2025-2026 Season Information Packet



Revised 8/2025

Table of Contents

- Fees
 - Membership/Meet Entry and Hospitality
 - USA Swimming Registration/Scholarship Program
- Team Uniform and Equipment Requirement
 - Team Vendor/Caps
 - Squad Equipment Lists
- Payment Plans and Schedules
 - Year Round Squads
 - Seasonal Squads
 - Sibling Discount
- Online Payments
 - <u>Team Unify/Registration Fee</u>
 - Two-Week Trial/Credit Card vs Bank Fees
 - Changing Banking Info in Team Unify
- Volunteer Requirement
 - Regular Meets/Championship Meets
 - <u>Tentative Hosted Meets/Missed Session Fines</u>
- <u>Termination</u>
- Competition Uniform Policy
- Safe Sport/Anti-Bullying Policy
 - Disciplinary Procedures
- New Swimmer FAQs

Fees

Membership

Meet Entry and Hospitality

Return to Table of Contents:



Membership Fees

Membership fees vary by squad and are non-refundable, however members are granted a two-week trial period. If at the end of the trial period you would like to terminate your relationship with ZSC, you may do so by contacting the Club Administrator with a formal request via email. All families who commit to swim after the two week trial period are obligated to pay 100% of their swimmers' fees.

Membership Fees are split into monthly payments as a convenience to our members.

PAYMENTS: All payments are made through your Team Unify account using Online Payments. This happens automatically on the first of each month, so you don't have to go in and initiate payment. See Online Payments section for details.

Meet Entry Fees and Hospitality Fees

Swimmers are responsible for paying entry fees to all competitions they have entered. Fees are paid by the club in advance of meets, so if a swimmer is unable to attend due to sickness or other commitment, you are still obligated to pay the fee. Likewise, host clubs are not required to refund fees for cancellation of meet sessions due to uncontrollable circumstances, e.g., inclement weather. These fees vary depending on type of competition and the number entered. They generally range from \$30-\$60 per meet. Meet entry fees are calculated by ZSC and are automatically applied to your monthly bill.

For each team hosted meet, we charge a nominal fee per family (\$10) in lieu of having everyone separately shop and drop off donations. This fee is charged to each family that has a swimmer registered at the time of the meet regardless of whether or not they swim in the meet.

Fees

USA Swimming Registration

Scholarship Program

Return to Table of Contents:



USA Swimming Registration Fee

All swimmers are required to be USA Swimming Members for insurance purposes.

- New Members will pay this DIRECTLY to USA Swimming.
- Returning swimmers are renewed by ZSC and will be charged this fee to your monthly bill (most will be in December 2025).

\$88.75/year Premium USA Membership per Swimmer for **Year-Round** swimmers

\$30.00/year Flex Membership per Swimmer for **Seasonal** swimmers (limit 2 meets per year). Seasonal swimmers wishing to swim more than 2 meets must pay for a Premium membership. You can upgrade at any time during the year by paying the difference.

Scholarship Program

ZSC offers a scholarship program with reduced USA Registration (\$5 total) and ZSC Membership fees (50% discount) for families that qualify for the Federal Free and Reduced Lunch Program. Please contact the Club Administrator if you would like more information.

Team Vendor

Team Caps

Return to Table of Contents:



ZSC requires all swimmers to compete in ZSC competitive gear and to use the Speedo brand per our contract with them as a team sponsor.

Our team vendor is **Elsmore Swim Shop**. They have a brick and mortar shop at <u>4705 E</u> <u>96th St in Indianapolis</u>. You can also go to their <u>website</u> to order.

Team Caps

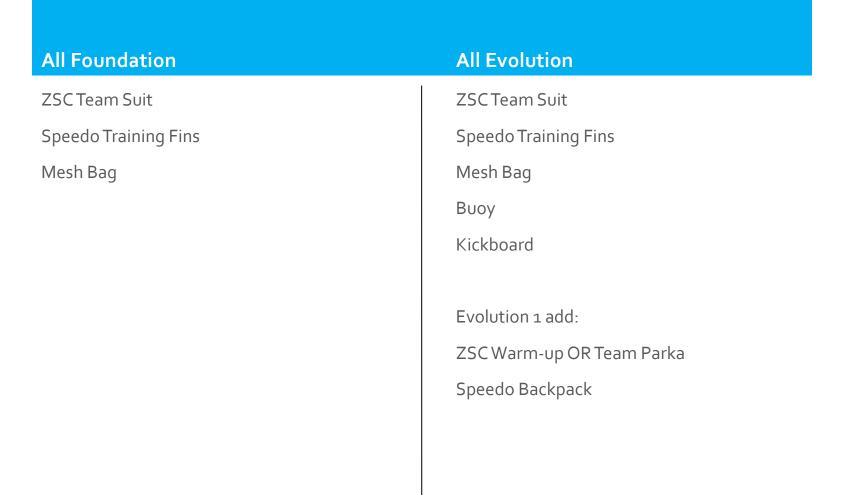
Only team swim caps are allowed at practices unless coaches give permission. All swimmers will receive one free silicone ZSC swim cap upon initially joining the club. Members will be responsible for purchasing all replacement caps.

We will periodically coordinate group orders with our vendor for caps with the swimmer's last name on the side. Members are responsible for paying the vendor directly.

Further requests for non-personalized silicone caps (\$14) can be made directly to coaches at practice during the season and the charge will be applied to your monthly bill.

Squad Equipment Lists

Return to Table of Contents:



Squad **Equipment Lists**

All Juniors All Momentum ZSC Team Suit

Speedo Training Fins

Mesh Bag

Buoy

Kickboard

Snorkel (front mounted)

Paddles (usually size small*)

ZSC Warm-up OR Team Parka

Speedo Swim Bag

ZSC Team Suit

Speedo Training Fins

Mesh Bag

Buoy

Kickboard

Snorkel (front mounted)

Paddles (usually size medium*)

ZSC Warm-up OR Team Parka

Speedo Swim Bag

Return to Table of Contents:



*Paddles should be slightly larger than the swimmer's hands to reduce the risk of injury. If you are unsure on sizing, please speak to your swimmer's Coach.

Squad Equipment Lists

Seniors

ZSC Team Suit

Speedo DMC Elite Fins

Mesh Bag

Buoy

Kickboard

Snorkel (front mounted)

Paddles (usually size large*)

ZSC Warm-up OR Team Parka

Speedo Swim Bag

Return to Table of Contents:



*Paddles should be slightly larger than the swimmer's hands to reduce the risk of injury. If you are unsure on sizing, please speak to your swimmer's Coach.

Payment Plans for Year Round Squads

Evolution 1

Momentum 1

Junior

Senior

Return to Table of Contents:



Monthly Payment Plan For Evolution 1 / Momentum 1 / Junior 1&2 Squads

When you join the Zionsville Swim Club as an Evolution 1, Momentum 1, Junior 1 or Junior 2 Squad swimmer, you are committing to making all payments through August 2026.

 For these groups, 9 monthly payments will be due and processed on the 1st of each month during the months of September-May.

Monthly Payment Plan For

Senior HP&1&2 Squads

When you join the Zionsville Swim Club as a Senior swimmer, you are committing to making all payments through August 2026.

- For this squad, 6 monthly payments will be due on the 1st of each month during the months of September-November and March-May.
- In addition, Senior HP and Senior 1 are charged \$11 each of these6 months for Tempo Trainer rental
- New senior swimmers who join following High School season will make the last 3 payments (March-May).
- Graduating seniors who elect to stop swimming after High School season will only make the first 3 payments (September-November). An additional payment in March can be made to participate in spring short course Championship Meets.

YEAR ROUND MEMBERSHIP FEES PER PAYMENT

First Swimmer Full Price	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun	1-Jul
Senior HP	\$2,700	\$450	\$450	\$450	\$o	\$o	\$o	\$450	\$450	\$450	\$o	\$0
Senior 1	\$2,376	\$396	\$396	\$396	\$o	\$o	\$o	\$396	\$396	\$396	\$o	\$0
Senior 2	\$1,782	\$297	\$297	\$297	\$o	\$o	\$o	\$297	\$297	\$297	\$o	\$0
Junior 1	\$2,592	\$288	\$288	\$288	\$288	\$288	\$288	\$288	\$288	\$288	\$0	\$0
Junior 2	\$2,016	\$224	\$224	\$224	\$224	\$224	\$224	\$224	\$224	\$224	\$0	\$0
Momentum 1	\$2,115	\$235	\$235	\$235	\$235	\$235	\$235	\$235	\$235	\$235	\$0	\$0
Evolution 1	\$1,530	\$170	\$170	\$170	\$170	\$170	\$170	\$170	\$170	\$170	\$0	\$0
College	\$900	\$o	\$o	\$0	\$o	\$o	\$o	\$o	\$0	\$0	\$450	\$450

Second Swimmer 10%	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun	1-Jul
Senior HP	\$2,430	\$405	\$405	\$405	\$o	\$o	\$o	\$405	\$405	\$405	\$o	\$0
Senior 1	\$2,138	\$356	\$356	\$356	\$o	\$0	\$o	\$356	\$356	\$356	\$o	\$o
Senior 2	\$1,604	\$267	\$267	\$267	\$o	\$0	\$o	\$267	\$267	\$267	\$o	\$o
Junior 1	\$2,333	\$259	\$259	\$259	\$259	\$259	\$259	\$259	\$259	\$259	\$o	\$o
Junior 2	\$1,814	\$202	\$202	\$202	\$202	\$202	\$202	\$202	\$202	\$202	\$0	\$o
Momentum 1	\$1,904	\$212	\$212	\$212	\$212	\$212	\$212	\$212	\$212	\$212	\$o	\$o
Evolution 1	\$1,377	\$153	\$153	\$153	\$153	\$153	\$153	\$153	\$153	\$153	\$o	\$0
College	\$810	\$0	\$o	\$0	\$0	\$0	\$o	\$0	\$0	\$o	\$405	\$405



YEAR ROUND MEMBERSHIP FEES PER PAYMENT

Third Swimmer 15%	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun	1-Jul
Senior HP	\$2,295	\$383	\$383	\$383	\$o	\$0	\$o	\$383	\$383	\$383	\$o	\$o
Senior 1	\$1,925	\$321	\$321	\$321	\$o	\$0	\$o	\$321	\$321	\$321	\$o	\$0
Senior 2	\$1,515	\$252	\$252	\$252	\$o	\$0	\$o	\$252	\$252	\$252	\$o	\$0
Junior 1	\$2,203	\$245	\$245	\$245	\$245	\$245	\$245	\$245	\$245	\$245	\$o	\$0
Junior 2	\$1,714	\$190	\$190	\$190	\$190	\$190	\$190	\$190	\$190	\$190	\$o	\$0
Momentum 1	\$1,798	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$o	\$0
Evolution 1	\$1,301	\$145	\$145	\$145	\$145	\$145	\$145	\$145	\$145	\$145	\$o	\$0
College	\$765	\$0	\$o	\$o	\$o	\$0	\$o	\$0	\$o	\$o	\$383	\$383

Fourth Swimmer 20%	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun	1-Jul
Senior HP	\$2,160	\$360	\$360	\$360	\$o	\$o	\$o	\$360	\$360	\$360	\$o	\$o
Senior 1	\$1,732	\$289	\$289	\$289	\$o	\$0	\$0	\$289	\$289	\$289	\$o	\$0
Senior 2	\$1,426	\$238	\$238	\$238	\$0	\$0	\$0	\$238	\$238	\$238	\$o	\$0
Junior 1	\$2,074	\$230	\$230	\$230	\$230	\$230	\$230	\$230	\$230	\$230	\$o	\$o
Junior 2	\$1,613	\$179	\$179	\$179	\$179	\$179	\$179	\$179	\$179	\$179	\$o	\$o
Momentum 1	\$1,692	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$188	\$o	\$o
Evolution 1	\$1,224	\$136	\$136	\$136	\$136	\$136	\$136	\$136	\$136	\$136	\$o	\$0
College	\$720	\$0	\$o	\$0	\$0	\$0	\$o	\$0	\$o	\$o	\$360	\$360



YEAR ROUND MEMBERSHIP FEES PER PAYMENT

Fifth Swimmer 25%	Total	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun	1-Jul
Senior HP	\$2,025	\$338	\$338	\$338	\$o	\$o	\$o	\$338	\$338	\$338	\$o	\$o
Senior 1	\$1,559	\$260	\$260	\$260	\$0	\$0	\$o	\$260	\$260	\$260	\$0	\$o
Senior 2	\$1,337	\$223	\$223	\$223	\$o	\$o	\$o	\$223	\$223	\$223	\$0	\$o
Junior 1	\$1,944	\$216	\$216	\$216	\$216	\$216	\$216	\$216	\$216	\$216	\$0	\$o
Junior 2	\$1,512	\$168	\$168	\$168	\$168	\$168	\$168	\$168	\$168	\$168	\$o	\$o
Momentum 1	\$1,586	\$176	\$176	\$176	\$176	\$176	\$176	\$176	\$176	\$176	\$o	\$o
Evolution 1	\$1,148	\$128	\$128	\$128	\$128	\$128	\$128	\$128	\$128	\$128	\$o	\$0
College	\$675	\$o	\$o	\$o	\$o	\$o	\$o	\$0	\$o	\$o	\$338	\$338



Payment Plans for Seasonal Squads

Foundation

Evolution 2

Momentum 2

Return to Table of Contents:



Monthly Payment Plan For Foundation / Evolution 2/ Momentum 2 Squads

When you join the Zionsville Swim Club as a Foundation or Evolution 2 or Momentum 2 swimmer, you are committing to making all payments through a single season.

- For these groups, 2 monthly payments will be due and processed on the 1st of each month during the months of each season.
- Any swimmer that signs up for a second or third season during 2025-2026, will receive a 15% discount on their 2nd and/or 3rd season fees.

Seasonal Payment Dates

Season 1 (Sept 8-Dec 6)

Payments in October & November

Season 2 (Dec 8-Mar 5 (approx.))

Payments in January & February

Season 3 Full (Apr 7-July 9 (approx.))

Payments in May & June

Season 3 Half A* (Apr 7-May 28)

Payment in May

Season 3 Half B* (June 2-July 10)

Payment in June

SEASONAL MEMBERSHIP FEES PER PAYMENT

Full Price – 1st Season

First Swimmer Full Price	Per Season Total	Month 1	Month 2
Momentum 2	\$780	\$390	\$390
Evolution 2	\$736	\$368	\$368
Foundation	\$482	\$241	\$241
Momentum 2 Half - Season 3 Only	\$390	\$390	\$o
Evolution 2 Half - Season 3 Only	\$368	\$368	\$0
Foundation Half - Season 3 Only	\$241	\$241	\$0

Fourth Swimmer 20% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$624	\$312	\$312
Evolution 2	\$589	\$294	\$294
Foundation	\$386	\$193	\$193
Momentum 2 Half - Season 3 Only	\$312	\$312	\$0
Evolution 2 Half - Season 3 Only	\$294	\$294	\$0
Foundation Half - Season 3 Only	\$193	\$193	\$0

Second Swimmer 10% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$702	\$351	\$351
Evolution 2	\$662	\$331	\$331
Foundation	\$434	\$217	\$217
Momentum 2 Half - Season 3 Only	\$351	\$351	\$0
Evolution 2 Half - Season 3 Only	\$331	\$331	\$0
Foundation Half - Season 3 Only	\$217	\$217	\$0

Fifth Swimmer 25% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$585	\$293	\$293
Evolution 2	\$552	\$276	\$276
Foundation	\$362	\$181	\$181
Momentum 2 Half - Season 3 Only	\$293	\$293	\$0
Evolution 2 Half - Season 3 Only	\$276	\$276	\$0
Foundation Half - Season 3 Only	\$181	\$181	\$ 0

Third Swimmer	Per Season Total	Month 1	Month 2
Momentum 2	\$663	\$332	\$332
Evolution 2	\$626	\$313	\$313
Foundation	\$410	\$205	\$205
Momentum 2 Half - Season 3 Only	\$332	\$332	\$0
Evolution 2 Half - Season 3 Only	\$313	\$313	\$0
Foundation Half - Season 3 Only	\$205	\$205	\$0

Season 1 (Sept 8-Dec 6)

• Payments in October & November Season 2 (Dec 8-Mar 5 (approx.))

• Payments in January & February

Season 3 Full (Apr 7-July 9 (approx.))

• Payments in May & June

Season 3 Half A* (Apr 7-May 28)

Payment in May

Season 3 Half B* (June 2-July 10)

• Payment in June



SEASONAL MEMBERSHIP FEES PER PAYMENT

15% discount when returning for a 2nd and/or 3rd season

First Swimmer Full Price	Per Season Total	Month 1	Month 2
Momentum 2	\$663	\$332	\$332
Evolution 2	\$626	\$313	\$313
Foundation	\$410	\$205	\$205
Momentum 2 Half - Season 3 Only	\$332	\$332	\$0
Evolution 2 Half - Season 3 Only	\$313	\$313	\$0
Foundation Half - Season 3 Only	\$205	\$205	\$0

Fourth Swimmer 20% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$530	\$265	\$265
Evolution 2	\$500	\$250	\$250
Foundation	\$328	\$164	\$164
Momentum 2 Half - Season 3 Only	\$265	\$265	\$0
Evolution 2 Half - Season 3 Only	\$250	\$250	\$0
Foundation Half	\$164	\$164	\$0

Second Swimmer 10% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$597	\$298	\$298
Evolution 2	\$563	\$282	\$282
Foundation	\$369	\$184	\$184
Momentum 2 Half - Season 3 Only	\$298	\$298	\$o
Evolution 2 Half - Season 3 Only	\$282	\$282	\$0
Foundation Half Season 3 Only	\$184	\$184	\$o

Fifth Swimmer 25% Discount	Per Season Total	Month 1	Month 2
Momentum 2	\$497	\$249	\$249
Evolution 2	\$469	\$235	\$235
Foundation	\$307	\$154	\$154
Momentum 2 Half - Season 3 Only	\$249	\$249	\$0
Evolution 2 Half - Season 3 Only	\$235	\$235	\$0
Foundation Half	\$154	\$154	\$0

Third Swimmer	Per Season Total	Month 1	Month 2
Momentum 2	\$564	\$282	\$282
Evolution 2	\$532	\$266	\$266
Foundation	\$348	\$174	\$174
Momentum 2 Half - Season 3 Only	\$282	\$282	\$0
Evolution 2 Half - Season 3 Only	\$266	\$266	\$0
Foundation Half Season 3 Only	\$174	\$174	\$0

Season 1 (Sept 8-Dec 6)

- Payments in October & November Season 2 (Dec 8-Mar 5 (approx.))
- Payments in January & February

Season 3 Full (Apr 7-July 9 (approx.))

• Payments in May & June

Season 3 Half A* (Apr 7-May 28)

Payment in May

Season 3 Half B* (June 2-July 10)

• Payment in June



Payment Plans

Sibling Discount

Sibling Discount

ZSC applies a 10% discount in Membership Fees for the second swimmer in a family.

ZSC applies a 15% discount in Membership Fees for the third swimmer in a family.

ZSC applies a 20% discount in Membership Fees for the fourth swimmer in a family.

ZSC applies a 25% discount in Membership Fees for the fifth swimmer in a family.

Continue pattern of discount increase in any additional family members.

Return to Table of Contents:



On-Line Payment

Team Unify

Registration Fee

Return to Table of Contents:



Team Unify

We require all members to use credit/debit card and/or to enable direct bank processing (ACH) to pay your monthly dues and other expenses (e.g., meet fees).

Our club manages team membership, including payments to the club, through the Team Unify (AKA GoMotion) system. Team Unify runs accounts for each member family, and all club charges are applied to these accounts as they are incurred. On the 1st of each billing month, Team Unify charges the balance of each member account to the credit card or bank account which has been set up in Team Unify's 'AutoPay' system.

You will receive monthly invoices outlining what your credit card or bank will be paying. You can review your current and past billing histories through the My Invoices

Billing
Invoices & Payments on the left or our team website.

Registration Fee

A non-refundable, \$20.00 registration fee is collected at registration to automatically set up your account in our 'AutoPay' system. You will initially be setup to pay via credit card. There are processing fees associated with both credit card and bank account payments. You can change your banking information in Team Unify.

On-Line Payment

Two-Week Trial

Credit Card vs Bank Fees

Return to Table of Contents:



Two-Week Trial

We offer a two-week trial period for you to decide whether or not your swimmer is going to commit to the club. If you are still unsure at that point, please contact the <u>Club</u> <u>Administrator</u> to be considered for an extension to decide. All families who commit to swim after the two week trial period are obligated to pay 100% of their swimmers' fees. If you have already paid the Membership fees for the month and withdraw in the two-week trial period, you will be issued a refund of those fees.

Credit Card vs Bank Fees

If you use a credit card to pay your fees online we will be passing the bank fees through to users. Current credit card fees are 2.95% of transaction amount + \$.30 per transaction.

If you enter your bank routing information in Team Unify (ACH), the fee is \$1.25 per transaction. Note that the system requires you to keep a credit card in the system in case there is ever a need to do an on-demand payment. This should only happen if your payment fails.

On-Line Payment

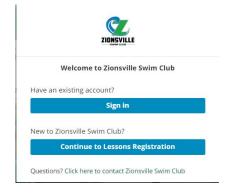
Changing Banking Info in TeamUnify

Return to Table of Contents:



- To change your banking information, simply visit our team website at https://www.gomotionapp.com/team/inzsc/page/home
- Sign In to your account by choosing Sign In from the top right.



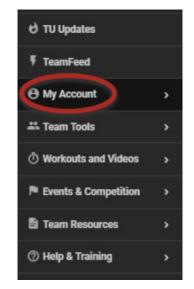


On-Line Payment

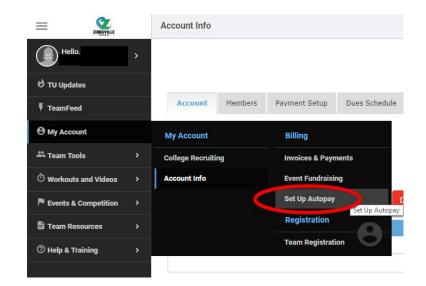
Changing Banking Info in TeamUnify

Return to Table of Contents:

Select My Account on the left hand side.



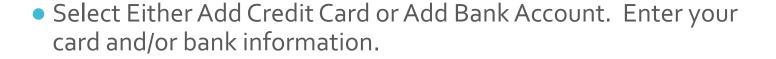
Select Set Up Autopay under Billing

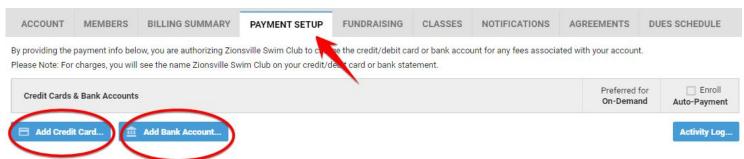


On-Line Payment

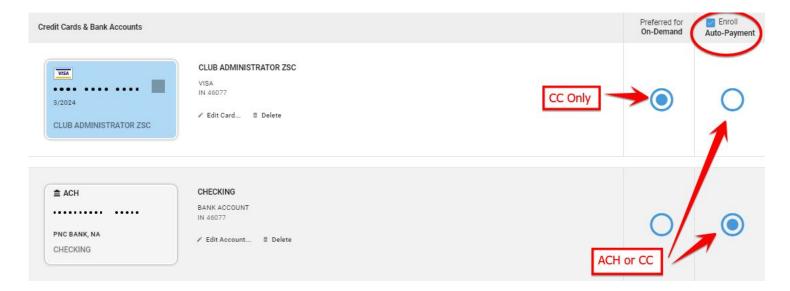
Changing Banking Info in TeamUnify

Return to Table of Contents:





 You MUST have Auto-Payment Selected. It can be ACH or Credit Card. IF an autopayment fails, we need to do Payment On-Demand. This MUST be a Credit Card (ACH cannot be processed on-demand). It is best practice to have this in as a backup.



Volunteer Requirements

Regular Meets

Championship Meets

Return to Table of Contents:



Regular Meets

Volunteer Commitments for regular meets hosted by ZSC will be:

- 2 sessions per family with Year Round swimmers
- 1 session per family with only Seasonal swimmers that do more than one season (Sept 2025-July 2026)

Examples:

- A family with swimmers in Senior, Junior, and Foundation would have a 2 session commitment
- A family with only a Foundation swimmer in both Season 1 and 2 would have a 1 session commitment
- A family with Seasonal swimmers that only swim 1 season from Sept 2025-July 2026 would have no commitment

A session is typically 4 hours. There will be further needs for volunteers to assist with the swim club events beyond hosted meets that also count toward your requirement.

Championship Meets

ZSC does not anticipate hosting a Championship Meet during this swim year. However, if are awarded an opportunity, the Club will enforce an ADDITIONAL requirement of all families:

1 session per family with a swimmer on the ZSC roster at the time of the meet - SEPARATE from the regular season meet requirement.

Volunteer Requirements

Tentative Hosted Meets

Missed Session Fines

Return to Table of Contents:



Tentative Hosted Meets

The Board has discretion to reduce session requirements if the extra sessions are not needed.

Tentative meets hosted by ZSC during the 2025-2026 season include, but are not limited to:

- Pumpkin Plunge, co-hosted by ZSC and Westfield at Westfield Aquatic Center (October 2025)
- Candy Cane Classic, hosted by ZSC at Pike (this year only) (December 2025)
- The Freeze, co-hosted by ZSC and Westfield at Westfield Aquatic Center (January 2026)
- Beat the Heat, co-hosted by ZSC and Westfield at Westfield Aquatic Center (June 2026)
- "Friday Night" Races (throughout the year)

Missed Session Fines

If you are not personally able to work, you can find someone to work for you. Anyone working the meet must be a minimum of 15 years old (exceptions to the age requirement can be made for experienced swimmers over age 11 helping with specific jobs (e.g., Clerk of Course)).

At the end of the swim year in July, fines per missed session (\$150) are calculated and applied to the August 1st bill. This requirement applies to ALL families, even if my swimmer(s) does not participate in the meets.

Volunteer Opt-Out Option — I may choose to 'opt-out' of all volunteer requirements for the year (September 2024-July 2025). If I choose this option, I will pay \$150 and my family will be excused from any otherwise mandatory volunteer requirements. In order to select this option, I must do so before the end of October and notify the club in writing by contacting the Club Administrator.

Termination

Termination

Any swimmer (new or returning) may cancel membership at any time for any reason prior to October 1, 2025 (or within two weeks of starting with ZSC).

After the two weeks, if at any time I wish to withdraw my swimmer(s) from the team prior to the end of the season that I have committed to, I understand:

- I must make my request in writing to the ZSC Club Administrator
- For Evolution 1, Momentum 1, Junior, and Senior swimmers, the unused portion of the Year-Round (6 or 9 month) Membership Fees is non-refundable (An exception to this annual obligation will only be provided to swimmers in their first year contract with ZSC or when there is a doctor's note stating that the swimmer is unable to continue participation.)

- For Foundation, Evolution 2, and Momentum 2 swimmers, the unused portion of the Seasonal (3 month) Membership Fees is not refundable (An exception to this will only be provided when there is a medical issue and a doctor's note is provided stating that the swimmer is unable to continue participation. There is no exception for swimmers in their first year contract with ZSC.)
- Any outstanding entry fees are considered an obligation to the Zionsville Swim Club and are payable upon termination of participation.
- Once my termination has been accepted, I will not be required to meet volunteer obligations for future events.

Return to Table of Contents:



Competition **Uniform Policy**

Return to Table of Contents:



Competition Uniform Policy

You can access our **policy** for racing in tech suits on our website

COMPETITION UNIFORM POLICY

- Athletes ages 12 & Under are required to wear the Speedo team suit in every competition, with the exception for championship meets such as Divisionals, Age Group State, Zones or beyond. Only at "championship meets" would it be deemed appropriate to wear a Speedo branded technical suit with the approval of the athlete's coach.
 - Tech suit restrictions, proposed by the Age Group Development Committee, went into effect for 12 & Under swimmers September 2020.
 - Follow this link for complete lists of the suits that are restricted for athletes 12 & Under, and those tech suits that are allowed for athletes 12 & Under.
- Athletes ages 13 & Over are required to wear the Speedo team suit, unless the coach makes an exception during an in-season meet. It is expected for each individual to wear the appropriate Speedo technical suit in "championship meets" as determined by the coach.
- A technical suit is any suit that provides greater advantages in the way of compression (tighter less stretchy material) and reduced form drag (material that conducts water more fluidly). These suits can commonly be identified by the FINA "stamp" on the rear of the suit, which denotes that it has been approved for elite level competition.
- ZSC members get a 25% discount on Speedo technical suits through our vendor, Elsmore Swim Shop.
- Reasons for having a suit policy are multi-faceted:
 - o It helps our athletes to discover ways to improve their competitive results, without relying solely on the quality of their suit.
 - It helps our families save money in the long run. It is our mission to continue to keep this sport and our facilities accessible to anyone who wants to enjoy it.
 - o It helps grow our athletes' confidence by allowing them to exhibit improvement in skills and speed "in-season" without the aid of a tech suit and then giving them the super-compensation of the advantages of this suit when the level of competition is worthy of this advantage.
 - It helps our coaching staff educate our athletes and parents as to the reasons and situations that warrant the use of a technical suit, regarding the philosophy that athletes who are pre-pubescent and have not reached advanced stages of physical maturation will not expressly benefit from the qualities of a tech suit. Also, the prevailing concept that athletes who have yet to advance their own technical skills would also be better suited to working on the specifics of their stroke before looking to the aid of a technical suit to advance their results.

Safe Sport/ Anti-Bullying Policy

Discipline Procedures

Return to Table of Contents:



Safe Sport / Anti-Bullying Policy

USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. USA Swimming is committed to reducing the risk of abuse in swimming and increasing awareness of red flag behavior through its Safe Sport program. All adults working with athletes are responsible for creating an abuse-free environment.

Safe Sport page

Bullying of any kind is unacceptable at ZSC and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. ZSC is committed to providing a safe, caring and friendly environment to all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and efficiently. Anyone who knows that bullying is happening is expected to tell a coach, board member, or athlete/mentor.

Anti-Bullying Policy

Discipline Procedures

All disciplinary decisions by a coach, the Board of Directors and/or the Disciplinary Committee are final and cannot be appealed. The actions of the members of the Zionsville Swim Club reflect on themselves, their teammates, the Club and the Zionsville community as a whole. As a result, the below described objectionable behavior not only includes behavior occurring during or at an activity or function associated with the Club (including, but not limited to, swim practices, swim meets, club trips and club outings), but also actions of swimmers away from the pool.

Discipline Procedures

All swimmers agree to these policies and procedures during the online registration process.

FAQs

Q – WHEN DOES PRACTICE START?

A –Senior practices start Monday, August 25. Junior practices start Tuesday, September 2. All other Age Group practices start Monday, September 8.

Q – WHAT IS THE DIFFERENCE BETWEEN "AGE GROUP" AND "SENIOR" SWIMMERS?

A – USA Swimming and ZSC refer to swimmers that are aged 14 and under as Age Group swimmers. Senior swimmers typically refer to high school aged swimmers (15 and up).

Q - WHAT IF I'M NOT SURE MY SWIMMER WILL LIKE IT?

A - You have a 2 week trial period to decide whether or not your swimmer is going to commit to the club. After the 2 week trial period, you are obligated to pay 100% of your swimmers' fees for the season (Seasonal for Foundation/Evolution 2/Momentum 2 or Year-Round for Evolution 1/Momentum 1/Junior/Senior).

Q - HOW LONG IS THE SWIM SEASON?

A – That depends. Our entry-level squads (Foundation/Evolution 2/Momentum 2) are seasonal and set up in three 3-month seasons (Sep-Dec, Dec-Mar, Apr-Jul). Swimmers indicate their intention to return for each season. All other squads (Evolution 1/Momentum 1/Junior/Senior) are year-round (Sep-Jul).

Q – DOES ZSC FOLLOW SAFE SPORT GUIDELINES?

A – Yes! All USA Swimming teams follow Safe Sport Guidelines to keep our athletes safe. If you have a concern, please visit the <u>Safe Sport page</u> on our website.

Q – WHAT IS "SHORT COURSE SEASON" AND "LONG COURSE SEASON?"

A – Short Course and Long Course refer to the length of the swimming pool used in competitions. From September to the middle of March is Short Course season. Competitions are held in 25 yard pools and races are measured in Short Course Yards (SCY). Long Course season runs from mid-April through mid-to-late July.

Long Course competitions are held in 50 meter pools and races are measured in Long Course Meters (LCM). Zionsville Swim Club practices at the Zionsville High School Aquatic Center which has a Short Course pool. In the summer, we do some training at Azionaqua, which is close to a Long Course pool.

Q – SHOULD MY SWIMMER ATTEND ALL OF THE PRACTICES?

A – Practices are not mandatory, so your swimmer should attend the amount of practices that fits best into your family's schedule. But we like to say, the more you attend, the better you will get, the more fun it becomes! Your swimmer will get to know teammates better, gain endurance, and have more opportunities to focus on stroke, turn, and start technique if they consistently make practices. Practice attendance recommended per squad is spelled out in Squad Descriptions on our website



Q – SHOULD I DROP OFF MY SWIMMER AND LEAVE OR STAY AND WATCH PRACTICE?

A – You can drop off your swimmer. Rather than dropping your swimmer off at the curb, we encourage you to park your car and walk your swimmer to the door of the aquatic center. Please do not drop off more than 15 minutes before swim practice. You are also welcome to watch your swimmer's practice from the balcony seating. Parents are not allowed on the pool deck for liability and safety reasons. If your swimmer needs to be dropped off early or stay late to wait for siblings, your swimmer will need to be supervised by an adult. At the conclusion of each practice, the coaches are no longer responsible for the safety of your children. We ask that all athletes be picked up at the conclusion of their practice and are not left waiting around the building unsupervised. Athletes that are left unsupervised may be subject to fine and/or suspension from the team.

Q – WHERE DOES MY SWIMMER GO FOR PRACTICE?

A – Swimmers enter the pool deck through locker rooms. Each squad has a designated meeting place for practice. Swimmers should be dressed for athletic development (see next FAQ), bring their bags with them, and report to their coach.



Q-WHAT IS ATHLETIC DEVELOPMENT (DRYLAND)?

A – Strength training, stretching, and aerobic activity all help us to develop better athletes and swimmers. Most days, 30 minutes at the start of each squad's practice is dedicated to athletic development activity out of the water. Examples of athletic development activities include running, pushups, pull-ups, squats, stairs, medicine balls, and resistance bands. Swimmers should come to practice in comfortable workout clothes and sneakers. It is suggested they have their swimsuit on underneath so they can transition quickly from dryland to the pool.

Q – I NEED TO ASK THE COACH/MY SWIMMER A QUESTION DURING PRACTICE.

A – Please do not talk to your swimmer or the coach during practice. The swimmers need to pay attention to what the coach is telling them and the coaches need to give 100% of their attention to the swimmers. Coaches are usually available after practice in the pool lobby or via email to answer your questions.

Q – ARE THERE LIFEGUARDS ON THE POOL DECK?

A - Yes, there are lifeguards on the pool deck. They, and all of our coaches, are certified in CPR.

Q – WHERE DO WE PURCHASE ZSC SWIM SUITS AND CAPS?

A – <u>Elsmore</u> is our team apparel provider. They will come set up a shop at our pool for swimsuit fittings and orders two days in late September/early October and again one day in April at the start of Long Course Season. Stay tuned for specific dates. All swimmers will receive one free silicone ZSC swim cap upon initially joining the club. Members will be responsible for purchasing all replacement caps. We will periodically coordinate group orders with our vendor for caps with the swimmer's last name on the side. Members are responsible for paying the vendor. Further requests for silicone (\$14) caps can be made directly to the coaches during the season and the charge will be applied to your monthly bill.

Q – WHAT ARE CHAMPIONSHIP MEETS AND DOES MY SWIMMER QUALIFY?

A – During the season, swimmers are working to qualify for end of Short Course and Long Course Championship meets. The two main Championship meets that swimmers qualify for are the Divisional meet and/or State (Age Group or Senior) meets. Qualifying times are set each year by Indiana Swimming and get more difficult to achieve as swimmers age up. Qualifying times are grouped by 10 and Under, 11-12, and 13-14. Most recent time standards can be found on the Indiana Swimming Time Standards website. It is helpful for young swimmers to look at the cuts for Divisional times as a first major goal. More elite swimmers can move on to qualify for Zones, Speedo Sectional, Jr. National, or Olympic Trial events.