

# **NAPERVILLE PARK DISTRICT**



## **MUDRAT PROGRAM INFORMATION**

NAPERVILLE PARK DISTRICT  
PARENT HANDBOOK

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<i>(This should be signed by swimmer and parent and returned to coach)</i>	

## POOLS AND ADDRESSES

<b>POOL</b>	<b>TEAM</b>	<b>ADDRESS</b>	<b>PHONE</b>	<b>LANE*</b>
<b>ASH</b>	Ashbury	Alligators	3403 Lawrence Drive	904-0955 6
<b>BKE</b>	Breckenridge	Breakers	2852 Breckenridge Estates	420-2535 6
<b>BRO</b>	Brookdale	Buccaneers	1625 Brookdale Road	961-9646 6
<b>CB</b>	Centennial Beach	Mudrats	500 W. Jackson	420-4221 8
<b>CC</b>	Cress Creek	Rebels	1215 Royal St. George Dr.	355-7300 6
<b>COM</b>	Cress Creek Commons	Cobras	1020 W. Bauer Road	717-8720 6
<b>F</b>	Farmstead	Flying Fish	904 Mill Race Lane	420-1350 6
<b>HW</b>	Hobson West	Waves	820 W. Gartner Road	357-6868 5 – 25 m
<b>H</b>	Huntington	Barracudas	1400 E. Chicago Avenue	355-3344 4 – 20 yd
<b>HE</b>	Huntington Estates	Seahawks	1315 Hobson Road	961-9691 6
<b>MB1</b>	Maplebrook I	Marlins	1288 Sandpiper Lane	420-9701 4 – 20 yd
<b>MB2</b>	Maplebrook II	Blue Dolphins	52 W. Bailey Road	420-9633 6
<b>NCH</b>	Naper Carriage Hill	Cardinals	400 Leamington Court	420-0026 6
<b>NE</b>	Neuqua Valley	Otters	2360 95 <sup>th</sup> St.	428-6000 8
<b>RC</b>	Naperville Tennis Club	Orcas	1011 E. Benton Ave	355-5600 6
<b>RR</b>	River Run	Raptors	4204 Clearwater Lane	904-1494 6
<b>S</b>	Saybrook	Sharks	10 E. 12 <sup>th</sup> Avenue	357-3434 6
<b>SP</b>	South Pointe	Sea Stars	2824 Champion Road	922-7903 6
<b>SR</b>	Steeple Run	Stingrays	6 S 050 Steeple Run Drive	355-6699 4
<b>SW</b>	Stillwater	Starz	2308 W. 87 <sup>th</sup> Street	904-8892 6
<b>TG</b>	Tall Grass	Lightning	3324 Deering Bay Drive	922-6871 6
<b>WV</b>	Waubonsie Valley	Waves	2590 Ogden Ave.	375-3564 8
<b>WE</b>	White Eagle	Warriors	3400 Club Drive	305-9577 8

- All lanes are 25 yard unless otherwise noted.

## QUALIFYING TIMES FOR CITY MEET

### 8 & under

25 Free	G	20.9	B	20.1
50 Free	G	47.0	B	47.5
25 Fly	G	26.6	B	28.3
25 Back	G	25.9	B	26.7
25 Breast	G	28.4	B	29.0

### 9-10

50 Free	G	37.8	B	37.7
100 I.M.	G	1:38.1	B	1:42.6
50 Fly	G	46.4	B	52.0
50 Back	G	47.2	B	48.0
50 Breast	G	49.1	B	50.6

### 11-12

50 Free	G	33.0	B	33.3
100 I.M.	G	1:25.3	B	1:26.8
50 Fly	G	39.2	B	41.1
50 Back	G	41.7	B	42.3
50 Breast	G	43.1	B	45.0

### 13-14

50 Free	G	31.0	B	28.9
100 I.M.	G	1:20.3	B	1:18.6
50 Fly	G	35.4	B	35.6
50 Back	G	39.9	B	39.2
50 Breast	G	41.8	B	39.7

### 15-18

50 Free	G	28.03	B	24.43
100 Free	G	1:07.9	B	59.1
100 I.M.	G	1:18.5	B	1:09.0
50 Fly	G	34.7	B	30.3
100 Back	G	1:23.8	B	1:16.9
100 Breast	G	1:30.4	B	1:19.6

6 & Under – all swimmers go to Classic

## SAFETY RULES & REGULATIONS

1. Each pool is equipped with lifeguards and first aid materials. Lifeguards and/or coaches should be notified in case of emergency.
2. A coach will be in possession of the swimmer's medical release form. These forms will be available at all meets.
3. Accident Report Forms shall be available at each pool. They must be filled out and turned into the Park District within 24 hours.
4. Water depth shall be a minimum of 3 feet 6 inches (42") in all pools. Pools with a depth of 42" but not 48" at the starting end of the pool, swimmers must start from either the deck or in the water. Pools with 48" or greater at starting end, swimmers can use blocks.
5. Starting platforms or blocks shall be no more than 30 inches above the water surface and flush with the pool end wall. Portable starting blocks are not permitted.
6. Baby pools, ponds, retention areas, or any additional pools are off limits to all swimmers during a swim meet. Swimmers will remain within the boundaries of the pool grounds.
7. If lightning is visible during a meet, any adult shall bring it to the attention of the referee, and it is incumbent upon the referee to clear the pool for a minimum of 15 minutes. If there is no sighting of lightning during that time, the meet may resume.
8. There shall be no running, pushing, jumping, or other inappropriate behavior during the meet. Pushing anyone into the pool is strictly prohibited.
9. A member of the coaching staff from each team must be at poolside during warm-ups to maintain control and safety. All warm-up procedures are to be strictly adhered to. Diving is permitted only during designated times and in designated lanes. Feet first entry into the pool is required at all other times.
10. Only authorized personnel will be allowed in the coaching offices at all Naperville High Schools. Swimmers should remain on deck or in team and spectator areas.
11. The Safety Marshal has the authority to disqualify any swimmer for infraction of safety rules and procedures or for misconduct. Repeated offenses may result in procedures outlined in the Mudrat Code of Conduct and/or exclusion for Swim Conference participation.
12. **NO** food, drink, tobacco or gum is allowed on deck at meets. Water bottles will be allowed only if in plastic containers. Glass containers are not permitted.
13. **Jewelry of any sort is not allowed to be worn during a meet. Swimmers will be disqualified if found to be wearing jewelry.**

## **PHILOSOPHY**

The Mudrat Swim team is organized for fun and recreation. All swimmers are given an equal opportunity to participate, regardless of their skill level. Winning is fun, but good sportsmanship and being a good team member should come first. Remember --

**MUDRATS HAVE MORE FUN!**

## **PHOLOSOPHY NAPERVILLE PARK DISTRICT SWIM CONFERENCE**

“Purposes: The goal of the conference is to provide competitive opportunities to as many young people as possible, to allow these youngsters to discover their swimming potential, and to help them develop the quality of good sportsmanship.”

## **COACHING CONTRACT**

“I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability:

- I. Right to participate in sports
- II. Right to participate at a level commensurate with each child’s maturity and ability
- III. Right to have qualified adult leadership
- IV. Right to play as a child and not as an adult
- V. Right of children to share in the leadership and decision-making of their sport participation
- VI. Right to participate in safe and healthy environments
- VII. Right to proper preparation for participation in sports
- VIII. Right to an equal opportunity to strive for success
- IX. Right to be treated with dignity
- X. Right to have fun in sports”

-- American Coaches Effectiveness Program (ACEP)

## **THE GOALS PROGRAM**

The purpose of the Goals Program is to recognize a child for improving his/her time in a particular stroke and thereby encourage him/her to make personal improvement, better known to the swimmers as “personal bests” or “LTBTs” (Life Time Best Time). A star will be awarded to the child each time he/she betters his/her personal best time by 0.1 second for any individual event.

## CODE OF CONDUCT

### I. Purpose

An important goal of the Mudrat Swim Team program is to give young people direction in developing healthful living habits, self-discipline, leadership, team work, and respect for rules and regulations. It is to these ends that a Code of Conduct is established for Mudrat swimmers.

### II. Expectations

- A. Attendance as set forth in the Parents' Organization Handbook.
- B. Adherence to all rules and regulations set forth in the Mudrat Swim Team Parents' Organization Handbook and Bylaws, and the Naperville Park District Swim Conference Bylaws.
- C. Conduct becoming a Centennial Beach Mudrat Swim Team representative including respect of persons and property at all times.
- D. Refraining from the use or possession of tobacco, alcohol, and other drugs.
- E. Refraining from any activity prohibited by criminal law.

### III. Policies

#### A. Responsibility

The primary responsibility for participant discipline rests with the Naperville Park District Centennial Beach Mudrat Swim Team Program Coordinator.

The coach has the responsibility for maintenance of discipline during all team sponsored activities.

The Mudrat Swim Team Marshall has the responsibility of assisting or acting on behalf of the coach(es) in the maintenance of discipline during all Park District Swim Conference Activities.

All parents have the responsibility of assisting or acting on behalf of the coach(es) or the Marshall in the maintenance of discipline with respect to their own children and a moral obligation to assist in the discipline of all participants during all team sponsored activities.

## Code of Conduct – Continued

### B. Violations

Penalties for violations of the Code of Conduct Policies as well as the policies themselves should be age appropriate and considerate of participants with special needs and individual differences. They are intended to be instructive rather than restrictive in addressing appropriate social and sportsmanlike conduct.

The following guidelines will be followed in assessing appropriate penalties;

#### Violations of II-A

##### 1. Tardiness\* - Unexcused

Penalties may include a first offense warning, making up lost time, sitting out practice, or parent conference.

\*Parents should arrange for special considerations with the Head Coach.

##### 2. Absence\* - Unexcused

Penalties may include a first offense warning, exclusion from the lineup of the next scheduled meet and/or parent conference.

\*Parents should arrange for special considerations with the Head Coach.

#### Violations of II-B

##### 1. Profane or obscene language

Use of derogatory racial, ethnic, and/or religious comments.

Penalties may range from a first offense warning to exclusion from activities for a day, a week, or exclusion from the program.

##### 2. Violation of disciplinary rules and regulations set forth in the Mudrat Swim Team Parents' Organization Handbook and Bylaws or by the Naperville Park District Swim Conference.

Penalties may range from a first offense warning to exclusion from the next scheduled activity or expulsion from the program.

## Code of Conduct – Continued

### Violations of II-C

1. Insubordination to a park district employee or any adult acting in an official capacity during team sponsored or Naperville Park District Swim Conference sponsored activities.
2. Misconduct or promotion of misconduct at team or conference sponsored activities.
3. Fighting
4. Gambling
5. Possession of explosive device such as firecrackers
6. Theft
7. Intentional damage to property
8. Other

Penalties may range from exclusion from activities for one day to two weeks to expulsion from the program.

### Violations of II-D

Use or possession of tobacco, alcohol, and/or other drugs.

Penalties may range from first offense parent conference and exclusion from activity for two weeks to expulsion from the program.

### Violations of II-E

The penalty for participation in activity prohibited by criminal law is expulsion from the program.

## C. Awards

1. One boy and one girl in each group will receive the following awards for exemplary performance at the end of the season: a) Most Spirited Swimmer Awards, b) Most Improved Swimmer Awards.
2. Other awards may be given weekly or as appropriate: a) Gold Star Best Time Goals Award, b) Attendance Award.

## Code of Conduct – Continued

### IV. Procedures

- A. Appropriate disciplinary action II-A will be determined by the coach(es).
- B. Appropriate disciplinary action regarding II-B and II-C will be determined by the coach(es), or, in cases where violations are serious or of significant consequence to others on the team, the Conference, or the community, appropriate disciplinary action will be determined by the Disciplinary Board. Disciplinary action in such cases may include suspension or exclusion from the team and/or referral to the Park District Swim Conference.
- C. Appropriate disciplinary action regarding II-D and II-E will be determined by the Disciplinary Board.

### V. Disciplinary Board

The Disciplinary Board shall include the Mudrat Swim Team Park District Administrator, the Head Coach(es), the Mudrat Parents' Organization Park District Swim Conference Representatives, the Mudrat Swim Team Marshal and/or one other member of the Mudrat Parents' Board, and the Mudrat Parents' Board President.

### VI. Conflict Resolution Procedures.

Steps to resolve issues or conflicts should be taken in the following order.

- A. The coach directly involved.
- B. The Head Coach.
- C. The Mudrat Swim Team Park District Administrator regarding issues of coaching performance and conditions of employment.
- D. The appropriate Mudrat Parents' Board Chairman or Officer regarding issues related to Parents' Organization functions as set forth in the Parents' Organization Handbook and Bylaws.
- E. The Mudrat Swim Team Park District Administrator regarding unresolved issues related to any of the above.
- F. The Naperville Park District Swim Conference.

Revised: 2/91, 5/95, 5/97, 5/01, 2/02, 4/06

**MUDRAT  
CODE of CONDUCT  
CONTRACT**

All Mudrat swimmers are expected to exhibit appropriate behavior at all times while participating in any Mudrat practice, meet, or activity. Parents, not the coaches, are responsible for the behavior of their children.

All Mudrat swimmers will:

- Show respect to all participants, program staff, parents, and volunteers;
- Follow direction from program staff and marshals;
- Use only appropriate language (no abusive or foul language);
- Respect equipment, supplies, and facilities;
- Not use or possess tobacco, alcohol, and drugs.
- **Have more fun!**

Swimmers violating any of the above will be subject to disciplinary action as outlined in the parent handbook.

All Mudrat swimmers are expected to follow the guidelines for attendance at both practices and meets as outlined in the Parent Organization Handbook.

The Mudrat Swim Team follows the Naperville Swim Conference Code of Ethics. This code is available at the Naperville Park District.

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Cut here & return bottom portion

Date: \_\_\_\_\_

**Last Name:** \_\_\_\_\_

I have read and understand the conduct expected of me as a member of the Mudrat Swim Team. I agree to follow the Mudrat Code of Conduct.

\_\_\_\_\_  
swimmer's signature

I, the parent of \_\_\_\_\_, have read and understand the conduct expected of a Mudrat team member. I have discussed the Code of Conduct with my child and we agree to follow the Code of Conduct.

\_\_\_\_\_  
parent's signature