



Orlando Loreleis Artistic Swimming 2025–2026 Team Handbook

Welcome to the 2025–2026 Season!

This year marks our 50th anniversary — a celebration of excellence, teamwork, and community. We are proud of our history and excited for the season ahead. This handbook outlines the expectations, policies, and guidelines that ensure a safe, respectful, and successful environment for all athletes, families, and coaches.

ATHLETE EXPECTATIONS

- Show respect to coaches, teammates, officials, and competitors.
- Attend all scheduled practices, competitions, and team events. Communication about intended or unexpected absences is expected and should be timely
- Arrive on time, prepared, and ready to participate.
- Maintain positive sportsmanship at all times.
- We have zero tolerance for bullying, discrimination, or exclusion. We value everyone — all athletes and coaches are to be treated with kindness and respect.
- No use of alcohol, drugs, or tobacco products.

PARENT EXPECTATIONS

- Support athletes and coaches with positive encouragement.
- Observe practices only from designated areas (upper bleachers). For the safety, focus, and well-being of all athletes, parents and guardians are not permitted on the pool deck during practices. This policy follows USA Artistic Swimming SafeSport guidelines, which are designed to protect athletes from distractions and ensure a safe environment. Remaining in

the designated viewing area allows athletes to concentrate fully on training and helps maintain appropriate boundaries between athletes, coaches, and spectators.

- Communicate through official channels. All questions or concerns should be sent through the team's official communication platforms (Official email, or designated WhatsApp community). This ensures messages are received promptly, organized correctly, and handled in a way that supports smooth team operations.
- Promote an inclusive, respectful atmosphere for all.
- No alcohol, drugs, or tobacco on the pool deck (practice or competition).
- Payment Policy Summary: Monthly fees are due via auto-draft on the 1st of each month, with a \$20 late fee after the 5th. All competition fees must be paid prior to athlete participation.

COMPETITION & TRAVEL GUIDELINES

- Athletes must attend required competitions unless excused by the appropriate coach.
- Travel arrangements should follow the team's itinerary and safety guidelines.
- When traveling, athletes represent the Loreleis and are expected to maintain professional and respectful conduct at all times.

BULLYING POLICY

Orlando Loreleis Artistic Swimming maintains a zero-tolerance policy toward bullying in any form. Bullying includes verbal, physical, social, or cyber behaviors that hurt, exclude, or intimidate. Our team includes athletes and coaches from around the world, and every member is expected to treat everyone with empathy and mutual respect.

ACKNOWLEDGMENT

I have read and understand the Orlando Loreleis Artistic Swimming 2025–2026 Handbook. I agree to follow the policies and expectations outlined in this document.

Parent Name: _____ Date: _____

Signature: _____