



MARC Policies

Picture Policy: MARC will post pictures of swimmer's and/or families from events, practices, and meets on the tv feed in the foyer and social media platforms.

Payment Policy: There are no refunds or credits given without written notice. An Inactivation Form and Fee MUST be received before account is closed.

Meet Sign Up and Payment Policy: MARC encourages all swimmers to be active participants in their meet entry process. We have created a process in which swimmers can choose which events they would like to swim in meets. For younger swimmers we realize this will include parents. Coaches encourage swimmers to discuss possible event choices with them. Prior to the meet entry deadline, information about the meet will be posted adjacent to the front desk in the lobby. An event sign-up sheet will be available for each swimmer to complete. Once athletes select their desired events, they will turn the form into the box located with the meet information. In addition to the information at the pool, information will be communicated through email and to athletes prior to the entry deadline. Payment for meets will be done after confirming meet entries.

Swimmers Code of Conduct: The swimmers' role is to first act in a manner that is conducive to MARC. Any act deemed inappropriate can jeopardize a swimmer's standing within the club. A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers. Each swimmer should be committed to striving for their goals and for the good of MARC.

- Remember that at practice, during swim meets, and in public they represent MARC. They should represent MARC with excellence, team spirit, good sportsmanship and politeness.
- At all times, follow the directions of any member of the coaching staff and ownership. Disrespect or failure to obey instructions will not be tolerated from any swimmer.
- Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Shall not drink alcohol, use tobacco products or illegal drugs or any substances banned by USA Swimming or FINA.
- Respect each other and the property of others including the facilities used for practices and meets.
- No cell phones or cameras are allowed in any locker room at practices or meets.

Basic Responsibilities of Swimmers

- I will be punctual to both meets and practices.
- Pool and water time are valuable. Make the most of it.
- I will be an active participant in all team practices, activities, competitions, and fundraising events.
- I will focus on every drill and every set.

- Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on the lane lines, missing send offs/sets.
- I will swim for the “fun” of it.
- Swimming should be something you want to do. It should not be done for your parents, coach, etc.
- I will pay attention and follow all the coach’s instructions completely and exactly.
- The coach is there to help you. If any clarification is needed, inquire politely.
- I will have a team/“appropriate colored” suit and wear a cap to be identified as a member of MARC when participating at meets.
- I will have practice suits to wear to practice.
- I will NOT at any time during practice or meets wear any caps, suit, etc., that represents another local swim program.
- I will have the appropriate equipment for my assigned group and have it in my possession at all practices ready to use.

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 and competitive environment for all.

Differences between swimmers should first be dealt with in an appropriate manner between the swimmers. If an appropriate resolution is not agreed upon, then the issue should be brought to the attention of the coach immediately. If the issue is still not resolved in an agreeable manner, then a meeting between all parties, parents, coaches, and/or others deemed necessary shall be scheduled at the earliest possible convenience.

Parent’s Code of Conduct: The success of the Montgomery Aquatic Race Club is dependent upon parental support of the club. The objective of the Parent Code of Conduct is a guide for swimming parents to help you and your swimmer succeed in a positive and productive environment. Please keep in mind that our children will learn from our actions as adults and we want to ensure swimming is a positive experience for your swimmer by your actions and behavior.

Conduct Expected of ALL Parents

- Always set the right example for our children by showing respect and common courtesies to the team members, coaches, MARC ownership, competitors, officials, parents, and for all facilities and other property used during practice or competitions.
- Demonstrate good sportsmanship during all practices, competitions, and team activities.
- Be an active participant in all fundraising events and other team activities; and encourage and support your child by permitting them to be timely for practices and competitions.
- Recognize that the MARC coaches are professionals and allow them to coach your child without interference during workouts and meets.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

Basic Responsibilities for Parents

- I will practice teamwork with all parents, swimmers, and coaches by supporting values of discipline, loyalty, commitment, and hard work.
- I will always maintain self-control.
- Criticizing, name-calling, use of abusive language, or gestures directed toward the coaches, officials, any participating swimmer, swim parent or ownership will not be permitted or tolerated.
- I will know my role.
- Swimmers-swim, coaches – coach, officials – officiate, parents – parent.
- I will permit each coach to do his/her job by not disturbing and/or distracting the coach and/or swimmer during practices and/or meets.
- At MARC, coaches have the responsibility of supporting their swimmer and/or club. MARC recognizes that parents may have concerns from time to time on how their swimmers are coached. Parents are asked to communicate any concerns regarding coaching of their swimmer directly to the lead coach first, then to the Head Coach. Any concerns relayed to and not

resolved by the Head Coach to the parents' satisfaction should be brought to the attention of the ownership. Parents should contact the owner of the club, venting concerns heard in the bleachers or lobby which do not support the team and/or the coach/swimmer relationship and can prove damaging to the development of the child as well as the club.

- I will get involved.
- Parents will be required each year to help in the meets we host as well as the meets we attend at other locations. No previous experience is necessary in most areas, but officials need to attend the Gulf Swimming, Inc. training sessions. Please contact the Head Coach if you are interested in attending official's clinics. Any support in these areas helps MARC maintain a high-quality program, while keeping the monthly and annual fees at a reasonable level.
- I will get my swimmer to, and/or stress the importance of arriving to practice and meets on time and drop off/pick up my swimmer 15 minutes prior to and following practices.
- I will provide or arrange for adequate adult supervision and accommodations for my swimmer at practices, meets and/or team functions.
- All fees are required to be paid when due. Parents may also be asked to donate items that the club would sell in the concessions and/or hospitality area(s) at the meets we host for the purpose of fundraising.
- I will promote the team and the swimmer's goals and objectives.

SAFE SPORT USA Swimming Policies: <https://www.usaswimming.org/safe-sport#:~:text=USA%20Swimming%E2%80%99s%20Safe%20Sport%20program%2C%20a%20comprehensive%20abuse,among%20the%20strongest%20safeguards%20found%20in%20youth-serving%20organizations>.

COVID-19 Guidelines: These are ever changing! The swimmers and families will be aware of Covid-19 changes as they come available and put into place. Any questions or concerns please email: maria@marcswimming.org