



Vashon Seals Swim Team
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SWIM MEET POLICY

(As adopted by the Vashon Aquatic Club Board of Directors on October 1, 2009)

1. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents.
2. No swimmer shall drive a car to, from, or at an away swim meet unless accompanied by a parent or chaperone. Swimmers 16 years of age and older may drive themselves, but may not be accompanied by younger swimmers.
3. Meet warm-up times, which are set by the meet hosts and published on-line on the team website, are to be strictly adhered to by all team members.
4. In general, it is preferred that team members check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.
5. Swimmers are expected to check in with their coach before and after each of their events.
6. In preliminary and final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All team members are expected to wear team suits and team caps for competition. If team suits are not available, then a black-colored suit must be worn. Your personal appearance shall be neat and appropriate at all times.
8. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
9. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.
10. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the VSST team area in a neat and clean condition at the conclusion at each session of the meet.
11. All questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the VSST coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.
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. All swimmers must adhere to USA Swimming rules and regulations.