

P1 - Introduction

The Schenectady-Saratoga Swim Club is a *USA Swimming* developmental team with swimmers from age 6 to post-college.

We are a collective group of swimmers, parents, and coaches who have found swimming to be an excellent venue for teaching important life skills and values. These skills and values will help our swimmers become positive and productive members of the community.

The goal of our program is to have our athletes reach their potential as swimmers. It is the struggle to be our best that causes us to learn the lessons that make swimming a worthwhile endeavor. Often, individuals will be asked to give of themselves for the team and for other individuals. With a whole team of selfless people working together, we will all be able to reach much higher than any of us could have done alone.

We are a team. To be successful, we will need the commitment of each athlete and parent. Athletes will participate by striving for continued development while the parents will participate by volunteering at each of our home meets.

“It is the journey – not the destination”

The team policies and training requirements are spelled out for you in this handbook. All swimmers who make the team and all parents/guardians of those swimmers are considered members of the club. All members are responsible for knowing and following club policies.

Please, spend time reading all parts of this handbook. The team policies were made with the following thoughts in mind:

Please trust that you are entering your child in a professionally-run team, coached by a dedicated and able coaching staff, in a highly successful program. All swimming-related decisions are made by the coaching staff. Those include – but are not limited to – practice group placement, events swum at meets, and the handling of disciplinary issues.

Parents should parent and coaches will coach. You want your child to be successful and we want your child to be successful. Coaching and motivating your child is the job of the Shark coaching staff. Please refrain from coaching your child. Keep in mind that this lifestyle is a marathon. The current coaching staff has worked with hundreds of swimmers and their families. If everyone understands his role, we can have a team of happy swimmers who want to continue in their development for years – through high school, college and beyond. We have seen many stressed out swimmers who are basically done with the sport at 12 or 13 years old because they were pushed too hard as a child.

Please read, understand, believe and live the parent handbook section of this book.

Schenectady-Saratoga Swim Club Board Members:

Name	Current Office & Responsibilities	Term Expires
Anne-Marie Nelson	President	2022
Kevin Baird	Vice President	2021
Ron Hart	Treasurer & Official	2020
Bryan Amedio	Secretary & Marketing	2020
Gundi Gutjahr	Meet Admin	2021
Sara Gregory	Equipment & Swimathon	2022
Judy Wettig	Safe Sport & Official	2020
Christi Shorkey	Events Admin	2021
Shoshanah Belway	Awards & Meet Admin	2022

Head Coach:

Jerry Adams (518) 755-3271 jerry@schenectadyswimclub.org

Business Manager:

Laura Davis (518) 522-5144 laura.rlcs@gmail.com

Equipment:

[The Deep End](#)

For extra caps and t-shirts, contact Sara Gregory saradgregory@hotmail.com.

REGISTRATION

The fees for the Fall/Winter season are established at the beginning of each season and posted on the web site. The listed fees cover all registration charges from the period of September through March, except pre-competitive. Pre-competitive is a twice per week, 17 week session, through mid-January. There is an additional fee for the

Spring/Summer sessions. Copies of BIRTH CERTIFICATES are required for new swimmers.

Pre-registration for all returning swimmers must occur via the team website prior to the specified date. This includes Varsity girls. All swimmers who were members of the club during the previous year and who have met the team's practice and meet requirements will be offered the opportunity to pre-register. Exceptions are any swimmers who have broken other team policies or who owe money to the club.

Billing and Refund Policies

Schenectady-Saratoga Swim Club is committed to maintaining a fiscally responsible club. While we understand that circumstances occur that result in changes in a swimmer's status, we must satisfy our financial commitment to our staff and the pool locations we reserve for practices and meets.

Late Fees:

Any fees not paid within fifteen (15) days of their due date may be subject to a penalty of up to \$25.00. In addition, the swimmer may also lose the right to participate in practices, social events and entry in future swim meets until the account is reconciled.

Registration Fees Refund Policy:

A swimmer who decides that they do not wish to continue with the club within the first three weeks of the start of a swim session must submit a refund request in writing to the Team Business Manager. The request will be reviewed by the Board of Directors on a case-by-case basis. Requests must be received within **30** days of the start of the season to be considered. Swimmers will be responsible for any equipment orders or meet fees incurred. **The USA Swimming Fee portion cannot be refunded.**

Schenectady-Saratoga Swim Club has found it necessary to establish a firm NO REFUND POLICY of registration fees for swimmers who have registered with our club and have requested a refund ***after participating beyond the first 3 weeks of practice.***

In the event that a swimmer is **injured** during the season and provides proper documentation for review by the Board of Directors, a prorated **credit** of remaining practice group fees **may** be considered for use in a future session.

Meet Fees:

Once a swimmer has been entered in a meet, the **meet fees are due and no refunds can be made.** **Schenectady-Saratoga Swim Club** has a responsibility to pay those meet fees to the host club on a timely basis.

Practice Group Change:

In the event a swimmer moves into a different practice group, you will be responsible for the difference between the original group fee and the new group fee, prorated based on the time remaining for that season.

PARENTS' RESPONSIBILITIES

In order for our club to run smoothly, all adult members must volunteer at Shark hosted meets and take some responsibility for our swimmers' behavior.

The first responsibility of Schenectady-Saratoga Swim Club parents is to monitor the behavior of their children as well as other Club children. We are guests at all pool facilities, schools and hotels. A problem with any one child is a direct reflection on the entire team!

The second responsibility of Schenectady-Saratoga Swim Club parents is to work in some capacity at **Schenectady-Saratoga Swim Club** hosted swim meets and other Club functions. Remember, we are all volunteers and everyone needs to become involved.

Schenectady-Saratoga Swim Club hosts several meets per year. When **Schenectady-Saratoga Swim Club** is hosting a meet, **families** need to work at least **one slot for each session in which each swimmer under the family account is entered**. Parents need to communicate with a Board member if a particular meet poses a problem.

The third responsibility of Schenectady-Saratoga Swim Club parents is to be familiar with the opt in / opt out procedures regarding meet entries. It is the parents responsibility to keep track of the opt in / opt out dates for each meet in which the swimmers' practice group will be participating. Once a swimmer is entered into a meet the meet fees cannot be refunded.

In addition, when your swimmer(s) participates in a meet (not hosted by **Schenectady-Saratoga Swim Club**), you are expect to time for one hour during each session your swimmer(s) participates.

The fourth responsibility of Schenectady-Saratoga Swim Club parents is to keep your account page up to date. This includes any change in address, insurance carrier, or medical status of swimmers under the account. This is very important to the communication of the club and to the safety of swimmers.

And lastly, please support your swimmers in their participation in **Swim-a-thon**. It is an extremely important fundraiser. It keeps our club afloat.

Swimmer Code of Conduct

It is fully understood that each **Schenectady-Saratoga Swim Club** member is responsible for his/her actions at practice, meets and any other **Schenectady-Saratoga Swim Club** function. Each swimmer must always maintain a high level of discipline.

Anyone found defacing or damaging property, disrupting a practice or a meet or breaking any written club policy may be asked to leave **Schenectady-Saratoga Swim Club**.

It is also fully understood that parents are responsible for the actions and whereabouts of ALL of their children at **Schenectady-Saratoga Swim Club** practices, meets and club functions at all times.

Schenectady-Saratoga Swim Club is a competitive program whose success depends on the continued use of non-owned facilities. We cannot afford the loss of practice time due to the disruptions that disciplinary problems could cause or the loss of the use of a facility due to poor conduct.