



RAMS SWIM CLUB PARENT HANDBOOK

Welcome to the Rams Swim Club (RSC). Thank you for giving us the opportunity to develop your child to be a better swimmer and teammate. Our team can only be successful with active involvement of our swimmers and their families throughout the entire season. Our goal is for the team to have a fun, enjoyable season and to keep focused that we are here for the swimmers to learn competitive swimming in an encouraging environment. We look forward to a wonderful season!

RESOURCES

IF YOU:	WHO TO CONTACT	HOW TO CONTACT:
Have questions about : <ul style="list-style-type: none"> ▪ Team Registration ▪ Required USA Swimming membership ▪ Team Events ▪ Meet Entries ▪ Team Travel Arrangements ▪ Volunteer Time ▪ Pre-Team Lessons ▪ Team Policies 	Check the RSC Team website first. The website is updated often and has TONS of great information. Our Team Admin may assist you via email.	www.ramsswimmingia.com or OnDeck mobile app or ramsswimmingia@gmail.com
Have questions about: <ul style="list-style-type: none"> ▪ Club Events ▪ Club Policies ▪ Fundraisers ▪ Feedback for the club ▪ Setting up a meeting with the board 	Board of Directors- The volunteer Board is responsible for scheduling and planning all team events, managing the Club budget and finances, hiring coaches and ensuring all Club Policies are followed.	ramsswimmingia@gmail.com or Attend a board meeting. Board meetings are held the 2nd Wednesday of every month typically at 6:00pm.
Have questions about: <ul style="list-style-type: none"> ▪ Your swimmer's technique or performance ▪ Your swimmer's goals ▪ Setting up a meeting with the coach 	Coaches- the coaches know your swimmer and want to see them succeed.	rscswimcoach@gmail.com or Coach Todd may be reached on his cell at 515-508-1475 between 3pm and 8pm.
Have questions about: <ul style="list-style-type: none"> ● Account balance ● Charges to your account ● Changing your credit card 	Our Team Admin handles all billing and account inquiries. Our Board Treasurer may assist as well.	ramsswimmingia@gmail.com or ramsswimclubtreasurer@gmail.com



COMMUNICATION

We want to make sure you stay up to date with everything RSC has going on.

- **EMAIL:** Make sure you have a current email address listed in Team Unify (our registration site). A weekly update email will be sent every Sunday night, additionally we communicate regularly to remind you about upcoming deadlines, apparel orders, fundraisers, etc.
- **TEXT MESSAGE:** Make sure your cell number is listed in Team Unify and entered in the SMS box. This is quick way for us to get in contact with you for last minute changes to schedules (i.e. meet rain delays or weather-related cancellations)
- **LIKE RAMS SWIM CLUB on FACEBOOK:** We post updates to Facebook as well including information you may need during the off-season. Also, we'll post pictures and celebrate qualifying times and other accomplishments.

PRACTICE INFORMATION

PRACTICE SCHEDULE - April/May

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GOLD*	6:15-7:45** PM	6:15-7:45** PM	6:15-7:45** PM	6:15-7:45** PM	5:30-7:00** PM	9:00-10:30 AM
WHITE*	6:15-7:45** PM	6:15-7:45** PM		6:15-7:45** PM	5:30-7:00** PM	9:00-10:30 AM
SILVER		5:30-6:30 PM	5:30-6:30 PM		5:30-6:30 PM	9:00 - 10:15 AM
BLACK	5:30-6:15 PM		5:30-6:15 PM	5:30-6:15 PM		8:15 - 9:15 AM

** Practices may end early, please arrive for pick-up no later than 7:30 PM.

PRACTICE SCHEDULE - June/July

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GOLD*	7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor	9:00-10:30 AM
WHITE*	7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor		7:00 - 8:30 AM outdoor	7:00 - 8:30 AM outdoor	9:00-10:30 AM
SILVER		5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM		9:00 - 10:15 AM
BLACK	5:30-6:15 PM		5:30-6:15 PM	5:30-6:15 PM		8:15 - 9:15 AM



Please Note:

- Practice schedules may change due to holidays, pool availability, or meet schedules.
- Last day of practice will vary depending on qualifying for Championship meets.
- During high school season (September – February), RSC athletes need to come dressed in swimsuits as the high school team uses both locker rooms.
- Practices may be canceled due to home high school meets in the fall and winter school seasons. We encourage our swimmers to come to the meets to support and cheer on our high school RSC teammates who are competing.
- We will have an end of season celebration in July/August.

PRACTICE EXPECTATIONS

- We expect the swimmer's best effort at each practice.
- It is important for your swimmer to be on time to each practice, so they are able to fully participate and not disrupt practice. This means they should be on deck and ready to enter the water at practice start time.
- Parents are free to observe practice from the bleachers. Please do not come onto the deck or attempt to communicate with your swimmer while they are practicing.
- Ask your swimmer about their practice, what did they work on, etc. Be encouraging and supportive. Remember that critiquing should be done by the coaching staff.
- The coaching staff needs to be made aware of any extended absences. If your swimmer is ill, please let us know so that we can ease them back into the water once they feel able to return.

PRACTICE EQUIPMENT

Each swimmer should have:

- Swimsuit- we recommend having a practice suit separate from the suit used for competition
- Goggles
- Swim Cap
- Filled Water Bottle (non-glass)
- Flippers
- Kickboard

Swimsuits and equipment can be purchased at www.swimoutlet.com/ramsswimclub, Amazon (please use the RSC smile account), or any other swim retailer you prefer.

We also have a private Facebook group you may request to join to swap/sell used swim gear: [RAMS Swim Club Used Gear](#)



SWIM MEETS

SCHEDULE

The meet schedule is posted on the Team Website or the OnDeck Mobile app.

MEET PARTICIPATION

Swim meets are a great opportunity for your swimmer to see their hard work paying off and to develop team bonding!

- **Black & Silver Groups** are expected to attend all home meets
- **White & Gold Groups** are expected to attend all home meets and *at least 2* away meets

MEET REGISTRATION

Registering for **individual** events for a swim meet is completed on the RSC website or from the OnDeck Mobile app. Meet fees vary depending on the host club, see meet invites for details.

- Please ask for input from your swimmer. They will know what they are capable of completing and what events will help them reach their goals. For our 10&unders, please choose yes/no (attend/decline) if you plan on attending the meet. Your coaching staff will be selecting the events for your swimmer based on athlete preparedness and readiness.
- Please contact your coach if you are unsure of what events to sign your swimmer up for. Coaches may change meet entries if they feel it is in the best interest of the swimmer.
- If you need to leave a note for the coaches (i.e. if your swimmer will be late/need to leave early) you are able to do so when you declare their events.
- There will be a \$25 administration fee charged for any meet entries submitted after the registration deadline.

Registering for **relays** is completed by the coaches.

- Coaches will choose relays for each age group according to the swimmer's abilities.
- Relays are not always set up as the fastest four swimmers at an invitational meet.
- If your swimmer is selected for a relay, they are expected to swim that relay. If your swimmer causes the relay team to scratch you will be assessed the entire relay race fee.
- Note: Prior to each meet you will need to look at your swimmer's events in Team Unify or on the OnDeck Mobile App to see if they are entered in a relay.

MEET ATTIRE

All swimmers are **REQUIRED** to wear the Team approved swimsuits and cap for all meets. Swimmers are also encouraged to wear team apparel while on deck.

- **Team Swimsuits:** The RSC team suit is the TYR Phoenix Splice in black and gold. Other approved suits are all black with no other color and a SEP high school issued suit for those swimming for the SEP high school team. TYR Phoenix Splice and black suits are available at www.swimoutlet.com/ramsswimclub and other swim retailers. "Tech" suits are allowed during the Championship phase of the season and during the regular season if approved by a coach.
- **Team Swim Caps:** New swimmers to the team are provided 1 team cap. Coaches will have replacement caps available for purchase at all meets, in case yours is lost or damaged. The replacement cap will be billed to your account and prices vary.



- **Team Apparel:** A variety of team apparel (shirts, sweatshirts, pants, hats, etc.) will be available for sale. We encourage all swimmers and spectators to wear the team apparel to show unity and support for the club!

WHAT TO BRING TO MEETS

The following items are suggestions for what to bring to each meet.

- Water bottle (non-glass)
- Nutritious Snacks (bananas, granola, beef sticks, carrots, dried fruit, nut butter)
- Goggles (recommend having a back-up pair just in case)
- Towel(s)
- Blanket or chairs (if crash area is available)
- Sunscreen (for outdoor meets)
- Sharpies (for writing events #s on your swimmer)
- **Please do NOT bring electronics, cell phones, jewelry, or valuables!**

MEET EXPECTATIONS

- **If your child will be late or unable to attend the meet, please email rscswimcoach@gmail.com as soon as possible.**
- Plan to arrive 15 minutes before scheduled warm-ups (unless otherwise announced). Warm up times will always be listed on page 1 of the meet invite which is included on the Event Listing on the RSC website or the OnDeck mobile app.
- Swimmers should arrive to the meet with the numbers written with a permanent marker on their hands/arm. (Event # | Heat # | Lane#)
- Any time your swimmer is not swimming they are expected to remain on deck (or in the crash area) with their team
- Good sportsmanship is always expected! This means showing respect and encouragement to all coaches, officials, teammates and competitors.
- Swimmers are encouraged to stay for the entire session (even if their events are done early). If a swimmer must leave early, please notify a coach.

PARENT EXPECTATIONS

- We encourage RSC parents to sit together to cheer on all RSC Swimmers. (*Even better wear our team apparel!*)
- Provide lots of POSITIVE feedback to your swimmer!
- Do not discuss DQs with your swimmers. The coaching staff will receive a DQ from the officials and will discuss with your swimmer at an appropriate time (during the meet or at a future practice).

MEET MOBILE

Most meets will utilize Meet Mobile to allow you to view meet events, lane assignments, and results in (almost) real time. This is a free to download mobile app but does have a small annual subscription fee. This is not REQUIRED but is recommended as a great resource to help you and your swimmer stay up to date on meet progress.

SUPPORTING OUR CLUB

VOLUNTEERING/CONCESSIONS DONATIONS

Volunteering is a great way to get involved and to help our team.

- **Hosting meets is one of the primary ways our Club is funded. In order to host meets we need all families to be involved.**
 - **For the Fall/Winter Season:** Each family is REQUIRED to volunteer for four (4) volunteer opportunities per two (2) swimmers and donate two (2) items for concessions/hospitality during the season. If Blizzard Blast is not hosted at SEP the donation fee will be assessed to your account In January.
 - **For the Spring/Summer Season:** Each family is REQUIRED to volunteer for 1 volunteer spot per two swimmers.
 - A \$100 for volunteer hours and \$15 for donation fee can be assessed to your swimmer's account if volunteer hours/donations are not met. The volunteer fee may be prorated.
- There are a variety of volunteer opportunities available including- people to set up and teardown swim meets, officiate, time during swim meets, and the list goes on and on! All opportunities will be listed on the website or announced via email/weekly newsletter. If you have any questions about how you can meet these requirements contact a Board Member.

FUNDRAISING

RSC is a 501(c)(3) non-profit swim team. We rely on sponsorships and fundraising to keep our program going!

- **Share the Proceeds Fundraisers:** We are currently exploring a variety of voluntary fundraising opportunities. To reward you for participating in our fundraisers all proceeds will be split with a portion applied to your swimmer's account and a portion donated back to the club. Be on the lookout for more information on how you can participate.
- **Sponsorships** We are always on the lookout for Sponsors for our team and the meets we host. If you know of any businesses which may be interested in being a Sponsor contact the Board Treasurer's for more information on how you can be rewarded for referring a Business.

GET INVOLVED

Looking for other ways to get involved with our club?

- **Fundraising Committee:** Historically, the fundraising committee meets the 2nd Thursday of every month at 6:00 pm in the pool area.
- **Motivation and Incentive Committee:** Historically, The motivation and incentive committee meets the 3rd Thursday of every month at 6:00 pm in the pool area.
- **USA Swimming Officials:** This is a great opportunity to get involved in swim meets and you get free hospitality! Reimbursement for the cost of training/requirements is available for those officials that are willing and able to work all RSC hosted swim meets. For more information contact the Board.
- **Coaching:** If you have an interest or experience in coaching, we prefer to hire and train from within our club to build our coaching staff with part time positions.



SAFESPORT

USA Swimming's SafeSport program is a comprehensive abuse prevention program, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations. By completing a series of steps required by USA Swimming, the Rams Swim Club is proud to be a SafeSport recognized program. To maintain this designation athletes and parents must complete an online training course.

- **Online SafeSport for Athletes and Parents** - SafeSport provides online training for both athletes (SafeSport for Athletes) and parents (Parents Guide to Misconduct in Sports) offering an introduction to SafeSport, protection measures, and reporting information. The course is available to both members and non-members of USA Swimming, and is free. This needs to be done by all athletes ages 12-17 and at least 1 parent in the household.
- **Athlete Protection Training** - this SafeSport certification is required for all adult athletes ages 18 and Over. If an athlete turns 18 during the season, the training must be completed within 30 days of their birthday.

For additional information on SafeSport, please visit the Rams Swim Club website [HERE](#) or the USA Swimming website [HERE](#).