



NEW PARENT ORIENTATION
2025-2026



NEW PARENT ORIENTATION

**PART 1 – WELCOME TO
THE TEAM**

**WED. 9/10, 7:00 PM
@ RIDGE**

**PART 2 - WHAT TO
EXPECT AS A SWIM
PARENT**

**WED. 9/17, 7:00 PM
@ RIDGE**

**PART 3 - SWIM MEET
SURVIVAL GUIDE**

**WED. 9/24, 7:00 PM
@ RIDGE**

FST WEBSITE (TEAMUNIFY), ON DECK APP, & MEET MOBILE APP

FST WEBSITE

- Top Banner Links
 - Parents Lane
 - Groups & Practices
 - Info
 - Meet/Events
 - Locations
 - Times
 - Team Store
- Upcoming Team Events
- Team Feed

ON DECK APP

- Connects to your account with us through TeamUnify
- Gives you mobile access to your account

MEET MOBILE

- Yearly subscription application
- Gives you access to current and past meet results
- Results are sometimes live
- Not always 100% accurate
- Athlete search function

VOLUNTEERING MEETS

- Home Meets (October, April, May) - It takes a lot of volunteers to run a meet - officials, timers, runners, hospitality, meet marshalls, timing console / scoreboard operator, and more.
- Home Meet Requirements – Minimum of two (2) volunteer sessions per family with athletes in Bronze 1 and above Groups. Minimum of one (1) per family with athletes in Comp Prep Groups.
- Sometimes Away Meets - Other host teams will sometimes request help with timing. We try to leave that open for signups when possible

OTHER VOLUNTEERING OPPORTUNITIES

- FST Parent Board (exempt from volunteer requirements)
- Team Events - Potlucks, Glow Night, Swim-a-thon
- Group Social Coordinators

FINANCIAL RESPONSIBILITY & BILLING

ANNUAL FEES

- Registration fee
 - \$165 per family
 - \$35 fee per athlete for three team t- shirts

MONTHLY FEES

- Monthly groups dues (varies by group)
- Meet fees (\$25-\$75)
- Caps(\$13.00)

BILLING

- 12 month membership on a 9 month billing cycle
- After the 9th paid month any remaining months are free of dues.
- Invoices are emailed to your account at the end of each month.

CODE OF CONDUCT & DISCIPLINARY POLICIES

BEHAVIORAL AGREEMENT

- Parent Behavior
 - During Practice
 - During Meets
 - Supportive
 - Positive
- Swimmer Behavior
 - During Practice
 - During Meets
 - On Deck
 - Locker Rooms
- Any violations subject to the Discipline Policy

CODE OF CONDUCT & DISCIPLINARY POLICIES

CLASS I OBJECTIONABLE BEHAVIOR

- Felony Conviction
- Selling of illegal drugs
- Assault causing severe bodily injury
- Most serious of the 3
- Subject to action even outside of team activity
- Minimum 60 Day suspension on 1st offense

CLASS II OBJECTIONABLE BEHAVIOR

- Possession of drugs, alcohol, tobacco, weapons
- Theft
- Sexual misconduct
- 1st offense – minimum 30 day suspension
- 2nd offense – minimum 45 day suspension
- 3rd offense – considered Class I and subject to corresponding action

CLASS III OBJECTIONABLE BEHAVIOR

- Disruptive behavior
- Insubordination related to coaches, chaperones, or other team agents
- Abusive language or behavior
- 1st & 2nd offense – verbal warning (2nd verbal warning documented)
- 3rd offense – written warning to parents
- Repeated offenses considered Class II and subject to corresponding action

SWIM MEETS (MORE TO COME NEXT WEEK)

WHY ARE SWIM MEETS IMPORTANT?

- Swim Meets are a huge part of a swimmer's journey. They serve as benchmarks for the athletes to measure their progress with times, technique, and race details.
- They play a big role in building confidence, and they give the swimmers goals to work towards, which make practices more meaningful and helps them invest more in the sport
- Meets are also really exciting and fun - opportunities for social experiences, team spirit and camaraderie, and overcoming challenges / feeling of accomplishment.
- Some meets are exclusive to Developmental Groups (Comp Prep 1, Comp Prep 2, Bronze 1)
- Swim Meets are not required, but they are highly recommended!
- All age groups and ability levels are allowed (and encouraged) to participate in most meets

SAFE SPORT AND MAAPP

WHAT ARE THEY?

- Safe Sport - An organization whose goal is to promote a fun, healthy, and safe environment for all USA Swimming members
- MAAPP (Minor Athlete Abuse Prevention Policy) - A policy that addresses one-on-one interactions, social media, electronic communications, travel, locker rooms and changing areas, massages, rubdowns, and athletic training activities. Every USA Swimming club is required to implement this policy in full
- The main points to know are that non-athlete members of our club are not allowed to use the same restrooms as the athletes; massage or otherwise perform physical therapy for the athletes; message them individually without their parents involved in the communication; or have one-on-one interactions with the swimmers that aren't easily observable or interruptible
- More to come on Safe Sport applications to Swim Meets in Part 3, and links to more information can be found on the team website

FUNDRAISING

WHAT?

- \$300 per family, \$75 for each additional athlete.
- Comp Prep 2 - \$150 per family, \$75 for each additional athlete.
- Comp Prep 1 – No fundraising requirement.
- Multiple athlete families - fundraising amounts are based on the highest level athlete.

WHEN?

- Opportunities throughout the season.
- Any remaining amount not yet reached by May 31st will be charged June 1st (or if / when athlete withdraws from the team).

HOW?

- Butter Braids
- Holiday Wreaths / Candy
- Swim-A-Thon
- King Soopers Cards
- Safeway Cards

QUESTIONS?

Reach out to info@foothillsswimteam.com