

## **KYSC Policies and Procedures**

Every swimmer is responsible for reading this and sharing it with their parents.

Head Coach:	Val Boreyko	422-2597
Assistant Coach:	Ouida Liu	contact pool office
Assistant Coach:	Claudia Schwarz	contact pool office
Assistant Coach:	Matt Christensen	contact pool office
Aquatics Director:	Cathy Huang	422-6247 (pool office)

**Practice starts at 4:00 sharp.** Coaches will not let swimmers participate if they come in late for practice. Swimmers should be dropped off or enter the building no later than 3:55 so that they can change and make it to the pool deck on time. If there is a situation where a swimmer will be late, we need to know in advance... or parents can write a note for the coaches. Swimmers that need to get out early should have the parents notify the coaches or pool office in advance, or send in a note. We are responsible for all of the swimmers through the duration of the practice, so will not dismiss a swimmer unless we know it is O.K. with a parent.

### **Building Policies:**

- Swimmers should not enter the building (past the turnstiles) before 3:30. Swimmers being dropped off before that can sit in the lobby area to wait. After 3:30 swimmers can go down to the pool deck bleachers or older swimmers (12 & over) can sit in the 3<sup>rd</sup> floor lounge area (the front lounge) if they are doing homework. Younger swimmers should be supervised by an adult in the lounge area. Swimmers are not allowed in the Alumni Lounge (the lounge beyond the café area), the TV lounge, & the basketball courts. Swimmers are not allowed to check out equipment (ping pong, pool table stuff or basketballs) from the Equipment Desk.
- Boys are not allowed in the locker area of the locker room. They can enter the shower/changing area through the pool deck doors to the men's locker room.
- Swimmers should be picked up before 6:30pm. Swimmers can wait for parents in the lobby area of Koret. Remember to keep the noise down because the Front Desk personnel will be helping clients, answering phones and conducting business.
- The Front Desk will not allow friends, of KYSC swimmers, access to the building. If there is a special circumstance please clear it with Cathy first.
- **All monthly fees need to be paid by the 10<sup>th</sup> of the month. We do not send out bills. The fees are:**  
**Non-Members: \$55.00/month 1<sup>st</sup> child; \$25.00/month additional swimmers.**  
**Full time faculty/staff & annual members of the Koret Center: \$45.00/month 1<sup>st</sup> child; \$20.00/month additional swimmers.**  
**Checks can be made payable to USF and sent in with the swimmer to hand to the Front Desk.**

### **Practice times & requirements for the entry level:**

- Red/White/Blue group (entry level):

Monday – Friday 4 – 5:15.

Requirements: Three practices per week are mandatory. Swimmers can attend more than 3 practices per week if they want to. Swimmers can pick any three days to come in each week. To move from this group, a swimmer must be coming regularly to practice, involved in the competitions, be at least 9 years of age, able to swim a 2500 yard workout, and able to do all four strokes.

### **Practice times & requirements for the middle level:**

- Gold group (middle group):

Monday – Friday 4 – 5:55pm, Sat 8 – 10am (optional)

Requirements: Three afternoon practices per week are mandatory for this group. Swimmers are encouraged to participate x-tra afternoons or Saturday mornings. Dry-land training is on Tues/Thurs from 4 – 5:00. To move from this group, a swimmer must be willing to come to practice at least 4 - 5 times per week (including Saturday mornings). They should be actively competing and at a solid A level and approaching JO times. They must be willing to make the commitment to take swimming to a higher level.

### **Practice times & requirements for the upper level:**

- Junior+ group:

Monday thru Friday 4 – 6:05pm, Saturdays 8 – 10am (mandatory)

13+ age groups (optional...but highly encouraged at least 1 day per week):

Monday, Wednesday, Friday 6 – 7am or 7 – 8am. (You must show up at 6am for the early workout or at 6:55 for the 7am workout).

**To stay in the Junior+ group, all requirements must be met.**

**Requirements:**

#### **13+ age groups:**

5 workouts per week (although for maximum improvement 6 workouts is strongly encouraged). Saturday is mandatory - if you have a conflict on a Saturday (out of town, family event, etc...) please let Val know ahead of time. One morning per week is highly encouraged for high school age swimmers – let Val know if you have a conflict with your school starting time.

**12 and unders** – 4 workouts per week (although for maximum improvement 5+ workouts is strongly encouraged). Saturday is mandatory – if you have a conflict on a Saturday (out of town, family event, etc...) please let Val know ahead of time.

Dry land training is on Mon/Wed/Fri from 4 – 5pm. High school age swimmers will be going to the weight room on either Mondays, Wednesdays, or Fridays. Coach Val will post a schedule.

## Expectations for all KYSC Swimmers:

- **Safety:**

The coaches are expected to maintain a safe environment for the swimmers during practice...so the swimmers will be expected to follow some basic safety rules:

1. All swimmers will enter the water with a USA swimming “3 point entry”. This is the same entry that is mandatory during warm-ups at swim meets. Basically it means that you must sit down and slide into the pool. We will be very strict with this as we have had a couple close calls with swimmers landing on top of each other in the water.
2. No running or “horseplay” will be allowed on the pool deck.

- **Lane etiquette:**

1. Swimmers must allow 5 second send offs between themselves. If you find that you are catching up consistently with the swimmer in front, ask the coaches to adjust the order of the swimmers in your lane.
2. **All workout swims must be “legal swims”. All turns and finishes should be appropriate for the stroke.** (If you don’t practice it in the pool it won’t happen automatically in a meet!) So be sure to move to the side of the lane after you touch the wall and finish your interval. This will allow the swimmers behind you to complete their interval with a legal wall touch.
3. Circle swim by staying close to the lane lines on each side of the lane. Do not swim down the middle.

- **Dress code:**

1. Swimmers should come to practice with all necessary equipment. All swimmers will need swim suit, goggles, caps (swimmers with very short hair excepted) and a towel. Swimmers in the Gold and Junior groups will also need to bring fins, hand paddles, parachutes, t-shirt, shorts and tennis shoes. The coaches will tell you which days you need to bring specific equipment. Swimmers can leave their fins at the pool in the “fin bin” if they want.
2. You should meet on the pool deck at **4:00 sharp** dressed in the appropriate attire for what you will be doing. If it is a dry-land day...you will need to be in your t-shirt, shorts or sweats and tennis shoes. Do not show up in street clothes. If it is a swim day...you must be in your swimsuit and have all of your equipment with you. Please set up all of your equipment ahead of time. The beginning of the warm-up set is **not** the time to be adjusting your goggles.

- **Respect:**

1. Swimmers are expected to show respect for all of the KYSC coaches. This means paying attention when the coach is addressing the swimmers and doing the swim sets exactly how the coach wants it to be done. If you are injured or not feeling well, you should address this with the coach so that they can adjust your workout or have you sit out.
2. Swimmers are expected to show respect for all of the KYSC swimmers. It is not expected that you be “friends” with everyone on the team, but it is expected that you are friendly and respectful with team members. This will help to build team spirit and pride in your team – things that we as a team need to show at swim meets and during practices.

Swimmers are not allowed to use inappropriate language while in the Koret facility or at swim competitions. This is disrespectful to both your team mates and your coaches. The coaches will remove swimmers from the workout/swim meet if inappropriate language is used.

Swimmers are also expected to show respect to team mates by keeping “your hands to yourselves”. If you have a conflict with a swimmer on the team, tell the coaches. They will help to resolve it. Bullying is not tolerated.

3. Swimmers are expected to show respect for the University Community. Be aware that you are sharing the USF Koret building with many people from the University (the USF President and other administrators, faculty/staff, USF students, Jesuit priests, etc...). Please be aware of this fact while you are in some of the shared areas – showers or locker rooms, lounges and lobby area.
4. Swimmers are expected to show respect for the USF equipment that is used during workouts. Do not throw the pull buoys and kickboards up into the ledges, or toss the equipment around on deck. You may injure another swimmer or damage the equipment. Use the swim benches and the stretch cords as shown...to do otherwise may cause injury to you or another swimmer or damage to the equipment.

- **Nutrition:**

1. We want you to eat something before practice...but it should be something healthy! Good things would be: fruit/veges, bagels, energy bars, water, smoothies, gatorade.  
Bad things would be: pizza, hamburgers, huge sandwiches, burritos, soda, candy, sugary snacks, potato chips.  
Eat your healthy snack **before** you get into the locker room or pool deck! Do not bring food out onto the deck. You can bring a water bottle...but it should be filled with just water. We have had many “sticky” accidents with jamba juices, gatorade, etc...

- **Competition:**

1. All swimmers must register with United States Swimming annually. New registration forms will be given out from the pool office. Re-registration information will be sent to the swimmer's home before the end of October.
2. KYSC swimmers are expected to attend swim competitions on a regular basis. Meet sheets will be sent home with the swimmers approximately 3 weeks before the date of the competition. If you need help filling out the meet sheets, contact the pool office.