



ROTA TIBURONES

Swim Club Handbook

2025-2026

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Dear Parents and Swimmers,

Welcome to the 2025-2026 season with the Rota Swim Club! We're absolutely thrilled to have you join our Tiburones family. The heart and soul of the RSC, the very engine that drives us forward, is YOU – our incredible families! We are 100% volunteer-run, and we take immense pride in that fact. Our dedicated coaches, committed board members, and passionate team parents selflessly pour their time and energy, both on and off the pool deck, to ensure our club thrives. Everyone's hard work has built a legacy of success, not just in the pool, but in fostering physical fitness, sportsmanship, character, and lasting friendships among our young athletes.

Why Volunteer? Be a part of the magic! Volunteering isn't just a requirement; it's an opportunity to:

Directly impact your child's (and other swimmers') experience: You'll be a key player in creating a positive and rewarding environment for everyone.

Build lasting connections: Get to know other swim families, coaches, and board members. Become an integral part of our close-knit community.

Learn new skills and gain valuable experience: From timing races to organizing events, there are diverse ways to contribute and expand your skillset.

Feel the immense satisfaction of giving back: Knowing you're making a difference in the lives of young athletes is incredibly rewarding.

Our Team and Competitions. Our swimmers are grouped into practice squads based on ability, skill, and maturity: Red, Yellow, White, Blue, and Green. The competitive season kicks off in September, building towards exciting Championship meets!

Long Distance Championships: Our swimmers will be making a splash in Lignano, Italy!

Divisional Championships: We are excited for our swimmers to compete in Naples, Italy!

EFSL Short Distance Championships: Get ready to cheer on our swimmers in Eindhoven, Netherlands!

Our swim meets happen mostly on weekends, so make plans to attend! We know that away meets require travel and, of course, incur expenses. Our amazing Travel Coordinator will be sharing helpful tips and resources via our Team Unify website and meet-specific WhatsApp groups to assist with your travel planning.

Our competitions adhere to USA Swimming rules, as modified by the European Forces Swim League (EFSL). Swimmers have the chance to shine in all four competitive strokes (freestyle, backstroke, breaststroke, and butterfly), individual medleys, and exciting relay events! Our coaching staff carefully assesses each swimmer's abilities to determine the best events for them to gain valuable experience or achieve qualifying times. Want to learn more about swimming rules? We encourage you to attend our Officials Training session each season!

Rota Swim Club: A Community Built on Volunteerism. As a registered private organization on Rota Naval Station, the Rota Swim Club operates entirely independently. This means we rely on registration fees, fundraising, and, most importantly, your volunteerism to thrive. For complete information on volunteer requirements, fundraising, and everything else RSC, please review the bylaws and handbook. And never hesitate to reach out to any member of the Board with your questions!

We are incredibly excited about the upcoming competitive season and can't wait to see you all on the pool deck, ready to make some waves! Let's work together to make this our best year yet!

RSC Board

HISTORY AND BACKGROUND OF THE EUROPEAN FORCES SWIM LEAGUE

Imagine a league born from a shared passion for swimming, connecting communities across Europe! That's the European Forces Swim League (EFSL). Since 1975, the EFSL has been providing incredible competitive swimming opportunities for the children of military and civilian families stationed throughout Europe. Far from competing with local programs, the EFSL complements the European swimming scene, offering a unique experience for its young athletes.

From humble beginnings with just six clubs – Berlin, Heidelberg, Lahr, Mannheim, Stuttgart, and SHAPE – the EFSL has blossomed into a vibrant network of 19 clubs! Spanning Germany, Belgium, Italy, Portugal, Spain, England, France, and the Netherlands, the EFSL proudly represents American and NATO communities. With six exciting age divisions – 8 & Under, 9-10, 11-12, 13-14, 15-16, and 17-18 – the EFSL provides a thrilling pathway for swimmers to hone their skills and reach new heights.

Every year, the EFSL season culminates in the highly anticipated Championship Meet! Since its debut on April 16, 1977, this event has been a showcase of talent, sportsmanship, and unforgettable moments.

The EFSL is more than just a swim league; it's a community that celebrates the personal growth and achievements of its young athletes. We extend our heartfelt gratitude to the swimmers, parents, coaches, sponsors, friends, and community organizations whose unwavering support makes it all possible. The EFSL remains dedicated to empowering the youth of our communities through healthy competition, camaraderie, and the timeless values of good sportsmanship.

As a chartered private organization on Ramstein Air Base, Germany, the EFSL proudly adheres to Air Force private organization policies, ensuring a safe and well-managed environment for all.

Clubs within the European Forces Swim League

<u>Benelux Division</u>	<u>Rhineland Division</u>	<u>Southern Division</u>
SHAPE Seals	Kaiserslautern Kingfish	Rota Tiburones
NATO Marlins	Stuttgart Piranhas	Vicenza Mako Sharks
Brunssum Orcas	Berlin Bear-A-Cudas	Aviano Sea Dragons
Brussels Octopus	Wiesbaden Wahoos	Sigonella Swordfish
Eifel Sharks	Vilseck-Sea Vipers	Naples Tiger Sharks
		Lisbon Bullsharks
		Lakenheath Barracudas
<u>Provisional Teams</u>		
Paris Eau-lympians	Rome Falcons	

ROTA SWIM CLUB GUIDELINES

I. PURPOSE: This handbook serves as a general reference for Rota Tiburones Swim Club parents and swimmers, outlining the club's activities and key information. All parents and swimmers should familiarize themselves with its contents. For more detailed information, please refer to the club's bylaws. In the event of any conflict between this handbook and the bylaws of either the EFSL (European Force Swim League) or RSC (Rota Swim Club), the bylaws will take precedence.

II. GENERAL:

- A. RSC is a member of the EFSL and must comply with the rules and regulations of the EFSL as stated in the EFSL Code.
- B. The objective of the Rota Swim Club is to promote the enjoyment of competitive swimming, for eligible members of the Rota Naval Station Community ages 7 to 19, inclusive. To this end, RSC strives to develop competitive swimmers, and promote good citizenship and sportsmanship, physical fitness, teamwork, self-discipline, and respect for athletic rules and regulations in a positive environment.
- C. The Rota Swim Club shall comprise of a single private organization pursuant to the provisions of COMNAVACTSPAININST 1710.4J. The Rota Swim Club exists with the consent of the Commander, NAVSTA Rota, and operation is contingent on compliance with the requirements and conditions of all relevant regulations and the Memorandum of Agreement with the MWR organization on NAVSTA Rota. However, the club is not part of the Department of Defense or any of its components and has no governmental status.
- D. Additional information can be found on the EFSL and RSC websites:
 - 1. EFSL: www.efslswim.org
 - 2. EFSL Swimcloud: <https://www.swimcloud.com/country/usa/region/efsl/>
 - 3. RSC: <https://www.gomotionapp.com/team/Rota/page/home>
 - 4. RSC Swimcloud: <https://www.swimcloud.com/team/10014594>

III. BOARD and MEETINGS:

- A. RSC is governed by an Executive Board., as outlined in the bylaws. Board meetings will be held monthly during the year or more frequently if called by the President. Attendance is always open to general club membership.

President	Jeremiah Hoobler
Vice President	Kirsten Briggs
Secretary	Amanda Heriford
Treasurer	Jeremiah Brew
Head Coach	Justin McCormick
Head Official	Brad McFarland
Administrative Official	Tasha Rawles

IV. MEMBERSHIP:

- A. Club membership is governed by both the Rota Swim Club and EFSL bylaws. The custodial parent or guardian of a swim team member is automatically considered an RSC Parent-Member and EFSL Member. As such, they are responsible for fulfilling all obligations outlined in this handbook, as well as those detailed in the RSC and EFSL bylaws.
- B. The membership year runs from September 1st to August 31st of the following year. Membership begins upon payment of the registration fee and the first month's dues, and after all required agreements have been signed and submitted. To maintain active membership, members must remain in good standing. Note that the competitive season differs from the membership year, typically running from the first week of September to the first week of March.
- C. Participation in off-season practices does not automatically grant club membership to new swimmers. New swimmers must undergo an assessment with the club to determine eligibility for full membership. Additionally, at the beginning of each season, the coaching staff will evaluate all new swimmers, and returning swimmers upon request, for their ability to swim freestyle, backstroke, butterfly, and breaststroke before finalizing the team roster.
- D. All swimmers must have a signed and completed current physical examination form and a signed Code of Conduct form before attending any practice. A copy of each swimmer's sports physical must be submitted to the Secretary by the specified deadline; swimmers who do not meet this deadline will not be permitted to enter the water. In addition to these requirements for swimmers, all Parent-Members must also complete the EFSL Adult Registration.

V. PRACTICES, MEETS, and EQUIPMENT:

- A. Practice Attendance:
 - 1. Swimmers are expected to attend practices regularly. Coaches will record attendance, and the Rota Swim Club (RSC) understands that occasional absences are unavoidable. We also recognize and support participation in other school or MWR sports while maintaining a strong commitment to RSC. However, due to high demand and a waiting list of prospective members, frequent absences or a general lack of commitment will not be acceptable.
 - a. Excused Absences: To be considered an "excused absence," the coach must be notified prior to the start of practice, ideally with at least 24 hours' notice. Acceptable justifications for excused absences include: medical/dental appointments, travel, base restrictions, unavoidable circumstances (e.g., vehicle issues).
 - b. Unexcused Absences: Each swimmer is expected to attend at least 70% of scheduled practice days each month, which equates to missing no more than 6 practice days, regardless of whether those absences are excused or unexcused. Excessive unexcused absences may result in the swimmer's removal from RSC.
 - c. Disruptive Behavior: If a swimmer refuses to swim or consistently disregards a coach's instructions, they will be given several warnings. If the behavior persists, the swimmer will be asked to exit the pool and sit on the side. If the behavior continues, the swimmer will be asked to change, and their parents will be contacted to pick them up.
 - d. Squad Assignments: Swimmers must practice with their assigned squad. Requests to practice with another squad will be carefully considered on a case-by-case basis, depending on the situation. The coaching staff dedicates significant time and expertise to placing each swimmer according to their ability and maturity. Any changes must be coordinated with the

Head Coach. Coaches can provide tailored workouts for swimmers to complete outside of practice hours to make up for missed sessions.

- e. Exceptions to Attendance Policy: Requests for exceptions to the attendance policy (such as swimmers who also attend another swim club) will be considered on an individual basis. All requests must be submitted in writing to the Board, with an endorsement from both the Squad Coach and the Head Coach.
2. High-School swimmers can earn a Varsity Letter from DGF by participating in accordance with the Varsity Lettering Standards.
3. Swimmers are not permitted to enter the pool area unless a member of the coaching staff is present and on deck. Similarly, swimmers may not leave the pool area without obtaining explicit permission from a member of the coaching staff.
4. To minimize distractions and ensure the effectiveness of practice, parents are generally discouraged from being on the pool deck during scheduled practice times or interfering with practice activities in any way. This policy does not apply to parents who are conducting their own workouts during their child's practice or who are waiting on one of the designated side terraces. Any exceptions to this policy must be coordinated with the Squad Coach in advance (e.g., a visiting relative who wishes to observe practice).

B. Meets and Qualification Times:

1. Meet Participation: Swimmers are encouraged to participate in as many meets as possible, with a target of four (4) meets per season and a minimum requirement of three (3) meets.
2. Meet Schedule: The schedule for all swim meets is available on the EFSL Swimcloud website.
 - a. RSC selects specific "focus meets" each season. This selection process aims to balance swimmer conditioning, the spacing of meets, and travel considerations (cost and time). However, families can choose to attend any meet on the EFSL schedule. To attend a non-focus meet, families must communicate with the Head Coach. There are additional approvals required for families to attend meets where RSCs attendance was not already declared.
3. Championship Meet Qualification:
 - a. To participate in the EFSL Long Distance and Short Distance Championship meets, swimmers must achieve the published EFSL qualification times.
 - b. In addition to meeting the qualification times, swimmers must participate in a minimum of three (3) meets to qualify for the Short Distance Championships. The Divisional Championship meet can also count as one (1) of the required three (3) meets.
 - c. A weekend meet held on both Saturday and Sunday will count as two (2) meets for qualification purposes.
4. Championship Meet Declaration: Swimmers have until the Divisional Championships to achieve qualifying times for the Short Distance Championships. After the Divisional Championships, qualified swimmers will be required to declare their intention to attend the Short Distance Championships. Typically, RSC will schedule an intra-squad event offering swimmers a last-chance opportunity to achieve a qualifying time.

- Coach travel reimbursement for away meets is contingent upon meeting the below coach-to-swimmer ratios, as mandated by RSC bylaws.

# of Swimmers	# of Coaches
Up to 7	0
8 - 14	1
15-24	2
25+	3
Championship Meet	As Determined by the Board

C. Equipment:

- Swimmers are responsible for their individual equipment, including swimsuits. Swimsuits must comply with EFSL guidelines.
- Equipment Requirements: Swimmers are responsible for bringing all required equipment to every practice session. Pull buoys and kickboards are provided by the pool.

	Mesh Bag	Goggles	Water Bottle	Fins	Snorkel	Hand Paddles
Green Squad	x	x	x	x	NO	NO
Blue Squad	x	x	x	x	NO	NO
White Squad	x	x	x	x	x	x
Red Squad	x	x	x	x	x	x
Yellow Squad	x	x	x	x	x	x

- An EFSL approved swimsuit and RSC swim cap will be worn at all competitions unless the swimmer has a coach's prior approval.
- Equipment provided with Club fees: Hoodie, t-shirt, two swim caps, and a championship qualifier swim cap, if they qualify.

VI. FINANCES and SERVICE HOURS:

- Financial Overview:** The Rota Swim Club operates with a budget supported by dues, fundraising activities, and donations. It's important to note that the club does not receive any direct funding or financial support from NAVSTA Rota, DODEA (Department of Defense Education Activity), or the MWR (Morale, Welfare and Recreation) program. Recurring expenses covered by this budget include pool rental for swim meets, travel expenses, seeding fees for championship meets, administrative expenses, league dues, equipment and supplies, awards, and team dinners.
- Registration Fees and Dues:** The amounts of the annual registration fees and dues are determined and approved by the Board.

C. Payment Procedures

1. Fees are charged for each of the six months of the competitive season: September through February. Members can choose to pay in one lump sum or use a monthly payment plan.
2. Monthly fees are due on the 15th of each month. If a recurring payment is declined, payments are considered late after the 1st of the following month. It is the parent's responsibility to ensure a valid credit card is on file for payment of dues.

D. Late Payment Consequences:

1. A \$20.00 late fee will be applied to all late payments.
2. Late payments exceeding one month may result in suspension until all outstanding fees are paid.
3. To participate in the EFSL Short Distance Championship Meet, ALL dues must be paid in full by the start of the meet.
4. To receive end-of-season awards, ALL dues must be paid in full prior to the end-of-season swim banquet.
5. Families experiencing financial hardship are encouraged to contact the Board for individual consideration.

E. Service Hours: Service hours are essential for conducting successful swim meets. All families are required to sign up for meet positions at both home and away meets, ensuring that we have the necessary support to run these events effectively. In addition to service hours, fundraising efforts are equally important for the financial health of the club. All families are expected to actively participate in fundraising events, as these activities help keep annual dues low and the program financially accessible to all members. For example, bake sales are far more successful when we have strong representation from RSC swimmers, and the Swim-a-thon is significantly more successful when families share the donation link and solicit sponsorships from other on-base private organizations.

F. Requirements for Meet Participation:

1. As a condition of participating in Rota Swim Club swim meets, parents/guardians agree to:
 - a. Ensure one adult signs up to volunteer for each meet their family participates in (one volunteer per family, regardless of the number of swimmers).
 - b. The designated volunteer must be assigned exclusively to their own family or, if volunteering for another family, cannot be simultaneously assigned to volunteer for their own family during the same shift.
 - c. Failure to sign up for a volunteer shift will result in the child(ren) being ineligible to participate in the meet. Failure to show up for an assigned volunteer shift will result in the child(ren) being prohibited from attending practice for one week.
 - d. If a family is having difficulty finding a volunteer, please communicate with us in advance to explore possible solutions.

VII. DISCIPLINE:

A. Membership as a Privilege: Membership in the Rota Swim Club is a privilege, not an entitlement, and is contingent upon good participation and behavior from all swimmers, parents, and volunteers. The club's bylaws contain further details regarding the disciplinary process.

B. Swimmer Conduct:

1. Swimmer Code of Conduct: The Swimmer Code of Conduct represents an agreement between each swimmer, their fellow swimmers, and the swim club. All swimmers are expected to maintain a positive image and exhibit appropriate behavior at all times.
 - a. Swimmers are expected to be familiar with and adhere to the Swimmer Code of Conduct.
 - b. Each swimmer must sign the Swimmer Code of Conduct, acknowledging their intent to comply with its provisions. The signed Code of Conduct will be kept on file.
2. Authority of Coaches: The Head Coach and squad coaches have the authority to maintain order and discipline at all club training and competition activities. This includes pool training, dry-land training, team functions, and club meetings, and may extend to other similar activities for which the coach is

responsible. In most behavioral situations, the coaching staff will be responsible for taking disciplinary action. In more serious situations, the Head Coach and the Board may become involved.

3. Disciplinary Actions for Minor Offenses: When a swimmer fails to behave appropriately, the following actions may occur:
 - a. First Offense: The swimmer will receive a warning from the coach and may be temporarily removed from the pool to perform conditioning exercises (e.g., push-ups and sit-ups) on the pool deck.
 - b. Second Offense: The swimmer will be dismissed from the pool, the parent will be notified, and the coach will create a written record of the offense. This record will be provided to the parent and the Board.
 - c. Third Offense: After a swimmer has three written offenses on record, the swimmer's case will be referred to the Board for consideration of potential dismissal from the club.
 - d. Final Decision: The Board retains the right to make the final decision regarding a swimmer's eligibility for continued membership.
4. Serious Offenses: The following serious offenses will be immediately referred to the Board, in writing, for consideration of immediate dismissal from the club. These offenses do not need to occur at a Swim Team or RSC function to warrant referral. Serious offenses will be brought immediately to the Executive Board for action.
5. Illegal Behavior: Any illegal behavior or alleged illegal behavior, such as drug possession or use of illegal substances, will not only be brought to the Board but also immediately reported to Spanish or Base authorities.
6. Dispute Resolution: Disputes between swimmers will be mediated by a coach. Any disagreement, dispute, or other issue arising from a disciplinary action not otherwise addressed or addressable by the terms of this section will be addressed under the procedures found in the club's bylaws.

C. Parent Conduct:

1. Parent Code of Conduct: The Member Code of Conduct serves as an agreement between each swimmer's parent(s) or guardian(s) and the swim club. All parents are expected to model appropriate behavior for our swimmers at all times.
2. Code of Conduct Acknowledgement: Each parent or guardian will sign and acknowledge their intent to comply with both the RSC Member Code of Conduct and the EFSL Code of Conduct.
3. Handling Parental Misconduct: Instances of parental misconduct will be addressed by the Board as described in the club's bylaws. Misconduct can be reported to the Board by a Board member, volunteer, another parent, a visiting team, a swimmer, or a pool staff member. Parents serve as role models for the swimmers; therefore, the Board generally maintains a zero-tolerance policy for parental misconduct.

VIII. POOL REGULATIONS:

- A. Compliance with Regulations: All CNIC, NAVSTA Rota, and MWR regulations and policies are in effect and must be followed.
- B. Personal Towels Required: Swimmers must provide their own towels. The use of MWR towels is prohibited.
- C. Pool Access: Swimmers may not enter the pool area unless a coach is present. Swimmers may not leave the pool area until dismissed by a coach.
- D. Use of Fitness Equipment: Swimmers are prohibited from using or playing with the pool's dry-land fitness equipment during RSC practices.
- E. Prohibited Conduct: Running, horseplay, foul play, hanging on safety ropes or lane lines, and playing with rescue equipment are strictly prohibited.

- F. Pool Closures: Lifeguards and/or coaches may clear the pool(s) during electrical storms or at any other time deemed necessary for safety reasons.
- G. Food and Beverages: Food and drinks are prohibited in the pool area, with the exception of water in plastic or sport bottles. Glass containers are strictly prohibited in the pool area under any circumstances.
- H. Locker Room Access: Locker rooms are off-limits to members of the opposite sex.
- I. Locker Room Etiquette: Locker rooms are to be treated with respect and kept clean.
- J. Arrival Time: Swimmers may not be dropped off more than 10 minutes prior to their assigned practice time.

IX. AWARDS and LETTERING:

- A. End-of-Season Awards: Recognition of achievement will be given to Tiburones swimmers at the end of the regular swim season. Event ribbons and medals are presented to swimmers during the season as they are earned. The majority of awards will be presented at the annual Awards Banquet, typically held three to four weeks following the EFSL Short Distance Championship Meet.
- B. DODEA Varsity Letters: To recognize those high school swimmers (swimmers in DODEA grades 9 – 12) who successfully meet DODEA and EFSL criteria. Letter awards are based upon EFSL-sanctioned meet participation, performance, and practice attendance. The Head Coach is responsible for ensuring grade standards are met before recommending any swimmer for letter recognition. The high school Athletic Director communicates any failing grades directly to the Head Coach AND Board President throughout the season. A detailed explanation of the lettering process is included later in this document. You may also refer to the DODEA lettering regulations.

Rota Swim Club 2025-2026 Recognition Program

Award	Criteria	When Awarded
CHAMPS & Long Distance CHAMPS Qualification Swim Cap	Swim faster than or equal to EFSL time standard to qualify for a specific event in the relative championship	When swimmer meets the requirement
Swimmer of the Month	1. Each squad will have a <i>Swimmer of the Month</i> as selected by the Coaching Staff, monthly. 2. To be based on a combination of attendance, teammate encouragement, club spirit, focus, performance, or any other extraordinary measure determined by the Head Coach and group Primary Coach.	Monthly
Varsity Letter	1. Meet Tiburones & DoDDS guidelines for lettering 2. Tiburones Board and Head Coach Discretion	DGF Winter Banquet
Seasonal Trophy	1. Complete the season 2. Compete in 4 meets 3. Tiburones Board and Head Coach Discretion	End of Season Banquet
MVP / High Point Swimmer (1 Male & 1 Female per squad)	Each individual's meet points (determined by places throughout season meets) are totaled up, and the one male & one female swimmer in each squad with the highest number of points throughout the season receives an award.	End of Season Banquet

Most Improved Swimmer (1 Male & 1 Female per squad)	Awarded based on coaches' judgment using criteria including technique, time, mental and skill improvements over the course of the season.	End of Season Banquet
Grit Award (1 Male & 1 Female per squad)	Awarded based on coaches' judgment using criteria including an impressive level of tenacity, dedication, focus, positive attitude and continued commitment to swimming when faced with adversity.	End of Season Banquet

X. COMMUNICATION POLICY:

A. The Rota Swim Club utilizes a variety of communication channels to effectively reach its members. To stay informed, it is recommended that members actively engage with these channels. The club's official online platform will serve as the primary source for non-time-sensitive information, and every effort will be made to keep it updated regularly. Other communication methods may be used to disseminate information; however, not all information will be shared on every channel. RSC recognizes that members may have preferences regarding communication channels, and it is not the club's responsibility to personalize communication based on individual preferences. Members are encouraged to connect with fellow club members to ensure they stay informed of any information they may miss by opting out of specific channels. All club members are expected to conduct themselves respectfully and appropriately on all communication platform.

B. Communications Channels:

1. RSC Website: <https://www.gomotionapp.com/team/Rota/page/home>
2. Sports Engine App (Previously known as Team Unify)
3. RSC WhatsApp Community: Request Invite
 - a. General Info
 - b. Meet Specific Groups
 - c. Squad Specific Groups
4. Gmail: Our official club electronic mail and all ancillary club electronic mails are Gmail accounts. Please feel free to contact us via Gmail at any time. Gmail may be used to share meet documents, club documents, or any information the board or its representatives choose to send via this platform.

President: rotaswimclub@gmail.com
 Vice President: rotaswimclubVP@gmail.com
 Secretary: rotaswimclubsecretary@gmail.com
 Head Stats: rsc.stats.rota@gmail.com
 Head Official: headofficial.rsc@gmail.com
 Head Coach: rotaswimclubhc@gmail.com
 Meet Director: rotaswimclubmd@gmail.com

XI. REFERENCES:

- A. Rota Swim Club Bylaws
- B. DODEA-E and EFSL Memorandum of Understanding
- C. RSC and MWR Memorandum of Agreement
- D. EFSL Championships Qualification Times
- E. Pertinent EFSL documents

ANNEX 1:

Codes of Conduct

RSC CODE OF CONDUCT - SWIMMERS

It is each swimmer's responsibility to abide by the Swimmer Code of Conduct and to protect our Club's reputation within the swimming community. Failure to abide by our Code of Conduct may result in disciplinary actions in accordance with the RSC By Laws.

As a Rota Tiburones' Swimmer, I agree to the following:

- I. I will be a good representative of the Rota Community
 - a. I will display appropriate attitudes and behaviors towards members of the host nation community.
 - b. I will abide by Department of Defense Dependent Schools – Europe Athletic Regulations, if applicable.
 - c. I will be a good host to members of visiting clubs
 - d. I will behave in a manner that reflects positively on the Community and the Rota Swim club.
- II. I will respect the Rota Swim Club
 - a. I will support, assist and encourage my teammates at meets, dry-land training & practice.
 - b. I will support our Team Captain(s) and help foster team spirit.
 - c. I will not spread unverified information, rumors or gossip that could be detrimental to our team spirit, club reputation and the physical and mental well being of my teammates and their families.
 - d. I will not participate in activities that reflect negatively on the team.
- III. I will respect the coaches:
 - a. I understand the decisions of the coaches are final. If dissatisfied, I will address my concerns to the coach after a practice or meet and in accordance with the Grievance policy as prescribed in the RSC By Laws, Article VI.
 - b. I will correct my behavior if found inappropriate.
 - c. I will not enter or leave the pool or pool area without informing the coaching staff.
 - d. I understand that by not following the coaching staff directions, I may be subject to disciplinary action.
- IV. I will respect others and myself:
 - a. I will respect the privacy and personal space of others.
 - b. I will keep my hands, feet, and objects to myself. I understand that physical horseplay; intentional touching and public displays of affection other than high fives will result in disciplinary action.
 - c. I will display good sportsmanship.
 - d. I will not use crude or offensive language or gestures.
 - e. I will not verbally or physically intimidate, bully or interfere with other swimmers.
 - f. I will not take or use another swimmer's property without permission.
 - g. I will not possess or consume alcohol or drugs at any time and understand that any conduct of illegal activity will result in immediate dismissal from the Team.
- V. I will respect the meet officials:
 - a. I will abide by the rules of the host club.
 - b. I will follow the directions of the Head Marshaller, Meet Director, and other Meet Officials.
 - c. I will treat all officials with respect and abide by the decision of the Head Official.
 - d. I will direct any issues with any meet official to my Head Coach and/or Coaching Staff.
- VI. I will respect the facilities
 - a. I will not vandalize or remove pool property.
 - b. I will be courteous to the pool management and staff.

Swimmer Name & Signature / Date

Parent Signature / Date

RSC CODE OF CONDUCT - PARENTS/GUARDIANS

As the Parent or Legal Guardian of a Tiburones swimmer(s), I agree to the following:

1. To read, understand, and abide by the guidance set forth in the EFSL Bylaws, Rota Swim Club Bylaws, and Rota Club Handbook.
2. To address any complaints or concerns with the coaching, practices, or meet decisions with the Primary Squad Coach first, and only then, if no resolution, the Head Coach. Only after attempting to gain resolution of an issue using the coaching staff, will I contact the Board to raise my concern.
3. To attend regularly scheduled Parent's Meetings.
4. To ensure my swimmer(s) attend regular practice sessions on time with appropriate equipment. I will promptly pick up my swimmer(s) after practice.
5. To remain off the pool deck during practice sessions unless previously coordinated with the coach on deck. I will not interrupt a coach during practice. I will wait until after practice to have any discussion and do so respectfully.
6. To treat all Board members, pool staff, our swimmers, visiting clubs, visiting coaches, and visiting families with respect.
7. Respect and follow the rules of the hosting pool, club president, and referee/Official, wherever the swim meets may be.
8. To notify the coaching staff of planned absences from meets and practices. In case of illness, I will contact the coach as soon as possible.
9. To abide by the guidance of the Meet Director and Official during a swim meet.
 - a. To ask the Meet Director for help during a home meet.
 - b. For technical matters, to ask a coach.
10. To make every effort to ensure my swimmer(s) attends all regularly scheduled RSC home meets.
11. To provide at least 40 service hours of volunteer effort during the season.
12. To understand and follow the club communication policy.

Swimmer(s) Name

Parent(s) Name, Signature, and Date

RSC CODE OF CONDUCT – BOARD AND COACHES

As an RSC Board Member or Coach, I agree to the following:

1. To faithfully execute my duties as laid out in the RSC Bylaws.
2. To abide by the Club Handbook and EFSL Constitution and Bylaws.
3. To undergo a background check as required.
4. To treat all RSC members, pool staff, our swimmers, visiting clubs, visiting coaches, and visiting families with respect.
5. To model responsible behavior.

Printed Name

Signature / Date

ANNEX 2:

EFSL Qualification Times

2025-2028 Long Distance Champs

Qualification Times

Short Course Meters (25m Pool)

SCM		100 Back	100 Breast	100 Fly	200 Back	200 Breast	200 Fly	200 Free	400 Free	800 Free	1500 Free	400 IM
8 & U	Girls	1:59.22	2:15.58	2:10.13				3:48.64	7:44.50	16:02.95		
	Boys	1:54.31	2:10.72	2:07.21				3:34.96	7:32.94	15:57.12		
9	Girls	1:57.01	2:13.07	2:07.72				3:44.40	7:35.90	15:44.07		
	Boys	1:52.19	2:08.30	2:04.86				3:30.98	7:24.55	15:38.36		
10	Girls	1:50.39	2:05.54	2:00.49				3:31.70	7:10.09	15:25.56		
	Boys	1:45.84	2:01.04	1:57.79				3:19.04	6:59.39	15:19.96		
11	Girls	1:40.19	1:50.79	1:40.29					6:37.29	13:46.39	26:35.29	7:35.39
	Boys	1:39.19	1:50.79	1:39.99					6:30.49	13:41.39	26:22.59	7:23.69
12	Girls	1:35.69	1:46.59	1:35.09					6:22.69	13:09.89	24:58.39	7:13.49
	Boys	1:30.79	1:42.29	1:31.59					6:07.49	12:53.09	24:19.79	6:56.99
13	Girls				3:08.89	3:36.49	3:14.79			12:46.39	24:07.99	6:53.39
	Boys				2:59.19	3:22.19	3:02.59			12:01.79	22:59.09	6:29.89
14	Girls				3:05.49	3:31.09	3:09.39			12:25.59	23:36.69	6:44.59
	Boys				2:51.49	3:13.69	2:53.29			11:41.29	22:15.29	6:13.19
15-16	Girls				3:02.19	3:27.89	3:05.89			12:14.89	23:32.39	6:40.89
	Boys				2:47.69	3:09.49	2:50.09			11:25.69	21:39.79	6:06.39
17-19	Girls				2:58.59	3:26.39	3:02.39			12:07.09	23:07.39	6:31.29
	Boys				2:41.39	3:01.49	2:44.39			11:13.19	21:17.49	5:55.79

2025-2028 Long Distance Champs

Qualification Times

Long Course Meters (50m Pool)

SCM		100 Back	100 Breast	100 Fly	200 Back	200 Breast	200 Fly	200 Free	400 Free	800 Free	1500 Free	400 IM
8 & U	Girls	2:04.50	2:22.24	2:14.54				3:55.74	8:01.25	16:51.76		
	Boys	1:59.45	2:16.32	2:10.92				3:42.71	7:50.95	16:26.61		
9	Girls	2:02.19	2:19.60	2:12.05				3:51.38	7:52.34	16:31.92		
	Boys	1:57.24	2:13.79	2:08.50				3:38.59	7:42.23	16:07.27		
10	Girls	1:55.28	2:11.70	2:04.58				3:38.28	7:25.61	16:12.47		
	Boys	1:50.60	2:06.22	2:01.23				3:26.22	7:16.07	15:48.30		
11	Girls	1:45.79	1:55.89	1:43.39					6:48.69	14:28.29	27:57.39	7:55.89
	Boys	1:44.69	1:57.19	1:43.49					6:41.79	14:06.69	27:24.39	7:46.59
12	Girls	1:40.59	1:50.39	1:38.39					6:32.89	13:42.39	26:13.99	7:28.89
	Boys	1:37.19	1:47.79	1:35.09					6:21.19	13:22.49	25:51.79	7:17.89
13	Girls				3:19.79	3:45.79	3:21.29			13:05.99	25:08.99	7:09.89
	Boys				3:09.79	3:33.39	3:08.89			12:31.29	23:58.89	6:46.69
14	Girls				3:13.99	3:40.79	3:16.79			12:46.09	24:32.59	6:58.49
	Boys				3:01.99	3:23.89	3:00.09			12:04.89	23:11.39	6:31.39
15-16	Girls				3:09.89	3:36.79	3:10.89			12:27.79	23:51.99	6:53.99
	Boys				2:56.19	3:19.89	2:55.69			11:44.59	22:38.89	6:24.19
17-19	Girls				3:08.69	3:33.09	3:06.49			12:21.29	23:33.89	6:44.79
	Boys				2:51.59	3:12.19	2:49.59			11:29.19	22:02.49	6:12.19

2025-2028 Short Distance Champs

Qualification Times

Long Course Meters (50m Pool)

LCM		50 Back	50 Breast	50 Fly	100 Back	100 Breast	100 Fly	50 Free	100 Free	200 Free	400 Free	200 IM
8 & U	Girls	1:00.40	1:12.49	1:04.12				0:49.40	2:01.53			4:59.01
	Boys	0:59.92	1:11.01	1:00.79				0:47.93	1:58.10			4:52.01
9	Girls	0:56.98	1:05.90	0:58.29				0:46.60	1:50.48			4:31.82
	Boys	0:56.53	1:04.55	0:55.26				0:45.21	1:47.36			4:25.47
10	Girls	0:52.76	0:58.84	0:52.05				0:43.15	1:38.64			4:02.70
	Boys	0:52.34	0:57.64	0:49.34				0:41.86	1:35.86			3:57.02
11	Girls	0:46.79	0:52.29	0:43.59				0:38.99	1:29.19	3:12.99		3:40.59
	Boys	0:47.59	0:53.39	0:45.29				0:38.53	1:27.79	3:09.79		3:40.69
12	Girls	0:43.49	0:48.59	0:40.49				0:37.33	1:22.79	2:59.19		3:24.89
	Boys	0:43.99	0:49.19	0:41.59				0:36.13	1:21.49	2:56.19		3:24.09
13	Girls				1:32.69	1:42.19	1:30.59	0:35.39	1:19.59	2:53.49	6:04.79	3:15.79
	Boys				1:29.59	1:39.59	1:27.29	0:33.09	1:16.19	2:46.39	5:53.99	3:09.59
14	Girls				1:25.99	1:37.29	1:23.49	0:34.69	1:16.89	2:47.59	5:52.09	3:07.89
	Boys				1:21.09	1:30.29	1:18.09	0:31.79	1:12.59	2:37.89	5:34.19	2:56.79
15-16	Girls				1:23.59	1:35.09	1:21.19	0:34.19	1:15.39	2:42.99	5:42.49	3:03.29
	Boys				1:17.69	1:27.29	1:14.59	0:30.99	1:09.79	2:32.29	5:24.89	2:49.89
17-19	Girls				1:21.99	1:32.99	1:19.59	0:33.59	1:13.79	2:40.19	5:36.99	3:00.59
	Boys				1:15.39	1:24.89	1:12.89	0:30.19	1:07.49	2:28.59	5:16.39	2:45.99

2025-2028 Short Distance Champs

Qualification Times

Short Course Meters (25m Pool)

SCM		50 Back	50 Breast	50 Fly	100 Back	100 Breast	100 Fly	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
8 & U	Girls	0:58.09	1:10.27	1:02.02				0:48.07	1:57.09			2:15.32	4:47.66
	Boys	0:57.97	1:08.92	0:59.74				0:46.24	1:54.19			2:09.10	4:42.24
9	Girls	0:54.80	1:03.89	0:56.38				0:45.35	1:46.45			2:03.02	4:21.51
	Boys	0:54.69	1:02.65	0:54.31				0:43.62	1:43.81			1:57.37	4:16.58
10	Girls	0:50.74	0:57.04	0:50.34				0:41.99	1:35.04			1:49.84	3:53.49
	Boys	0:50.64	0:55.94	0:48.49				0:40.39	1:32.69			1:44.79	3:49.09
11	Girls	0:44.89	0:50.29	0:42.99				0:37.74	1:25.89	3:06.89		1:37.99	3:32.99
	Boys	0:45.59	0:51.79	0:44.29				0:37.39	1:23.99	3:04.09		1:37.29	3:32.89
12	Girls	0:41.69	0:46.69	0:39.89				0:36.29	1:19.69	2:53.49		1:30.99	3:17.79
	Boys	0:42.09	0:47.79	0:40.79				0:34.99	1:17.99	2:50.99		1:30.19	3:16.89
13	Girls				1:28.19	1:38.69	1:27.49	0:34.19	1:16.69	2:47.59	5:55.29		3:08.79
	Boys				1:23.69	1:34.49	1:24.09	0:31.89	1:13.39	2:40.09	5:41.19		3:03.19
14	Girls				1:21.39	1:33.29	1:20.99	0:33.49	1:14.39	2:41.79	5:41.69		3:01.29
	Boys				1:16.29	1:26.49	1:15.69	0:30.69	1:09.29	2:31.59	5:23.99		2:48.99
15-16	Girls				1:19.19	1:31.09	1:18.89	0:33.09	1:12.89	2:37.79	5:34.99		2:57.09
	Boys				1:13.19	1:22.69	1:12.29	0:29.59	1:06.79	2:26.29	5:13.59		2:42.09
17-19	Girls				1:17.89	1:29.79	1:17.79	0:32.59	1:11.99	2:35.29	5:31.59		2:53.29
	Boys				1:11.29	1:20.59	1:10.49	0:28.79	1:04.99	2:21.89	5:05.79		2:38.19

ANNEX 3

What to Expect at a Swim Meet

WHAT TO EXPECT AT A SWIM MEET – FOR SWIMMERS AND PARENTS

Swim meets can be very intimidating, especially for new swim families. The swim meet environment looks very out of control and unorganized, but trust that it is not. Things do not always run smoothly, but there is a method to the madness. Below are a few tips that I think will allow you to be prepared and make your swim meet experience more enjoyable.

1. Expect to Arrive Early: Most meets start early ~ around 9am. Warm-ups generally start at 7:45 a.m. You will be informed prior to the day of the meet when to arrive for warm-ups.
2. Find your Coach: There will be a designated “team area.” This is where the club members meet and sit together throughout the meet. Look for your Coach or club captain here.
3. Warm-Ups: Every swimmer will participate in team warm-up. Each team will be assigned specific warm-up time and lane(s). ***Be prepared to be in the water on time for the team warm-up.***
4. Event Numbers: The event number corresponds to the race that you are swimming in. (Ex. 100 Fr) Girls will always swim ODD Events, Boys will always swim EVEN Events. The coach will send event assignments to each swimmer prior to the day of the meet. The swimmer's name will be on a list (heat sheet), with all the other swimmers in that event, with their heat and lane assignments. The individual swimmer will be asked to write his/her events/heats on their arm in marker to keep track of their events during the meet.
5. Heat and Lane: Since everyone cannot race at the same time, events are broken into heats. Event and heat assignments are usually known prior to the actual meet but heat and lane assignments are also posted somewhere in the competition area. The coach can help you locate this area. Swimmers are placed in heats with swimmers of like times; the slower times going in the earlier heats and the fastest times in the last. The swimmer with the fastest recorded time will be in the center lane in each heat.
6. Prior to Race: Swim meets seem very chaotic at first, but there are things to help you out. If you listen to the announcer, he or she will be announcing what event and heat are in the water throughout the day. **It is the swimmer's job to check what event is being marshaled (called) throughout the day. These event numbers will be posted somewhere in the pool area where most swimmers have a clear view of them.** You should be ready to race, and have checked in with your coach, a minimum of two events prior to your event being marshaled (called). Checking in with your coach is very important. It allows a final discussion of race strategy, tips and ideas before the race. It also lets the coach know that you are ready to swim, not off napping or playing. There is nothing that will upset your coach more than missing a race.
7. After Racing: Check with the coach IMMEDIATELY. After-race discussions are very important. Discussions about what worked and what didn't need to happen while the race is fresh in both the swimmer's and the coach's mind.

8. Disqualifications (DQ's): If a swimmer is judged to have broken a rule during the race, an official may determine the swimmer is disqualified in that race. However, this is not always a final decision. The Official must inform either the swimmer or the coach of the DQ. The coach has the opportunity to discuss the ruling with the Head Referee should he/she feel it was called incorrectly. There are numerous occasions when the disqualification is overturned. Remember that these are often great learning opportunities for many new and not so new swimmers.
9. Down Time: **Swim meets typically run about 7-8 hours.** There will be down time in between races. All swimmers and families are encouraged to bring water, healthy snacks, chairs, books, magazines, homework, headphones, iPods and anything else that will occupy you during down time. However, don't let these become distractions from the primary task at hand. Keep track of what event is being marshaled. The coaches reserve the right to tell any swimmer to put anything away, including electronics, if the coach feels it is a distraction from the swim meet and the day's events.
10. Ask questions: You will have questions. Where do the answers come from?
- Other Tiburones Families
 - Other Tiburones Swimmers
 - Tiburones Coaches.
- Remember – All swim families were new at one point!

ANNEX 4:

Nutrition Information

EAT WELL TO SWIM FAST

with Nutrition & Fitness Coach Mistie Cottrill

"If you want to be the best, you have to do things that other people aren't willing to do." Michael Phelps

CONGRATULATIONS

You are a swimmer! Your commitment in the pool is extraordinary. You wake up early, work hard, and swim late. You plan your life around swim practices and sleep. You need to make the same commitment outside of the pool to perform your best and recover from all that hard work. What you do with nutrition matters and can make you **FASTER!** I will teach you how to **EAT WELL to SWIM FAST!**



THE BASICS - FUEL YOUR BODY FOR LIFE

NUTRITION: The process in which we obtain the necessary amount of food for growth and health.

PROTEIN - Helps fuel Muscle Recovery - 3-5 servings a day (size of deck of cards, 2 eggs, 4 slices deli meat, 1 cup yogurt)

CARBOHYDRATES - Fuel Energy - 4-6 Servings a day (1/2 Cup, 1 tortilla, 1 slice bread)

FRUIT & VEGETABLES - Promote overall wellness - Vitamins and Minerals contribute to Bone and Muscle Health - ENJOY!

HEALTHY FATS - Help you feel full and fueled. Trade empty processed grains and sugar for quality fats like Hummus, Avocado, Almonds, Peanuts, and Nut Butters, and you'll feel great even if you don't eat 15,000 calories every day.

WATER - Hydration plays a massive role in performance - drink water all day long!

WHAT SHOULD I EAT BEFORE PRACTICE?

This decision can be very tricky for swimmers. Pre-morning practice appetites are often low. It can also be tough to digest food and feel sick while swimming. The ideal is to eat a healthy meal 1-2 hours before a training session, focusing on Protein, Veggies & Complex Carbohydrates. For morning practice this may not be possible, so your evening meal is VERY important--it is the fuel you will use for morning practice.

Similarly, if you train after school, your lunch is your pre swim meal. What you eat in the car on the way to the pool should be something easy to digest, packed with nutrients, and used to curb hunger. For example, a Banana and Peanut Butter Toast, or a Whole Wheat Bagel with Cream Cheese is a good choice. You might also try a Hard Boiled Egg and Carrot Sticks, Yogurt with Granola, or a Granola Bar.



WHAT SHOULD I EAT AFTER PRACTICE

This is your **RECOVERY** Meal and it is the most important meal of the day! This meal should be consumed 30-60 min after your session. The purpose of your recovery meal is to jump-start the muscle repair processes and replenish your fuel tank so you're ready for your next session. Your post-workout meal should focus on lean protein, complex carbohydrates, and ideally veggies. Protein is specifically important at this meal because muscles are very receptive to fuel shortly after a workout and repairing them quickly helps you train hard at your next session in return helps you get **FASTER!!!** Ex. Chicken Breast -Sweet Potatoes -Broccoli, Egg Sandwich, Protein Muffins,



WHAT SHOULD I DRINK

Ideally you should drink water all day long...the rule of thumb is if you feel thirsty drink water! Plain Water is best pool side for your swim sessions. There is a time and place for Energy Drinks and Sports Drinks but they are not necessary for daily hydration. Not all sports drinks are created equal many of them are full of sugar so be careful what you choose. Energy drinks and preworkout drinks can be used if used effectively and if are safe. Consult with parents and doctors.



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SWIM FAST ON RACE DAY

with Nutrition & Fitness Coach Mistie Cottrill

YOU WILL LOVE WHO YOU BECOME ON THE PATH TO YOUR GOALS

IT'S RACE DAY

It is your first big meet of the season. You have been training hard and can't wait to see your hard work pay off. Swim Meets can be **LONG** days with lots of races over many hours. How do you eat, how do you recover, how do you rest, how do you stay energized? It is different for each individual, but the key is to take steps that keep you hydrated and fueled.



STEP 1 - DINNER AND SLEEP THE NIGHT BEFORE A MEET

The key to a successful swim meet is in what you do the night before. Getting a good night's sleep of 8 + hours will help you keep energized for your long day of competition tomorrow. Your dinner the night before is critical. Instead of carb loading you need to have a healthy mix of Protein, Complex Carbs, Veggies, Fruit and Healthy Fats. Grilled Chicken, Whole wheat Pasta, Green Beans and a Fruit Bowl make a great dinner. Keep the treats, sweets and junk for after the meet, especially foods high in salt like pizza, chips, french fries, and candy; these foods lack nutrition and may cause you to sleep poorly.

STEP 2 - BREAKFAST ON RACE DAY

It is essential to wake up early enough to have a big breakfast with enough time to digest it. You should strive to eat a good breakfast 1.5 to 2 hours before your first race. This will give you plenty of time to digest the right foods and store them to use as fuel. Make this meal high in Protein and Complex carbs.

Oatmeal with blueberries or sliced banana and 2 hard boiled eggs
Plain Greek yogurt with Granola and Fruit
Eggs, Spinach, Sweet Potato Hash
Wholegrain Bagel with Cream Cheese, Deli Meat and a Cup of Berries
Protein Shake - Vegan Protein Powder, Fruit, Milk
Wholegrain Pancakes with fruit, Eggs and Bacon



STEP 3 - RACE, FUEL, REPEAT

One of the biggest mistakes swimmers make at meets is eating too much by **SNACKING** all day long. A swimmer burns less calories on swim meet days than they do in a typical training session. It is important to eat food for recovery, and to drink and stay hydrated, but swimmers don't need massive amounts of food for a meet. A simple school lunch box should provide enough food for a full day at a meet. Because timing is important, swimmers should eat right after a race to digest before the next race, then eat a bigger snack when there is a planned lunch break,

Example: Ham Sandwich, Banana, Bag of grapes, Yogurt Drink, Bag of Goldfish Crackers, Dried fruit (mango or apricots), 2 Protein Balls, Bag of carrot sticks, 1 bottle of water and 1 bottle of sports drink.

STEP 4 - REST, REPEAT

A typical swim meet can last 5-8 hours and swimmers can have hours between events. During this time swimmers should keep warm, stay off their feet and rest. Music and Reading are great options and cheering for team mates is also **FUN!!** Typically sitting and playing video games is not a good use of energy. Too much screen time makes it easy to miss events and can drain the energy out of swimmers, making them feel lethargic. Consider limiting screen time at meets in favor of old-fashioned rest.



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<https://www.instagram.com/forthefunoffit/>

ANNEX 5:

Varsity Lettering Requirements

ROTA TIBURONES HIGH SCHOOL VARSITY LETTERING STANDARDS

The DGF High School awards Varsity Letters to Rota Tiburones Swimmers as part of their ongoing sports recognition program. The governing directive for these awards is the DODEA-E/EFSL Memorandum of Understanding signed 23 November, 2020.

Varsity Letters are awarded to the Rota Tiburones swimmers in the same manner as they are awarded to other DGF M/HS sports clubs and will be presented at the End of the Year Banquet coordinated by the Head Coach and the DGF M/HS Athletic Director. The spirit of the program is that they are awarded to High School students who fully participate in the club and are recognized as full club members by the Head Coach and the Board.

Letter awards are based upon participation and performance in EFSL sanctioned swim meets and practice attendance. Specific requirements are outlined in the DODEA-E Memorandum of Understanding (MOU) with the EFSL. The High School Athletic Director will communicate academic eligibility directly to the Head Coach throughout the season. The Head Coach is responsible for ensuring that standards are adhered to before recommending any swimmer for letter recognition. Points will be calculated by the Head Coach and may be requested at any time.

To be eligible to receive a Varsity Letter, swimmers must:

1. Meet the DODEA-E academic and athletic eligibility standards and school regulations commencing on the first day of the season through the completion of the season.
2. Adhere to the Tiburones “Code of Conduct” provided by the team.
3. Attend and participate in at least 85% of all scheduled workouts or make arrangements with the Head Coach to complete the equivalent number of workouts with a FINA club team.
 - a. Swimmers will be present for practice ready to swim. Showing up for practice but unprepared to swim, e.g., forgetting suit and/or gear, will not be counted as a day of attendance.
 - b. Attendance on Federal Holidays and during the Holiday Break are not mandatory. Failing to attend these sessions will not count as absences against the 85% standard. Attendances at these practices will count as optional and may improve the swimmer’s attendance percentage.
 - c. If swimmers attend an alternate swim practice, their coach must verify attendance. Missed or alternate practices must be excused; to the extent possible permission to be absent from a practice should be obtained in advance.
4. Qualify for the EFSL Long-Distance or Short-Distance Championship; OR place in the Top 3 of any event at the Southern Division Championship; OR earn 60 points or more at EFSL sanctioned swim meets.

The Head Coach will recommend the swimmer for a Varsity Letter if they satisfy the requirements laid out in items 1-4 above. The Head Coach may also recommend a swimmer be denied the awarding of a Varsity Letter, even if basic attendance/performance requirements are met, if the Head Coach feels the swimmer’s dedication, attitude, club spirit/sportsmanship or other behavior warrants denial of a letter.

ANNEX 6:

Equipment Checklist

EQUIPMENT LIST

Club Uniform items, with the exception of a swimsuit, will be ordered through our Merchandising Coordinator as a bulk purchase. The club uniform includes: an EFSL approved swimsuit, an RSC swim cap, and an RSC T-Shirt that will be worn at all competitions unless a swimmer has coaches' approval. Additional replacement uniform items will be the responsibility of the swimmer throughout the season.

MANDATORY EQUIPMENT

- ☐ 2 Pairs of Goggles (we encourage pair for practice and a pair for competition)
- ☐ 1 Pair Fins (Coaches will provide guidance on the type required)
- ☐ Hand Paddles (Coaches will provide guidance on the type required)
- ☐ RSC Swim Cap for all meets (any swim cap may be used during practice sessions)
- ☐ EFSL Approved Competition Swimsuit
- ☐ Water Bottle
- ☐ Front Snorkel (Coaches will provide guidance on the type required)
- ☐ 1 Mesh Storage Bag (to store all equipment)

OPTIONAL EQUIPMENT

- ☐ Pull Buoy (provided by pool)
- ☐ Kick Board (provided by pool)

******MAKE SURE NAME IS ON ALL EQUIPMENT******