



First Colony Swim Team

Practice Schedule Conflict Policy

First Colony Swim Team understands that things come up with a busy family and busy swimmer. When a swimmer has a conflict and cannot attend their regularly scheduled practice, we allow the swimmer to swim down a group or attend the same group but at a different location. This means that to make up for the missed day, the swimmer can practice with the group right below theirs; for example, an Age Group 1 swimmer can practice with the Blue group or the swimmer can attend practice at a different location but stay with the same level group; for example an Age Group 1 swimmer at New Territory can attend an Age Group 1 practice in the First Colony area.

This is not meant to be permanent or throughout the entire season. The goal is to offer a solution to swimmers that have unexpected conflicts. If this is a permanent conflict, we highly recommend finding a carpool. In order for swimmers to make the most and quickest progress we recommend keeping them with the same coach and training group throughout the season.

If your swimmer needs to swim down or at a different location here is the procedure:

- Contact your primary coach as soon as possible.
- If the primary coach approves, they will contact the coach of the group your swimmer needs to attend.
- You will receive confirmation that your swimmer can attend.
- Your swimmer will not be allowed to swim without notice to the coaches first

Our goal is to work with your family and your needs. We do, however, need to make sure it does not hinder any other swimmers or coaches on the team. FCST does not allow swimmers to swim up a group (for example, an Age Group 1 swimmer cannot attend Age Group 2). This would not be in the best interest of your swimmer, the other swimmers in the group, or the coach to allow a swimmer that is not ready to join the group. FCST also reserves the right to decline the request if lane space is limited; group size does not permit, and/or at the coach's discretion.

If you have any questions, please contact your primary coach.