



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 Fees • 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 Head Coach may assist you via email.	Sports Engine mobile app or headcoach@ramsswimmingia.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.	headcoach@ramsswimmingia.com or info@ramsswimmingia.com 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"> • Your swimmer's technique or performance • Your swimmer's goals • Setting up a meeting with the coach • Meet Entries 	Coaches- the coaches know your swimmer and want to see them succeed.	headcoach@ramsswimmingia.com
Have questions about: <ul style="list-style-type: none"> • Account balance • Charges to your account • Changing your credit card 	Our Head Coach handles all billing and account inquiries. Our Board Treasurer may assist as well.	headcoach@ramsswimmingia.com or Treasurer@ramsswimmingia.com



Team Website Link:

<https://www.gomotionapp.com/team/iarsc/page/home>
[ramsswimmingia.com](https://www.gomotionapp.com/team/iarsc/page/home) will direct you to the link above.

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
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PRACTICE INFORMATION

PRACTICE SCHEDULE

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

Spring Schedule	Starts: Wednesday April 2nd, 2025		Ends: May 30th, 2025		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1: Lanes 1-8 3:45pm-5:45pm	Gold 1: Lanes 1-8 3:45pm-5:45pm	Gold 1: Lanes 1-8 3:45pm-5:45pm	Gold 1: Lanes 1-8 3:45pm-5:45pm	Gold 1: Lanes 1-8 3:45pm-5:45pm	Gold 1: Lanes 1-8 7:30am-9:30am
Lessons: Lanes 1-2 5:45-6:45pm	Gold 1,2,3: Optional Dryland 5:45pm-6:30pm	Lessons: Lanes 1-2 5:45-6:45pm	Gold 1,2,3: Optional Dryland 5:45pm-6:30pm	Lessons: Lanes 1-2 5:45-6:45pm	Gold 2: Lanes 1-8 7:30-9:30am
Silver 2: Lanes 5-6 5:45pm-6:45pm	Silver 1: Lanes 1-3 5:45pm-6:45pm	Silver 2: Lanes 5-6 5:45pm-6:45pm	Gold 3: Lanes 4-8 6:30pm-8:00pm	Silver 2: Lanes 5-6 5:45pm-6:45pm	Gold3: Lanes 1-8 7:30am-9:30am
Bronze 2: Lane 3 5:45pm-6:30pm	Gold 3: Lanes 4-8 6:30pm-8:00pm	Bronze 2: Lane 3 5:45pm-6:30pm	Gold2: Lanes 4-8 6:30pm-8:00pm	Bronze 2: Lane 3 5:45pm-6:30pm	Silver 1: Lanes 7-8 9:30am-10:30am
Bronze 1: Lanes 4 5:45pm-6:30pm	Gold2: Lanes 4-8 6:30pm-8:00pm	Bronze 1: Lanes 4 5:45pm-6:30pm		Bronze 1: Lanes 4 5:45pm-6:30pm	Silver 2: Lanes 5-6 9:30am-10:30am
Gold 2: Lanes 7-8 5:45pm-7:00pm		Gold 2: Lanes 7-8 5:45pm-7:00pm		Gold 2: Lanes 7-8 5:45pm-7:00pm	Bronze 1: Lanes 4 9:30am-10:30am
Silver 1: Lanes 4-5 6:45pm-7:45pm		Silver 1: Lanes 4-5 6:45pm-7:45pm		Silver 1: Lanes 4-5 6:45pm-7:45pm	Bronze 2: Lane 3 9:30am-10:30am
Bronze 3: Lanes 1-3 6:45pm-7:30pm		Bronze 3: Lanes 1-3 6:45pm-7:30pm		Bronze 3: Lanes 1-3 6:45pm-7:30pm	Bronze 3: Lanes 1-2 9:30am-10:30am
Gold 3: Lanes 6-8 7:00pm-8:00pm		Gold 3: Lanes 6-8 7:00pm-8:00pm		Gold 3: Lanes 6-8 7:00pm-8:00pm	

Summer Schedule	Starts Monday June 2nd				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1: Lanes 1-8 6:00-8:00am @SEP	Gold 1: Lanes 1-8 6:00am-8:00am @Altoona Aquatics Park	Gold 1: Lanes 1-8 6:00-8:00am @SEP	Gold 1: Lanes 1-8 6:00am-8:00am @Altoona Aquatics Park	Gold 1: Lanes 1-8 6:00-8:00am @SEP	Gold 1: Lanes 1-8 7:30am-9:30am
Lessons: Lanes 1-2 8:15-9:15am	Gold 2: Lanes 1-8 4:30-6:00pm	Lessons: Lanes 1-2 8:15-9:15am	Gold2: Lanes 1-8 6:00am-8:00am @Altoona Aquatics Park	Lessons: Lanes 1-2 8:15-9:15am	Gold 2: Lanes 1-8 7:30-9:30am
Gold 3: Lanes 1-8 4:30-6:00pm	Gold 1,2,3: Optional Dryland 6:00-6:45pm	Gold 2: Lanes 1-8 4:30-6:00pm	Gold3: Lanes 1-8 6:00am-8:00am @Altoona Aquatics Park	Gold 2: Lanes 1-8 4:30-6:00pm	Gold3: Lanes 1-8 7:30am-9:30am
Bronze1,2,3: Lanes 5-8 6:00pm-6:45pm	Silver 1: Lanes 3-5 6:00-7:00pm	Bronze1,2,3: Lanes 5-8 6:00pm-6:45pm	Gold2: Lanes 1-8 4:30-6:00pm	Bronze1,2,3: Lanes 5-8 6:00pm-6:45pm	Silver 1: Lanes 7-8 9:30am-10:30am
Gold3: Lanes 1-4 6:00pm-7:00pm	Gold3: Lanes 6-8 6:45pm-8:00pm	Gold3: Lanes 1-4 6:00pm-7:00pm	Gold1,2,3: Optional Dryland 6:00-6:45pm	Gold3: Lanes 1-4 6:00pm-7:00pm	Silver 2: Lanes 5-6 9:30am-10:30am
Silver 1&2: Lanes 5-8 6:45-7:45pm	Gold 1: Lanes 1-2, then 1-8 6:45-8:30pm	Silver 1&2: Lanes 5-8 6:45-7:45pm	Gold1: Lanes 1-8 6:45-8:30pm	Silver 1&2: Lanes 5-8 6:45-7:45pm	Bronze 1: Lanes 4 9:30am-10:30am
					Bronze 2: Lane 3 9:30am-10:30am
					Bronze 3: Lanes 1-2 9:30am-10:30am

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.
- If school is closed for weather, holidays, teacher workdays, etc. There will not be practice.
- 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 can 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
- Competition Suit [Hexa Splice](#)
- Goggles
- Swim Cap
- Filled Water Bottle (non-glass)
- Kickboard
- Long fins
- Pull buoy (silver, gold)
- Paddles (silver, gold)
- Snorkel (Gold)

Swimsuits and equipment can be purchased in person or online at Elsmore Swim Shop at 3029 100th Street in Urbandale or at Swim Outlet. 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 Sports Engine mobile app. You can find this under the “Team Schedule” tab or the “Team Events” tab.

Meet Name	Location	Date
RSC Intrasquad	SEP POOL	Thursday April 24th
H2Opener	Wellmark YMCA Des Moines	May 3-4
DSMY May Invite	Wellmark YMCA Des Moines	May 9-11
Rams Spring Classic	Waukee Natatorium	May 17
RamTide Rally w/CIA and Riptide	SEP POOL	Late May
KC Cup	Lenexa, Kansas (Travel Meet)	May 30-June 1
DSMY Trudy Hancock	Wellmark YMCA Des Moines	June 6-8
DMSF Birdland Invite	Birdland Pool Des Moines	June 13-15

Waukee Open Summer Invite	Waukee Natatorium	June 20-22
CIA Beat the Heat	Wellmark YMCA Des Moines	June 27-29
Central Zone Summer Sectionals (Q times needed for participation)	Minneapolis, Minnesota	July 10-13
BLST Summer Sizzler	Cedar Falls, Iowa (Travel Meet)	July 10-13
IASI Summer Regionals	Iowa City, Iowa (Travel Meet)	July 19-20
IASI LC Champs (Q times required for participation)	Waukee Natatorium	July 24-27
Central Zone Swimming 14&Under Champs (Team Iowa Event) AAA times required for participation.	Rochester, Minnesota	July 31-August 3rd

MEET PARTICIPATION

Swim meets are a great opportunity for your swimmer to see their hard work paying off and to develop team bonding! The more meets attended, the more the swimmer will understand the sport and why we do the things we do in our training.

- **Bronze Groups** are recommended to attend all home meets and *at least 1* away meet
- **Silver Groups** are recommended to attend all home meets and *at least 2* away meets
- **Gold Groups** are recommended to attend all home meets and *at least 3* away meets

MEET REGISTRATION

Registering for **individual** events for a swim meet is completed on the RSC website or from the Sports Engine 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.

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 Sports Engine 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 Hexa Splice found on the [Elsmore page](#). "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.
 - Men's SEP Team High School suits can be worn but only the current year's version.
- **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:** We have a large variety of spirit wear options available on our [515Designs](#) page!

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, jewelry, or valuables!**

MEET EXPECTATIONS

- **If your child will be late or unable to attend the meet, please email 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 Sports Engine 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 appare!!*)
- 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. To host meets we need all families to be involved.**

# of swimmers on team	Fall & Winter Required Volunteer Sessions	Spring & Summer Required Volunteers Sessions
1	4 sessions	3 sessions
2	6 sessions	5 sessions
3	8 sessions	7 sessions

- A single volunteer session usually consists of about 2-4 hours. There will be multiple opportunities throughout the season to complete sessions.
- You can have multiple people work the same session to get this down quicker. If two people in your family work the same session, that counts as two volunteer sessions completed.
- A \$200 fee will be issued if the volunteer session requirement is not met for the season. The volunteer fee may be prorated.

DONATION EXPECTATIONS



- When RSC hosts a Meet, you will also be required to donate items to Concessions and/or Hospitality. There are two ways to fulfill this requirement. The first is to donate two items listed on the donation list from our Meet Director. The second is to be charged a fee in lieu of donations.
 - For RSC hosted Meets at SEP, the fee is \$25
 - For RSC hosted Meets not at SEP, the fee is \$15-\$25 per discretion of the Meet Director.

Volunteer Positions and Sign-Ups

- 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 home 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.
 - This does not count toward required volunteer hours
- **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. Packets for our Swim-a-thon will be handed out by 11/04/2024. The current Swim-a-thon date is scheduled for 12/14/2024.

GET INVOLVED

Looking for other ways to get involved with our club?

- **Board Positions:** We need volunteers to run the board! Board members meet once a month and help set up and run hosted meets and events. We have five different positions:
 - President
 - Vice-President
 - Treasurer
 - At-Large
 - Secretary
- **USA Swimming Officials:** This is a great opportunity to get involved in swim meets and you get free hospitality food! Reimbursement for the training/requirements is available



for officials willing and able to work all RSC hosted swim meets. For more information contact the Board or Coach Andrew.

- If you become an official, a \$5 credit will be added to your account per session of any meet you volunteer at for the entire season. This will also count toward your volunteer hours for the season.
 - We are not allowed to pay officials per USA Swimming rules, so we are giving you a credit to your account.
- **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 athletes (**SafeSport for Athletes**) and parents (**Parents Guide to Misconduct in Sports**) introducing it 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](#).