

# JDS Aquatics

Coach Jim Solomon (321) 956-7983

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## **JDS Aquatics Swim Club Rules**

*All Swimmers will swim at their own risk!*

1. Always be present at the pool for practice no later than 15 minutes before the start of practice, so we can start on time and make efficient use of the time allocated.
2. Swimmers are expected at all times to follow the instructions of the coaching staff.
3. Swimmers are encouraged always to be positive at practice, and show good sportsmanship.
4. **Parents need to sit in the bleachers, or in a chair by the large umbrellas.** This is the area designated for your use. Please do not sit in an area where you will be a distraction to the swimmers and the coaches.
5. All club dues must be paid by the beginning of the month (*not the end of the month*). If dues are not paid by the 10<sup>th</sup> of that month, then a late fee of \$10 will be assessed. Please make checks payable to Coach Jim Solomon, and please put your child's first name on the bottom left (memo) of the check.
6. There are **no** refunds for bad weather.
7. Coaches are not responsible for calling all swimmers to cancel practice due to bad weather. If you see lightning, then 30 minutes must pass without another lightning strike in order to get back into the pool. You may call the coach at (home) 321-956-7983 or call/text the coach (cell) 321-368-4133, with your weather concerns.
8. We wear team swim caps (every practice). Parents can purchase more caps and t-shirts at anytime  
\* **Junior Swim Club** - We wear club team swim caps to show our team unity. For new members, the first swim cap and t-shirt are free. The second swim cap and t-shirt will cost you \$8 each (club swimmers receive a shirt or cap for \$5 each). Shirts and caps are also available for purchase by family and friends for \$8 each. Ask coach for more details.
9. To have a successful swim program, there must be complete understanding and cooperation among parents, swimmers and coaches. The progress of your child/children may depend, to a great extent, on this triangular relationship.
10. Swimmers 10 years and younger are the most inconsistent swimmers. This can be frustrating for parents, coaches and swimmers alike. We must be patient and permit these youngsters to learn to love the sport.
11. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's job to supply love, recognition, and encouragement necessary to help the young athlete feel good about him or her self.
12. The goal of JDS Aquatics is to not only produce great swimmers, but also to produce great young people who swim!

**Please Note** - ONLY SWIM CLUB MEMBERS ARE AUTHORIZED TO BE IN THE POOL during JDS Aquatics swim practice.