



TEAM FIRST AND EXTRA ROUTINES POLICY

Overview

The Nanaimo Diamonds Artistic Swimming Club (NDASC) adheres to a Team-First approach in all our programming. This policy emphasizes the importance of team formation and collaboration, ensuring that the primary focus is on creating successful teams for artistic swimming routines. Our goal is to foster a supportive and cohesive environment where each athlete contributes to the team's success.

Team Formation: Criteria for Team Formation

1. **Minimum Team Size:** All competitive teams must have a minimum of four athletes.
2. **Coach Discretion:** Teams are formed based on the coaches' assessment of the best combination of swimmers for the success of both the team and the club.
3. **Age Consideration:** Age is a primary factor in team placement to ensure appropriate competition levels.
4. **Observation Period:** Team allocations are based on observations during the first few weeks of the season.
5. **Commitment:** If a team is available for their age group, athletes must fully commit to their assigned team routine.

Timeline

- Teams will be finalized no later than three weeks after the first practice of the competitive season.
- Initial observations and reviews during the first few weeks will inform team formation and may be used for additional opportunities throughout the season.

Extra Routines: Availability and Criteria

Once teams have been formed and pool/coach time has been allocated, additional routines may be offered based on the following criteria:

1. **Interest and Support:** Coaches will communicate with parents/decision-makers to gauge interest and ensure parental support before approaching the athletes or offering extra routines.
2. **Coach allocations:** there will be one solo and one duet per coach; however, may not necessarily be per team. This policy ensures alignment with our Team-First philosophy.
3. **Review for Placement:** If more than one solo and one duet are presented in each group, coaches will review for placement based on:
 - Coach and pool availability;
 - Current season team placement and assessments;
 - Previous years' performance and scores.

Duet Pairing

- Athletes for duets will be paired at the coaches' discretion.

Final Decisions

- The decision to award extra routines is not automatically based on previous opportunities for solos or duets.
- The coaching team may decide not to award any extra routines depending on coach/pool availability.
- The head coach's decision is final.

Commitment and Effort

Athletes need to be aware that their efforts during the initial observation period can impact team formation and future opportunities. Athletes must commit fully and give their best effort throughout the season.

Conclusion

The NDASC is committed to fostering a supportive and team-oriented environment. By adhering to this Team-First policy, we aim to create the best possible teams and provide a positive and enriching experience for all athletes.