



Cumberland, Maine

SSC SWIMMER GUIDELINES

Welcome and congratulations on joining Seacoast Swim Club. You are now a member of a swim team in USA Swimming.

As your swimming improves your feeling of commitment to YOUR TEAM and SSC will also grow and improve.

Your coaching team spends an enormous amount of energy and time, at and away from the pool, focused on improving YOUR swimming.

To help us all have a really positive season, we need to review a few rules.

WE ARE A TEAM

We will encourage and support each other. Each team will have a team captain.

WE ARE GUESTS of Greely High School

We need to respect the property. GHS allows SSC to use the facilities of MSAD #51.

SAFETY

Your coaches are working on your swimming and their attention is focused on the pool. They cannot be responsible for you until you are actually in the pool swimming.

Your coaches will allow you to come and sit quietly in the bleachers, until it is your groups' time to swim. Please be prepared with homework, book, or a quiet (preferably with earphones) electronic toy.

Parents/Guardians; The swimmers are your responsibility until practice starts. Please review with them your expectations and your safety rules (as to where and whom they are to be with).

LOCKER ROOM

Articles do go missing permanently. Do not go bring any valuables into the locker room. Paper towels are to go in trash cans only. Locked doors need to stay locked for your safety.

YES, I want to be a member of SSC. I have read/had the rules read to me by a parent/guardian.

Swimmer's signature _____

Parent/Guardian signature _____