



## RAMS SWIM CLUB PARENT HANDBOOK

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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"> <li>• Team Registration</li> <li>• <b>Required</b> USA Swimming membership</li> <li>• Team Events</li> <li>• Meet Fees</li> <li>• Team Travel Arrangements</li> <li>• Volunteer Time</li> <li>• Pre-Team Lessons</li> <li>• Team Policies</li> </ul>	Check the <b>RSC Team website</b> first. The website is updated often and has TONS of great information.  Our <b>Head Coach</b> may assist you via email.	<a href="http://www.ramsswimmingia.com">www.ramsswimmingia.com</a> or OnDeck mobile app or <a href="mailto:headcoach@ramsswimmingia.com">headcoach@ramsswimmingia.com</a>
Have questions about: <ul style="list-style-type: none"> <li>• Club Events</li> <li>• Club Policies</li> <li>• Fundraisers</li> <li>• Feedback for the club</li> <li>• Setting up a meeting with the board</li> </ul>	<b>Board of Directors-</b> 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.	<a href="mailto:headcoach@ramsswimmingia.com">headcoach@ramsswimmingia.com</a> or <a href="mailto:info@ramsswimmingia.com">info@ramsswimmingia.com</a> or Attend a board meeting. These are listed in our team newsletter and team website calendar.
Have questions about: <ul style="list-style-type: none"> <li>• Your swimmer's technique or performance</li> <li>• Your swimmer's goals</li> <li>• Setting up a meeting with the coach</li> <li>• Meet Entries</li> </ul>	<b>Coaches-</b> the coaches know your swimmer and want to see them succeed.	<a href="mailto:headcoach@ramsswimmingia.com">headcoach@ramsswimmingia.com</a>
Have questions about: <ul style="list-style-type: none"> <li>• Account balance</li> <li>• Charges to your account</li> <li>• Changing your credit card</li> </ul>	Our <b>Team Admin</b> handles all billing and account inquiries.  Our <b>Board Treasurer</b> may assist as well.	<a href="mailto:headcoach@ramsswimmingia.com">headcoach@ramsswimmingia.com</a> or <a href="mailto:Treasurer@ramsswimmingia.com">Treasurer@ramsswimmingia.com</a>



**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 / Monday morning, 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. We have two groups: Rams Swim Club (public) and Rams Swim Club Private Group (private for our current members)
- **FOLLOW US ON SOCIALS:** Twitter: @RamsSwimClub and Instagram: ramsswimclub

**PRACTICE INFORMATION**

**PRACTICE SCHEDULE**

*This may also be found on our team website calendar and under the Training Group.*

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gold 1</b>	6:45pm-8:30pm	5:45-7:30p <i>Dryland</i>	6:45pm-8:30pm	5:45-7:30p <i>Dryland</i>	6:45pm-8:30pm	11am-12:30pm
<b>Gold 2</b>		5:00-5:45pm		5:00-5:45pm		
<b>HS</b>						
<b>Silver 1</b>	5:45pm-6:45pm	7:30pm-8:30pm	5:45pm-6:45pm		5:45pm-6:45pm	10:30am-11:30am
<b>Silver 2</b>	5:45-6:45pm		5:45-6:45pm		5:45-6:45pm	10:30-11:30a
<b>Bronze</b>	6:45-7:30p		6:45-7:30p		6:45-7:30p	10:30-11:30a

Please Note:

- Dryland sessions on the pool deck: swimmers please wear athletic clothing and shoes.
- 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 February/March

### **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)
- Kickboard
- Long fins
- Pull buoy
- Paddles (silver, HS/gold)
- Snorkel (HS/gold)

Swimsuits and equipment can be purchased in person or online at Elsmore Swim Shop at 3029 100<sup>th</sup> Street in Urbandale or at SwimOutlet. Links are found on our team website under the [Team Uniform tab](#). We also have a private Facebook group you may request to join to swap/sell used swim gear: [RAMS Swim Club Private Group](#)

## **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!

- **Bronze & Silver Groups** are expected to attend all home meets
- **HS/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 your swimmer, please choose yes/no (attend/decline) and if yes, then select the events your swimmer would like to compete in. Please add to the notes section any information you would like to share regarding your swimmer's event choices/preferences or if you are only going to one day of a multiple day meet. Based upon review of the events selected, the head coach may swap 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 swimsuit 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 Fizzy in black and gold. "Tech" suits are allowed during the Championship phase of the season and during the regular season if approved by a coach. 12&under have specific styles and 13&overs have a more advanced option.
- **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 through our Elsmore Swim Shop online store. 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 [headcoach@ramsswimmingia.com](mailto:headcoach@ramsswimmingia.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, this goes up to eight (8) for three (3) or more swimmers on the team. You also must donate \$15/family/invitational sized meet for concessions/hospitality during the season. The Blizzard Blast donation fee will be assessed to your account In December. **For the Spring/Summer Season:** Each family is REQUIRED to volunteer for 1 volunteer spot per two swimmers.



- A \$200 for fall/winter and \$100 for spring/summer volunteer hours will be assessed to your swimmer's account if volunteer hours 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 or our team admin. (The green button on each meet is how you select your [volunteer position](#).)

## **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.
- **Swim-A-Thon** Each season our swimmers collect pledges/funds for swimming as many laps as they can in a two hour time frame.
- **Amazon Smiles:** This [link](#) supports our team.

## **GET INVOLVED**

Looking for other ways to get involved with our club?

- **Fundraising Committee:** Meets monthly, leads the sponsorships for our hosted meets and champions the Swim-A-Thon
- **Motivation and Incentive Committee:** Meets monthly, leads the end of season celebration, assists with the Swim-A-Thon and fun incentives/celebrations throughout the season
- **USA Swimming Officials:** This is a great opportunity to get involved in swim meets and you get free hospitality food! 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 and our Team Admin.
- **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. Contact the head coach.

## **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](#).