

## TRAVEL GUIDELINES

**Travel Policy:** The coaching staff selects team travel meets for the following reasons:

- ❖ Give our swimmers experience competing against different competitors and competing at a higher quality of individual competition.
- ❖ Gain experience in meet programs outside of Sierra Nevada Swimming.
- ❖ Seek conditions conducive to exceptional performance.
- ❖ Experience the fun and social interactions of traveling as a team.
- ❖ Learn responsibility and independence through our travel experience.

**Travel Meet Rules:** These are GENERAL GUIDELINES regarding the expected behavior while attending Team Travel Meets. Anyone who conducts themselves in a manner not covered by the rules but is considered by the Coach to be behaving inappropriately or not in the best interest of them or the TEAM will be subject to disciplinary action. It is the responsibility of the SWIMMER to consult with the coach on matters that are not covered in the rules, but which might be construed “negatively” by the coach.

1. Swimmers who are deemed by the coaching staff as eligible to attend a travel meet should be considerate of their teammates. They must realize the reputation of the CCA & NSS as well as the individual will be dependent upon their behavior; and understand that the trip is designed for improvement and experience in their competitive swimming.
2. A specific schedule will be distributed to all swimmers with information concerning warm-ups, curfews, and other pertinent information. If you have any questions, see the coach immediately. Circumstances beyond our control may require schedule changes – be prepared for such changes.
3. Punctuality is essential! We will have meals as a team; go to warm-ups as a team, etc. Each swimmer should have their own alarm set on the trip. Do not inconvenience the rest of the team by being late. Our van leaves on time!
4. All CCA & NSS swimmers must attend the meet in their assigned team uniform. This includes team suit, cap, shirt, etc.
5. First impressions such as politeness and neat appearance are important to the swimmer’s personal image, as well as that of the team and the sport. When CCA & NSS attend special functions or travels as a team, swimmers must be clean, neatly dressed and groomed. Check with your coach if you are not sure what to wear. Politeness and good behavior are always required, especially in hotels, airports, and restaurants. **TEAM SHIRTS/Apparel EVERYWHERE.**
6. Vehicles driven by coaches will only seat as many passengers as there are seatbelts available.
7. Parents of younger swimmers may arrange for one of the coaches to carry and disperse the child’s money if they wish.
8. After trials, swimmers should eat lunch and return to their rooms to rest.
9. All swimmers, whether they swim in finals or not, will return to finals each evening. At the discretion of the coach, this rule may be waived for unusual circumstances.
10. To ensure the propriety of the participants and to protect the staff, there will be no males in female athlete rooms and no females in male athlete rooms. If males and females are found together in the same room, they will be sent home as soon as possible, and further disciplinary action may be taken.
11. Curfews will be established and adhered to during the trip. At the curfew, all swimmers must be in and remain in their assigned rooms. Lights out will be no later than 30 minutes after the curfew, unless otherwise set by staff.
12. No use of alcoholic beverages, tobacco products or consumption drugs not prescribed by a doctor will be tolerated. Any CCA or NSS swimmer who violates this rule will be immediately sent home and further disciplinary action will be taken. Further, any CCA or NSS swimmer found in the presence of others (regardless of team affiliation) participating in the above activities will be subject to the same punishment.
13. Lounge/bar areas are OFF LIMITS to swimmers.
14. It is a team goal that we travel as a team. We prefer not to make special arrangements which inhibit this goal. The team has worked hard to secure the best possible travel arrangements for the group.
15. Baggage is usually restricted to one travel bag and one carry-on swim bag. Pack your Team swimsuit, goggles, towel and other swim items in the swim bag and bring it with you on the plane.
16. Payment for all trips must occur on a timely basis. Make sure that you are aware of all trip expenses.



17. Being included on a team travel trip is a privilege and not a right. *CCA & NSS* swimmers earn the privilege to be included in a team travel trip by maintaining good work ethics (listening and following the directions of the coaching staff, meet or exceed minimum attendance goals set for the swimmer's group, stay on top of schoolwork, etc). For team trips swimmers must have a current GPA of 3.0 or higher and must have made the specified percentage of practices during the current season.
18. Make sure you inform teachers well in advance of missed school dates and schedule any necessary make-up work in advance.
19. Bring books and study materials with you. You are expected to do schoolwork on travel trips, if necessary, to maintain your grades.
20. No "deck changes" are permitted. Athletes are expected to use the available change facilities.

**RESTAURANT BEHAVIOR:** *CCA & NSS* swimmers are expected to:

- Always use responsible table manners.
- Be polite to the waitperson.
- Do not leave with any "souvenirs" unless you pay for them.
- A 15% tip must be added to the bill (unless it is already included).
- If you feel that the service was unsatisfactory, consult your coach.
- Do not leave a mess at your table.

**AIRPORT/MOTEL/HOTEL BEHAVIOR:** *CCA & NSS* swimmers are expected to:

- Exhibit good manners and behavior – loud and boisterous behavior will not be tolerated in rooms, hallways, or public areas.
- Any damage or thievery will be at the expense of the individual swimmer and further disciplinary action will be taken!
- Coaches will have a meeting at the hotel to go over hotel and safety procedures.
  - Doors and windows should remain locked at all times.
  - Swimmers should use peephole prior to answering door and be dressed appropriately when opening the door.

**CELL PHONES:**

- During the meet, Cell phone use is for Meet Mobile or contacting parents only.
- No holding or using your device while walking.
- Phones will remain in your bag during ALL meals.
- Phones will remain in your bag/secure location or with a coach while you are in the locker rooms.
- Absolutely NO Pictures taken in Hotel Rooms or Bathrooms/Locker Rooms

I understand that failure to comply with the *CCA & NSS* Guidelines as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action **at the discretion of the Head Coach** which may include but is not limited to any one or all of the following penalties will be applied:

1. Swimmer may be scratched from the meet.
2. Swimmer may be sent home immediately from practice or meet. If there is extra expense it will be the responsibility of the swimmer's family.
3. Swimmer may be suspended from the team until the swimmer and parents have had a conference with the Head Coach and appropriate disciplinary actions have been implemented.

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Swimmer

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Date

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Parent or Guardian

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Date