrog Swim Team is more successful and more enjoyable for everyone!

Please be sure to read this handbook thoroughly. Any questions can be directed to any member of the Butterfield Swim Team Committee.

SWIMMER AND PARENT RESPONSIBILITIES



Parent Responsibilities

1. Each family must volunteer to help at a minimum of 5 swim meets. A family volunteer must be 18 years of age or older. Swimmer will be scratched from the meet if parents do not meet their obligation.
2. Parents are not allowed on the Pool Deck at any time during practice.
This policy will be strictly enforced by the Park District.
3. Read Swim Team Information on the team website <https://butterfieldbullfrogs.swimtopia.com/>, Butterfield Park District website www.butterfieldpd.com, emails will be sent regularly and handouts your child brings home so you can be informed.
4. Do not drop off your child for the swim meets. They need to be supervised at all times and this is a family program.
5. Utilize swim team website to confirm swim meets attendance through RSVP. Email coaches at bullfrogs@butterfieldpd.com if your schedule changes and you will not be able to attend the swim meet you had previously committed.

Swimmer Responsibilities

1. Come to practice every day and be on time.
2. Be prepared properly for practices and for meets.
Every swimmer should have:
 - Swim suit
 - Swim cap
 - Several towels
 - Goggles
 - Sweats/ warm clothing
 - Sleeping bag/blankets for night meets
 - A good, positive attitude
3. **Check Swim Team Website for notices and special information.** The team website is: <https://butterfieldbullfrogs.swimtopia.com/>
4. Take shower before entering pool.
5. Listen to the coaches - don't enter water without their permission.
6. Good attendance at swim practices - attendance will be taken.

PRACTICE SCHEDULE



The Swim Team season begins May 29, with afternoon practice starting at 4:45 pm and 5:45 pm. Ages 11 and up will practice at 4:45pm and 10 & under will practice at 5:45pm. Minimum skill level requires a swimmer to swim one length of the pool (25 yd) without stopping.

PRACTICE TIMES: Beginning June 4, 2018

Monday to Friday

7:00 A.M. – 10:15 A.M.

Swimmers are encouraged to attend practice daily.
Ages 13 and over practice from 7:00 AM – 8:15 AM
Ages 9-12 practice from 8:15 AM to 9:30 AM
Ages 8 and under practice from 9:30 AM -10:15 AM

(June 1st is the birthdate cut-off for age levels)

ATTENDANCE AT PRACTICE

Attendance will be taken every morning. Those swimmers showing team dedication by attending practices on a daily, regular basis will swim in meets more often than swimmers who do not participate in practices as much.

Those swimmers who are members of another swim team during our season must communicate their practice schedule to our coaches. They are also required to be at a minimum of two (2) Butterfield Bullfrog practices a week.

PRACTICE IS ALMOST NEVER CANCELED. If the weather is unsuitable for swimming, swimmers will exercise in the Park District building.

Swimmers will practice with their assigned groups. To swim at a different practice time a swimmer must receive prior approval from the coaching staff.

Additional Practice Time

Stroke clinics are available through registration with the district. The clinics offer additional swim time to work on your strokes such as Freestyle, Backstroke, Breaststroke, Butterfly, turns, starts, and preparation for conference.

Absences

It is essential *NOT* to miss practice. If you know you will have to miss practice, please tell the coach as soon as possible. In cases such as vacations, etc., please email the coach with notification at least 3 days in advance.

BULLFROG BEHAVIOR

All members of the Butterfield Bullfrogs Swim Team are expected to exhibit their best behavior at all practices, in the bullpen, at meets and other team activities. These areas include:

Sportsmanship... cheers and supports all swimmers, win and lose graciously.

Proper language... expected at all times. Profanity, either written or verbal, during the swim meet is prohibited by Conference Rules. This will result in a swimmer being disqualified for that meet. Improper language will not be tolerated during practice or team functions. This is the only warning.

Respect... for coaches, teammates and parent volunteers at all times. Directions are to be followed at all times.

Honesty... have your equipment well marked with your name. Keep your belongings together at all times. Any swimmer involved in bothering other swimmer's belongings, stealing or damaging any property can be suspended or expelled from the team.

Safety... follow safety guidelines in and around pool/park district grounds. There is no running on deck at any time. Swimmers should remain with coaches until a parent arrives for pick-up.

Swim Meet Etiquette

1. It is important that you check in with the Bullpen parent and check the team line-up for your events at the beginning of each meet. Write the event numbers on your hand to help you remember.
2. After you swim, get out of the pool as quickly as you can, ask the timer for your time, then go immediately to your coach. When the coach is finished talking with you, go directly to the Team Bullpen. *You may not, for any reason, leave the team area without permission of the adult in charge. We should always be able to locate you at a meet.*
3. "Quiet for Start!!" Swimmers, parents and guests will hear this announcement many times during a meet. Quiet at the start permits all swimmers to have an equal opportunity to hear the starter. Also, if the starter must constantly ask for quiet, it slows the meet down quite a bit. Please, when the whistle blows, be quiet for the start.

We ask all swimmers to read and understand the behavior guidelines set by the parents and coaches. Everyone will be asked to sign a Discipline Agreement that clearly states procedures and consequences for inappropriate behavior.

GENERAL INFORMATION



DUPAGE SWIM AND DIVE CONFERENCE

We belong to the DuPage Swim and Dive Conference. This organization consists of three divisions: White, Red, and Blue. Team placement in these divisions may change from year to year depending on final conference results.

The **White Division** consists of:

| | |
|-------------|--------------|
| Roselle | Carol Stream |
| Butterfield | Woodridge |
| Itasca | |

The **Red Division** consists of:

| | |
|-----------------|------------|
| Bartlett | Villa Park |
| Bloomingtondale | Lombard |

The **Blue Division** consists:

| | |
|------------------|--------------|
| Addison | Hanover Park |
| Glendale Heights | Wood Dale |

Following the Final Conference "A" meets, the division standings are realigned for the next swim season. The last place team of the White Division moves down to the Red Division, and the winner of the Red Division moves up to the White Division. The Blue Division Winner advances up to the Red Division, and the last place team in the Red Division moves to the Blue Division.

A White Division team can swim against any of the teams in the three divisions during the regular swim season and vice versa. Direct Division competition occurs in the Final "A" and "B" Conferences in July.

Our Butterfield Swim Team Parent Committee Representative attends monthly DuPage Conference meetings and shares that information with the team.

DuPage Conference Responsibilities:

1. Keep records
2. Hold meetings with all the teams
3. Order and pass out supplies for meets
4. Organize official classes
5. Draft schedules for swim and dive meets
6. Handle all conflicts and problems between teams
7. Handling all paper work for all teams

MEET INFORMATION



DUAL MEETS

There are 10 Dual meets during the summer swim season. They are held on Wednesday evenings and on Saturday mornings. The meets will last approximately 3 1/2 - 4 hours. A meet will take place in any weather, with the exception of lightning and thunder which may delay or cancel the meet.

A swimmer can participate in a maximum of 5 events per meet, 3 individual events and 2 team relays. The events are: Medley Relays, Free Relays, 25, 50, and 100 yard Freestyle, Butterfly, Breaststroke, Backstroke and Individual Medleys. Some swimmers will swim exhibition.

The fastest swimmers are placed in the center lanes. The slower swimmers are placed in the outer lanes.

| | Warm-ups | Meet Starts |
|------------------------------|-----------------|--------------------|
| Wednesday-Home Meets | 5:15 PM | 6:30 PM |
| Away Meets | 5:45 PM | 6:30 PM |
| Saturday - Home Meets | 6:45 AM | 8:00 AM |
| Away Meets | 7:15 AM | 8:00 AM |

*******Very Important:** Inform coaches **3 DAYS IN ADVANCE via email** if your son or daughter will not be able to attend a meet to which they had previously committed.

CONFERENCE MEET

Conference "A" Meet is held on the last Saturday in July for each respective division. Each team is allowed 2 swimmers per event and only 1 relay per event. To qualify for this meet, a swimmer must have competed in at least 4 dual meets. The swimmer must have an official time from a dual meet in that event to swim in an event. Usually, the fastest times are used in a Conference Meet. Trophies are given to all teams in the division. Ribbons are given to the 1st through 10th place swimmers in individual events.

The Conference "B" Meet is held for the swimmers who do not qualify for "A" Conference. This is done to make the end of the season exciting for all the swimmers. This meet will typically be held on the Saturday before the last Saturday in July (before "A" Conference). If scheduling presents a problem, it may be moved to a Wednesday night. All division teams participate. A team score is kept, with swimmers earning a point for their team for every personal best they post that day. These points are put into a formula which creates an even ratio for all the teams participating. Points will be awarded to teams based on final place, and these points will carry over into "A" Conference. Swimmers are allowed to swim up to 4 events. It is an opportunity for all other swimmers to get their recognition. Ribbons will be issued for all personal best times.

If you will not be available to swim in the "A" Conference meet, please notify the coaches **by July 2 and RSVP on team site.**

MEET ASSISTANCE NEEDED



Swim team parents have many responsibilities at meets. All meets will run quickly and smoothly with the proper assistance from all involved. Our swimmers are the ones that benefit the most from a meet that is run with all volunteer positions filled.

Please note the following:

- 1. At least one person from each family must work five meets (2 meets for Junior Bullfrogs). Failure to show for your scheduled volunteer position will result in your child being scratched from a meet.**
2. If you are assigned to a job, please honor your responsibility or get a replacement. Every family is given a team roster at the beginning of the season to use for telephone numbers of other team parents.
3. Try different jobs so you can help anywhere during a meet. Our team has people who are willing to show anyone how to score, ribbon write, monitor the bullpen, time and clerk.
4. Find out when classes are being held to train you and attend. These classes will provide you with certification. You need to be certified to work in "A" Conference.

VOLUNTEER NEEDS PER MEET

All meets are run by volunteer parents. Each lane has at least 2 timers. Also required at the pool are 2 stroke judges, 2 turn judges, 2 finish judges, a starter/referee, and a Clerk of Course. Other positions needed are at least 2 ribbon writers, 3-4 scorers, and 2-3 Bullpen Monitors. A family volunteer must be 18 years of age or older.

HOME MEET SET-UP AND TAKE-DOWN

Needed: 5-7 families per meet

Volunteer Arrival time is: Wednesday 5:00 pm

Volunteer Arrival time is: Saturday 6:30 am

The Meet Directors supervise the set-up and take-down of all home meets. Set-up on Home meet days usually begins about 1 1/2 hours before the actual meet. Take-down occurs at the end of the meet and, with enough volunteers, is completed within 30 minutes. Assistance and hands on help are needed to:

Set-Up

1. Remove all lounges from pool deck
2. Set up Bullpen area and Bullpen Tent
3. Set up Scorer/Ribbon Writer table with chairs poolside

Take-down (everyone is expected to help)

1. Return all lounges to pool deck
2. Clean up entire pool area
3. Take-down Bullpen Tent and signs
4. Take down Scorer/Ribbon Writer table and put away

BULLPEN

Home Volunteer Arrival time is: Wednesday 5:30 pm
Home Volunteer Arrival time is: Saturday 7:00 am

Needed: 2-3 Parents per meet

Swimmers wait in the team "Bullpen" (team area assigned) until they are called to the Clerk of Course to get their lane card. Event assignments are posted at the Bullpen and parent volunteers have lists.

Swimmers are to remain in the Bullpen for the majority of the meet. They may get permission to leave to go to the concession stand, but should notify the parent in charge of their whereabouts. Swimmers are to be ready to swim their event, and are encouraged not to eat and drink excessively.

Appropriate behavior is expected at all times in the Bullpen. Team spirit and respect for others are the top priority. Swimmers are encouraged to keep their personal items together, labeled with their name. Any stealing, inappropriate language or extreme misbehavior will result in suspension from the team.

CLERK OF COURSE

Volunteer Arrival time is: Wednesday 5:30 pm
Volunteer Arrival time is: Saturday 7:00 am

Needed: 2 parent volunteers

Swimmers report to the Clerk of Course 2-3 events prior to their event. The Clerk of Course handles the lane cards during a meet. After getting the lane card from the Clerk of Course, the swimmer waits in that area for his/her event. When the swimmer is called to the blocks, he/she gives the card to a timer for that lane.

STARTER/REFEREE

Volunteer Arrival Time is: Wednesday 6:00 pm
Volunteer Arrival Time is: Saturday 7:30 am

Needed: 2 parent volunteers (certified) per home meet

TURN JUDGES

Volunteer Arrival Time is: Wednesday 6:00 pm
Volunteer Arrival Time is: Saturday 7:30 am

Needed: 1 parent volunteer

Monitor that swimmers take legal turn at pool ends.

FINISH JUDGES

Volunteer Arrival Time is: Wednesday 6:00 pm
Volunteer Arrival Time is: Saturday 7:30 am

Needed: 1 parent volunteer

Monitor that swimmers touch pool properly for legal finish.

STROKE JUDGES

Volunteer Arrival Time is: Wednesday 6:00 pm

Volunteer Arrival Time is: Saturday 7:30 am

Needed: 1 parent volunteer

Monitor that all swimmers are swimming correctly with legal strokes (depending on event).

TIMERS

Volunteer Arrival Time is: Wednesday 6:00 pm

Volunteer Arrival Time is: Saturday 7:30 am

Needed: 2 home team parent volunteers, 1 visiting team parent volunteer per lane (6 lanes)

Volunteers use a stop watch, time all events. There are usually 2-3 timers per lane, at least one representing each team. One of the timers holds the lane cards and records the swimmers' times. There is a brief timer's meeting about 15 minutes before each meet to review lane assignments and procedures.

Classes are available for parents wishing to become officials. Parents who have not taken the class can be Timers for Dual Meets, but you must be a certified Timer to work at the final conference meets.

RUNNERS

Volunteer Arrival Time is: Wednesday 6:00 pm

Volunteer Arrival Time is: Saturday 7:30 am

Needed: 1 parent volunteer per meet

At the end of an event, the Runner collects the lane cards, finish cards and disqualification cards. These cards are turned over to the scorer's table.

SCORERS

Volunteer Arrival Time is: Wednesday 6:00 pm

Volunteer Arrival Time is: Saturday 7:30 am

Needed: 2-3 parent volunteers for each team

The scorers check the cards, average times, add points and record all information for each event. They are usually located at a table within the pool area. Breaks can be taken to watch your swimmer in his/her events.

Dual meet scoring for individual events is as follows: 1st place 5 points, 2nd place 3 points, and 3rd place 1 point. Relays are: 1st place 7 points, 2nd place 0 points. When swimming unopposed (no competition from the other team) scoring is: 1st place 5 points, with no second or third place points, but ribbons are awarded to all participants. Unopposed relays are scored 4 points. Ties are scored by adding points together and dividing by 2. There are no points for the next finishing place.

RIBBON WRITERS**Volunteer Arrival Time is: Wednesday 6:00 pm**
Volunteer Arrival Time is: Saturday 7:30 am

Needed: 3-4 parent volunteer per meet

Ribbons are always given out to 1st, 2nd, and 3rd place individual events and relays are given 1st place only. Fourth through sixth place ribbons may be given to all swimmers 10 and Under at home meets.

Please note: The Butterfield Swim Team will provide ribbons for 1st through 6th place in individual events and 1st through 3rd place in relays for all home and away meets for age groups of 12 and under.

Ribbon writers usually sit with the scorers within the pool area. Breaks can be taken to watch your swimmer in his/her event. This job requires writing the swimmer's name, swim time, and date on the ribbon label and placing them in a family file. Ribbons are distributed to the swimmers by the coaches at the next available practice.

CONCESSIONS**Volunteer Arrival time is: Wednesday 5:00 pm**
Volunteer Arrival time is: Saturday 6:30 am

Needed: 5 parent volunteers

Each team provides a concession stand at all home meets. Volunteers assist in setting up, selling, and putting away the concession stand. Volunteers may take a break at appropriate times to watch their swimmer in an event.

ANNOUNCER**Volunteer Arrival Time is: Wednesday 6:00 pm**
Volunteer Arrival Time is: Saturday 7:30 am

Needed: 1-2 parent volunteers

The announcer announces all events for swimmers to get to the Clerk of Course on time, and any announcements needed for spectators.

BULLFROG RECOGNITION AND AWARDS



Most Improved Swimmer

Presented to one boy and one girl in each age group. Selected by the coaching staff based on overall progress throughout the season.

Bullfrog Award

Presented to one boy and one girl from the team. This award is given to the swimmers who best exemplify the full commitment to self-improvement and excellence in swimming. These swimmers are those who best represent the team, both in and out of the water.

Meet Ribbons

Ribbons are given for individual events for first place through 6th place for ages 12 and under and first through third ages 13 and up. Ribbons are given for relays for first through third place for ages 12 and under, and first place only for ages 13 and up.

Team and Conference Record Breakers

Swimmers will be presented with trophies for establishing Butterfield Team records and DuPage Swim and Dive Conference records. Team records will be posted on the Bullfrog bulletin board in the Park District lobby.

Senior Gift

A senior gift is presented to swimmers who are completing their last season with the team because of graduation and/or age.

Goodall Award

Every year a parent member is presented the Goodall Award for outstanding service to the Butterfield Swim Team over an extended period of time.

Jay & Joanne Sundberg Award of Excellence

Presented to the swimmer with positive attitude and the overall highest points achieved for the team.

The best reward is that of pride in swimming your best and a job well done. Parents and swimmers are encouraged to support and acknowledge each swimmer's effort every meet!!

SPECIAL EVENTS

Team Black & Gold Meet

The Bullfrogs initiate their season with an in-house team meet at the Park District on Saturday, June 2nd. Food items will be provided for the swimmers.

Team Gift

Each year every member of the team receives a team gift. The gift is usually presented after the season has started. This gift is to thank all the swimmers for their effort and hard work throughout the season.

Team Field Trip

A tradition started in 1994 with a special activity day for the entire team. Previous years we have gone to an area water park. It is a great opportunity for the team to relax and play together! Details for this event will be sent to parents and on our team website.

<https://butterfieldbullfrogs.swimtopia.com/>

Awards & Splash Party

This event will be held on Sunday, July 29, 2018 from 5:00 to 8:00 pm. It is our chance to congratulate and reward our swimmers, and spend a relaxing evening together. All swimmers are recognized at the Splash Party for their hard work. It is an evening you will not want to miss!!!

Timer/Scorer and Judges Training Classes

Classes are available to parents to become certified timers and judges. You must be certified to work a conference meet. We need qualified people in order to run the best and fairest meets possible for all swimmers. Some of our parents are due for a re-certification class as well. Conference-wide class schedules will be given out as soon as available. Only one evening of your time is needed to take a class. We encourage all timers/scorers to get their judges certification.

SWIM MEET EVENT SHEET

| Girls Event # | Age Level | Event | Boys Event # |
|---------------|-------------|----------------------------|--------------|
| 1 | 8 and Under | 100 Yard Medley Relay | 2 |
| 3 | 9 -10 | 200 Yard Medley Relay | 4 |
| 5 | 11-12 | 200 Yard Medley Relay | 6 |
| 7 | 13-14 | 200 Yard Medley Relay | 8 |
| 9 | 15-18 | 200 Yard Medley Relay | 10 |
| 11 | 8 and Under | 25 Yard Freestyle | 12 |
| 13 | 9-10 | 50 Yard Freestyle | 14 |
| 15 | 11-12 | 50 Yard Freestyle | 16 |
| 17 | 13-14 | 50 Yard Freestyle | 18 |
| 19 | 15-18 | 50 Yard Freestyle | 20 |
| 21 | 8 and Under | 100 Yard Freestyle Relay | 22 |
| 23 | 9-10 | 100 Yard Individual Medley | 24 |
| 25 | 11-12 | 100 Yard Individual Medley | 26 |
| 27 | 13-14 | 100 Yard Individual Medley | 28 |
| 29 | 15-18 | 100 Yard Individual Medley | 30 |
| 31 | 8 and Under | 50 Yard Freestyle | 32 |
| 33 | 9-10 | 100 Yard Freestyle | 34 |
| 35 | 11-12 | 100 Yard Freestyle | 36 |
| 37 | 13-14 | 100 Yard Freestyle | 38 |
| 39 | 15-18 | 100 Yard Freestyle | 40 |
| 41 | 8 and Under | 25 Yard Butterfly | 42 |
| 43 | 9-10 | 50 Yard Butterfly | 44 |
| 45 | 11-12 | 50 Yard Butterfly | 46 |
| 47 | 13-14 | 50 Yard Butterfly | 48 |
| 49 | 15-18 | 50 Yard Butterfly | 50 |
| 51 | 8 and Under | 25 Yard Backstroke | 52 |
| 53 | 9-10 | 50 Yard Backstroke | 54 |
| 55 | 11-12 | 50 Yard Backstroke | 56 |
| 57 | 13-14 | 50 Yard Backstroke | 58 |
| 59 | 15-18 | 50 Yard Backstroke | 60 |
| 61 | 8 and Under | 25 Yard Breaststroke | 62 |
| 63 | 9-10 | 50 Yard Breaststroke | 64 |
| 65 | 11-12 | 50 Yard Breaststroke | 66 |
| 67 | 13-14 | 50 Yard Breaststroke | 68 |
| 69 | 15-18 | 50 Yard Breaststroke | 70 |
| 71 | 9-10 | 200 Yard Freestyle Relay | 72 |
| 73 | 11-12 | 200 Yard Freestyle Relay | 74 |
| 75 | 13-14 | 200 Yard Freestyle Relay | 76 |
| 77 | 15-18 | 200 Yard Freestyle Relay | 78 |

GLOSSARY

| | | |
|------------------------|--|---|
| Blocks | The platforms used by the swimmers for their starts. Swimmers should be in place behind the blocks until they are told to stand on them. Younger swimmers may start from the edge of the pool until they feel comfortable with diving from the blocks. | |
| Bullpen | The place where swimmers wait to be called for their events. Swimmers sit in the Bullpen until they are called to go to the Clerk of Course. | |
| Clerk of Course | Swimmers report to the Clerk before their event to receive their lane assignments. | |
| D.Q. | Disqualification. A swimmer will be disqualified from an event if he/she has two false starts or swims a stroke incorrectly. Swimmers in the 8 and under group are given some latitude for the purpose of instruction at the beginning of the season. | |
| Event Card | Given to each swimmer before an event. Card includes the swimmers name, event number and lane assignment. The swimmer then gives this card to the timer in an assigned lane. | |
| Event Distances | 25 Yards = one length 50 Yards = two lengths | 100 Yards = four lengths 200 Yards = eight lengths |
| Free Relay | Four swimmers, each swimming freestyle. | |
| I.M. | Individual Medley - One swimmer swimming one length in each of the four strokes (fly, back, breast and freestyle). | |
| Medley Relay | Four swimmers, each swimming a different stroke (back, breast, fly, and free). | |
| Referee | Person responsible for settling any disputes that arise during the meet. Determines if the meet should be canceled or delayed due to inclement weather. | |
| Runner | Person who collect the cards from the timers after each event and takes it to the scoring table. | |
| Starter | Person responsible for calling swimmers to the blocks and starting each event with the starting device. | |

BUTTERFIELD BULLFROG BEHAVIOR CONTRACT

Butterfield Swim Team members and parents are expected to exhibit appropriate behavior at all times. This includes practices, during meets, in the bullpen and at all team activities. Swimmers are expected to show respect for all coaches, parents and other team members, use proper language, follow all safety guidelines, Park District Rules and Code of Conduct, display honesty, and show good sportsmanship.

Swimmers/Parents who do not follow these behavior guidelines will be disciplined and receive consequences in the order below.

Behavioral Consequences:

1. Verbal Warning
2. Written Warning
Swimmers will sit out a portion of that practice.
Parent will not be allowed to attend the next swim meet.
3. 2nd Written Warning
Swimmers will be removed from practice and parents will be contacted by the coach.
Parent will be removed from swim meet attendance for the rest of the season.

If the same poor behavior continues, the following consequences go into effect in order:

4. Swimmer will only swim one event at the next meet.
5. A conference will be held to include coaches, parents, Parent Board representative (and swimmer as appropriate) to determine further discipline measures.

Other discipline options will be available to use at all times if necessary such as:

1. Swimmer suspension from team (for designated period).
2. Swimmer expulsion from team for remainder of season (no refund of fees).
3. Parent suspension from all swim meets for the next season.

Other Notes:

*There is a no tolerance rule in effect for stealing or destruction of property. A parent must sign up and WORK a minimum of 5 meets. Swimmers will be scratched from the meet if they fail to do so. If you cannot attend a meet, notify the coach **IN WRITING AT LEAST THREE (3) DAYS BEFORE THE MEET. Failure to do so or If a swimmer is late or misses warm ups, he/she will be scratched from the meet.***

PARENTS WILL NOT BE ALLOWED ON THE POOL DECK DURING PRACTICE.

**I have received and read the Bullfrog swimmer/parent handbook.
I agree to the above rules and policies.**

Parent Signature

Print Name

Date

Swimmer Signature

Print Name

Date