

## **FY16 Swim Team F&Q**

### **What skills does my girl need to know in order to participate?**

Girls should know the basics skills to swimming including having their face under water and being in the deep end, along with being able to swim 25 yards without stopping.

Girls do not need to know specific strokes or have been on a swim team before.

### **What teams are available?**

The swim team program is offered in the Southwest region of Minnesota. Teams are based on pool availability in the communities. Due to most community pools not open year round, we have to wait until pools open for the season to confirm they will host us for another year. We have a pretty good idea of where teams will be offered this year and are constantly confirming and updating our locations. Please continue to check our webpage for updates.

### **When and what time are practices?**

Practice days and times vary from team to team depending on coaches' schedules and pool availability. Coaches are required to hold at least two practices a week for a hour each time. Coaches will begin to connect with families by May 15<sup>th</sup> about practice times.

### **Where is the meet schedule?**

Girls will have an opportunity to participate in at least 5 meets this season. Meets are held Saturday mornings typically with warm ups starting at 8:30am and the meet starting at 9:00am. The meet schedule is based on coaches' schedules and pool availability. We try to schedule meets so that families do not have to travel more than 60 miles to a meet. The schedule will be complete by the first of June and coaches will share the information with families.

### **What if my girl misses a practice or meet?**

It is okay if your girl misses a practice or meet. Please just make sure you communicate with your girl's coaches when she won't be there.

### **Is transportation available?**

Girl Scouts encourages carpooling but does not facilitate that option. We encourage families to work with each other for carpooling. Coaches **are not** allowed to drive girls to and from practices or meets unless the girl(s) is their own family member.

### **What are the coaches' qualifications?**

All head coaches are 18+ and are a current certified lifeguard.

Assistant coaches are 16+ and most are a current certified lifeguard.

Our coaches have a wide range of experiences and skills. A lot of our coaches used to compete themselves on the Girl Scout Swim Team! Our coaches are lifeguards at their community pool, compete on a school swim team, teach swim lessons and/or are Water Safety Inspectors.

All of our coaches have been background checked and are registered members of Girl Scouts.

### **What does the fee cover? Are there other costs?**

The fee covers the cost of salaries for a minimum of 2 coaches per team, ribbons for all events, stop watches, ropes, and swim caps for each girl and liability insurance. All other expenses are at the discretion of the family and are not included in this fee. Examples of additional expenses may include goggles and swim suits, although no special suits are required. Some teams do purchase team T-shirts which is decided by the team's Head coach.

### **Cancellation and Refund Policy**

All teams are pending on that they meet the basic requirements to be a team.

All teams must have two coaches with one at least 18+ and at least one that is currently a certified lifeguard.

By May 15<sup>th</sup>, 2016 if there is not at least one 18+ adult and currently certified lifeguard coach to a team, the team will be cancelled.

All participants who signed up for that team can either be fully refunded or placed on a different team. Girl Scouts will offer at least two other teams in the region for participants to join.

### **Parents/Siblings at Practice**

We understand that some families drive a long distance for practices. Families are allowed to stay for practices but please note that coaches are only responsible for the registered participants on their team and only registered Swim Team participants should be in the pool during practice.

### **Girl Scout Code of Conduct for Adults**

Adult chaperones are asked to help girls uphold the Girl Scout Promise and Law during council events so all participants have an enjoyable experience through their own actions. This includes respecting oneself and others, respecting authority, and being a sister to every Girl Scout.

### **Girl Scout Code of Conduct for Girls**

Girls are expected to uphold the Girl Scout Promise and Law during council events so all participants have an enjoyable experience. This includes respecting oneself and others, respecting authority, and being a sister to every Girl Scout.