

LANSING SWIM ORGANIZATION (LSO)

MANDATORY RULES & REGULATIONS

SEPTEMBER, 2011 - JULY, 2012

(Use Form #2 for Signature of Receipt)

CONDUCT:

1. All swimmers and parents will show respect for all of our coaches and other swim team members and their families. In addition, good sportsmanship and team support will be practiced at all times.
2. The coaches and/or parent(s) assisting the coaches in charge of all practice sessions have the authority to dismiss any swimmer from practice for improper behavior. Improper behavior constitutes any property damage to T.F. South's property or other's belongings, use of foul language, stealing, fighting, or any other action deemed inappropriate by the coaching staff. A swimmer may be dismissed from practice for improper behavior at the coaches' discretion and their parent(s) will be contacted. The swimmer may be removed from the water.

DROP OFF, PARKING, AND PICK UP PROCEDURES:

1. Parents **MUST** come into the building when dropping off and picking up their swimmer from practice. **NO** swimmer(s) will be allowed to leave without an adult entering the building to pick the child up. Parents of swimmers who have late practice must be at the pool by 8:45 p.m. **Be on time!**
2. **DO NOT PARK** your vehicle in the "No Parking Area" in front of the school at any time. T.F. South has advised us that cars will be towed from the "No Parking Areas".

RULES GOVERNING BEFORE, AFTER, AND DURING PRACTICE:

1. **BE ON TIME FOR PRACTICE!** Swimmers need to warm up and if they are late, it delays practice for everyone.
2. **ABSOLUTELY NO PLAYING OR LOITERING IN THE HALLWAYS!** In addition, the bathrooms in the hallways cannot, under any circumstances, be used by a LSO swimmer. Swimmers should change and use the bathrooms in the pool locker rooms only! If problems continue, the bathrooms in the hallway areas will be locked. Bathrooms in the hallway areas may be used by adults only or young children accompanied by an adult.
3. **PARENTS** Only swimmers attending the appropriate practice may be in the pool area.
4. **PARENTS** Please do not coach your swimmer(s) from the bleachers.
5. **PARENTS** are not allowed on the pool deck before, during, or after practice.
6. **NO ONE** is allowed in the equipment room at T.F. South without the coaches' permission. No swimmers are allowed in the pool area without a member of the LSO coaching staff.
7. Label all personal equipment of your swimmer(s) with their name, i.e., fins, caps, goggles, swimsuit, etc.

LANSING SWIM ORGANIZATION (LSO)

MANDATORY RULES & REGULATIONS

SEPTEMBER, 2011 - JULY, 2012

(Use Form #2 for Signature of Receipt)

COMMUNICATION:

1. If you need to speak to a coach, please do so between the first and second practice periods. **PLEASE DO NOT** speak to the coaches when the children are in the water practicing. **This is the swimmers' time!** Also, please feel free to place a note in the coaches' mailbox.

2. The mailboxes/WEBSITE (E-MAIL) is LSO's means of communicating with parents. **ONLY PARENTS** are permitted to retrieve mail or other pertinent information from the family mailbox. Children may not pick up information. Too much important information is passed through this means of communication and we do not want the children responsible.

RULES GOVERNING SWIM MEETS:

1. **PARENTS ARE NOT ALLOWED** on the pool deck at any swim meet. You must have an official reason for being there, i.e., timing for a meet, etc. Only individuals with coaching cards or at the request of the coaching staff are permitted on deck unless they have been assigned a duty that requires their presence on deck.

2. Team suits **are worn at all meets** by all team members! New spring and summer swimmers are exempt until the fall season.

3. **MAY NOT** drop your child off at swim meets by themselves. Each child must have an adult with them. Carpooling is encouraged. The adult bringing the children is responsible for them.

4. **SWIMMERS MUST REPORT TO THE COACH AFTER EACH RACE AT A SWIM MEET!** THERE ARE NO EXCEPTIONS TO THIS RULE! WHEN A SWIMMER FINISHES EACH RACE AT A MEET, THEY SHOULD IMMEDIATELY FIND THE COACH ON DECK AND REPORT DIRECTLY TO HIM/HER.

5. LSO is scheduled to attend an Intra-squad, Dual, or Tri-Meet, attendance will be **mandatory** and take precedence over an Invitational that may be held at the same time. The meet entry director will not accept these entries, so do not enter an invitational meet if LSO is scheduled to attend an Intra-squad, Dual or Tri-Meet.

6. **During an Intra-squad, Dual, or Tri-Meet, all swimmers must remain on deck.**

NOTE: Each time a rule is broken, a parent will be notified by a coach or a board member. After three (3) incidents or at the coaches' or board's discretion, a swimmer may be removed from all practices and meets. Depending on the seriousness of the offense, the swimmer could be asked to leave the team. In this case, no refunds will be given and all dues must be paid in full. In addition, scratched relays will be charged to the suspended swimmer if a replacement cannot be found.

LANSING SWIM ORGANIZATION (LSO)

MANDATORY RULES & REGULATIONS

SEPTEMBER, 2011 - JULY, 2012

(Use Form #2 for Signature of Receipt)

SUMMARY of DO'S & DON'T

DO show respect for all of our coaches and other swim team members and their families. In addition, good sportsmanship and team support will be practiced at all times.

DO NOT damage any property to T.F. South or other's belongings

DO NOT use of foul language steal or fight.

DO come into the building when dropping off and picking up your swimmer from practice.

DO NOT leave your child in front of the building when coming to practice.

DO be on time at the pool by 8:45 p.m. to pick up your child.

DO NOT park your vehicle in the "No Parking Area" in front of the school at any time. T.F. South has advised us that cars will be towed from the "No Parking Areas".

DO be on time for practice

DO NOT be late for practice.

DO NOT play or loiter in the hallways

DO NOT use the bathrooms in the hallways by any L.S.O. swimmer.

DO use the hallway bathrooms in the hallway if you are and ADULT only or young children accompanied by an adult.

DO Only swimmers attending the appropriate practice may be in the pool area.

PARENTS Please do not coach your swimmer(s) from the bleachers.

PARENTS are not allowed on the pool deck before, during, or after practice.

NO ONE is allowed in the equipment room at T.F. South without the coaches' permission. No swimmers are allowed in the pool area without a member of the L.S.O. coaching staff.

During an Intra-squad, Dual, or Tri-Meet, all swimmers must remain on deck.

NOTE: Each time a rule is broken, a parent will be notified by a coach or a board member. After three (3) incidents or at the coaches' or board's discretion, a swimmer may be removed from all practices and meets. Depending on the seriousness of the offense, the swimmer could be asked to leave the team. In this case, no refunds will be given and all dues must be paid in full. In addition, scratched relays will be charged to the suspended swimmer if a replacement cannot be found.

LANSING SWIM ORGANIZATION (LSO)

MANDATORY RULES & REGULATIONS

SEPTEMBER, 2011 - JULY, 2012

(Use Form #2 for Signature of Receipt)

PLEASE READ THESE RULES & REGULATION TO YOUR SWIMMER(S).

A signature page confirming that all parents have read and understand the rules and regulations of LSO is in your swim packet. You must sign and acknowledge receipt of the LSO Rules and Regulations contract, Form #2, on the signature page. This signature page must be returned **to the vice-presidents' (or mailbox), immediately or your swimmer will not be allowed to participate.**

Thank you.
LSO Board