

General Info

Club Communication and Notification

The main means of communication is the club web site: www.goTRIBS.org. It is important for parents and swimmers to get into a daily habit of checking the web site and Club Calendar for the latest information on practice schedules, schedule changes, meet announcements, newsletters, and so on. Other means of communication include the head coach's e-mail list and www.facebook.com/goTRIBS.

Equipment

In addition to a team suit for competitions, your swimmer will need at least one other practice suit. Goggles are needed for better visibility and protection against the irritation of pool water. Be sure the goggles you buy are comfortable and watertight. The equipment sales coordinator stocks swim caps, including team caps.

TRIBS encourages the use of the official team suit and a swim cap at all USA Swimming meets. Suits are ordered each fall. A large, group, fall order is done through the equipment chairperson and requires prepayment. It is recommended that the team suit be worn only for competition to avoid natural deterioration from exposure to pool water. Wearing the team uniform at meets helps create a team atmosphere and enables coaches and spectators to observe and cheer our Members.

Lost and Found

You are strongly encouraged to label all your swimmer's equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment floats around the pool deck and pool office and generally disappears. Swimmers should keep all swim bags and personal belongings on the pool deck and not leave anything in the locker rooms during their practice session. The locker rooms may be used simultaneously by others. The club is not responsible for lost items.

The Parent's Role

As the parent of a competitive swimmer, your main responsibility is to provide a caring environment for your swimmer. This support will encourage your swimmer to feel good about his or her interest in competitive age-group swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets.

Parents are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents serve as role models, and children often emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials, opponents, and teammates.

Be enthusiastic, but remember that your child is the swimmer. Swimmers need to establish realistic goals. Parents should not impose their own standards. It is far better to set goals of improvement than goals of winning.

Grievances and Complaints

As in any large organization involving significant numbers of parents and their children, TRIBS or its coaches cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them. More details on how to handle these concerns is in our Club Code.

If you have a complaint about administration of the club, coaching, finances, other swimmers' behavior, other parents' behavior, or other related matters, please contact the Head Coach.

Safety and Behavior

The board of directors and coaches want all TRIBS activities (practices and social activities) to be safe for swimmers, coaches, families, and spectators. To this end, we ask that all members follow the rules of the facility being used, listen to coaches, and follow directions.

Practice is not a time for fooling around. Swimming can be one of the safest sports available to youth. Yet, just one incident can turn it into a dangerous or deadly activity. Swimmers must act responsibly for their own safety and for the safety of others. Disruptive behavior and not following protocol set forth by the coaches are detrimental to the swimmer and the team. Coaches may bench any swimmer for any reason during practice. If swimmers are benched for the evening, they are not allowed to leave practice early. They must participate in any cleanup of equipment their group is responsible for, and they must stay until their group is dismissed.

The Northern TRIBS Swimming club reserves the right to terminate the membership of any individual whose behavior places the Club in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All TRIBS swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers when wearing the TRIBS logo.

Locker Rooms

TRIBS coaches are not in charge of supervising swimmers once they have entered the locker rooms. Individual families must be responsible for their own swimmer in the changing areas. Locker rooms should be used with expedience and left in the same state in which they were found. Any swimmer caught defacing property at any NTS-related activity will have membership privileges suspended, and the coach/owner will review the situation to determine whether the suspension should lead to termination of membership rights.

Accidents or Injuries

The club has a volunteer in the role of safety officer. In the event of an accident or injury, no matter how minor, please contact the safety officer and immediately fill out an accident report. All accidents are subsequently reported to USA Swimming. When a report is filed, you will receive a form from USA Swimming discussing USA Swimming secondary medical coverage. If you have concerns about safety in the swim club, please contact the safety officer or the club president.