

Additional Swim Team Travel Rules and Guidelines to the Athletics Handbook

All swimmers shall travel to and from all swim meets together. There are no exceptions to this for the outward journey and any exceptions to this for the return journey must be requested to the Aquatics Director at least 5 days prior to the swim meet weekend, unless an emergency has occurred.

No student should leave the hotel or the school premises without the permission of the Chaperone/coach or the host's home without the permission of the host.

When an NIS swimmer represents NIS at swim meets, he or she is expected to be based with the NIS Swim team (designated area) and the NIS coaches. Private coaches/trainers (coaching) are not allowed on campus where an NIS swimmer represents the school.

Swimmers must stay in the NIS school designated area for marshalling purposes. Swimmers need to communicate to coaches if they need to leave the area for any reason.

ADDITIONAL NIS ATHLETIC CODE FOR SWIMMERS

Commitment:

Expected minimum practice participation is the following for each Squad:
Mini Squad: 1x, Development Squad 1x, Transition Squad 2x, Bronze Squad 3x and Gold & Silver Squad 3x per week. Missed practices must be communicated directly to the coach/Aquatic Director. A medical note needs to be presented to the coach in case of extended sick leave.

Swim team members must make themselves available for ACAMIS Swimming Championships and the NIS Invitational Swim meet. Non-availability must be communicated to the coach/Aquatic Director at the beginning of the swim season. Swimmers shall attend a minimum of 2 outside-Nanjing swim meets per semester. All swimmers must stay until the end of the swim-meet and attend award ceremonies. Meal times shall be spent together as a team.

Uniform:

'PS, MS & US Swim Team Travel kit: hoodie/parka and team pants.
Swimmers shall wear the NIS swim cap, NIS swimsuit, NIS T-Shirt /hoodie/parka/ pants or shorts at swim meets.
The team attire such as NIS swimsuit and NIS cap is required at all team events such as relays.

The NIS team kit must be worn at presentations and award ceremonies and whenever required by the coaches.

Parent

Parents return the duty of care to the appropriate trip leader at the agreed meeting time e.g. breakfast, lunch, dinner and team meetings. Meal times shall be spent together as a team where applicable and the duty of care returns to the appropriate trip leader/coach during that time.

Parents who travel with their children must respect the travel times set.
Parents should volunteer at a minimum of 2 swim meets per semester.