



# Terre Haute Torpedoes

2024 Long Course Season

## Club History and Introduction

Welcome to the Terre Haute Torpedoes!

The Terre Haute Torpedoes (THT) is a not-for-profit 501(c)(3) organization that is a learn-to-swim, competitive age group (18 & under), and US Masters (19 & over) swim club affiliated with Indiana Swimming and USA Swimming. THT was incorporated in September 1997 as a result of the consolidation of the Terre Haute Area Swim Club (THAC) and the Wabash Valley Swim Club (WVSC). THT began with just over 60 members and at multiple times has been among the top 10 largest clubs in Indiana Swimming.

**Our mission is “Developing excellence through aquatic sports in a safe environment.”**

Swimmers of all ages are encouraged to participate with THT. THT practices and competes at the Vigo County School Corporation Aquatics Center (VCSCAC). The pool is a 50-meter x 25-yard, 10-lane pool with all of the timing and scoring equipment necessary to host NCAA championship meets. It also boasts three 1-meter diving boards and one 3-meter diving board. THT is very grateful for the wonderful relationship that we enjoy with the Vigo County School Corporation (VCSC). The VCSC’s continued support of THT’s programs and its willingness to allow THT to utilize its facilities has been critical to the success of the club.

Although many high school and collegiate swimmers (and even an Olympic swimmer!) got their start at THT, The Torpedoes does *a lot* more than teach people how to swim or dive. Through swimming and diving, our members learn healthy fitness habits and begin to build a strong foundation for a lifetime of good health. Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like swimming so much?

- Swimming develops high-quality aerobic endurance, the most important key to physical fitness. In other sports, an hour of practice may yield as little as 10 minutes of meaningful exercise. Swimming uses every precious minute of practice time to develop fitness and teach skills.
- Swimming does a better job in proportional muscular development by using all of the body's major muscle groups. No other sport does as well!
- Swimming enhances a child’s natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.

Swimming is the most injury-free of all children's sports, and swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's swimming programs are still training and racing well into their 80's.



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### Fees, Practices, & Meets

#### Coaching Fees for Membership:

- Orange: \$78 per month (\$280.80 if paid in full before May)
- Blue: \$92 per month (\$331.20 if paid in full before May)
- Bronze: \$104 per month (\$374.40 if paid in full before May)
- Silver: \$117 per month (\$421.20 if paid in full before May)
- Gold: \$137 per month (\$493.20 if paid in full before May)
- Senior: \$150 per month (\$540.00 if paid in full before May)
- Masters: \$50 per month (\$270.00 if paid in full before May)

#### Typical Practice Schedules:

- Masters: Monday, Wednesday, and Friday (6:00 to 7:30 AM and 12:00 PM to 1:30 PM)  
Monday through Friday (7:00 to 8:00 PM)  
Saturday (9:00 - 11:00 AM)
- Orange: Tuesday, Thursday, and Friday (6:00 to 6:45 PM)
- Blue: Monday, Wednesday, and Friday (6:00 to 7:00 PM)
- Bronze: Monday, Wednesday, and Friday (6:00 to 7:00 PM)  
Tuesday and Thursday (6:00 to 7:30 PM)
- Silver: Monday through Friday (6:00 to 7:30 PM)  
Saturday (9:00 to 10:30 AM)
- Gold: Monday through Friday (6:00 to 8:00 PM)  
Saturday (9:00 to 11:00 AM)
- Senior: AM Practices: Monday, Tuesday, Thursday, and Friday (6:00 to 7:30 AM)\*  
Saturday (9:00 to 11:00 AM)  
PM Practices: Monday through Friday (4:00 to 6:00 PM)\*\*  
\*Weekday AM practices start May 1  
\*\*PM practices will run from 6:00 to 8:00 PM until the conclusion of the VCSC middle school season

#### Meets:

- The meet schedule for the 2024 Long Course season can be found on the calendar located on the team website. All dates/events are subject to change.
- THT will charge a \$15 per swimmer "non-championship away meet" fee and a \$25 per swimmer "championship meet" fee for each applicable meet. These fees are in addition to the entry fees charged by host teams and are used to cover the coaching expenses for those meets. Accounts

will be charged for each meet once the entry or modification deadline for each respective meet has passed.

#### USA Swimming Registration:

- All THT members (excluding Masters) must be registered with USA Swimming. Visit [hub.usaswimming.org](http://hub.usaswimming.org) and log in to your account (or create a new one if you've never registered before). Please direct questions to the coaching staff or a board member if you have questions.
- Premium Membership - \$88.00 ***\*Recommended***
- Flex Membership - \$30.00 (Available to swimmers 12 and under only)

#### US Masters Registration:

- All THT Masters swimmers must also register with US Masters Swimming. Visit the USMS website to register or for more information (including pricing): [Join or Renew with USMS | U.S. Masters Swimming](#).

#### Administrative Fee (covers facility fees, team shirts, team caps, and other miscellaneous items):

- \$120 (covers Sept 2023 - Aug 2024...waived if paid during the 2023-24 short course season)



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## Frequently Asked Questions

The following is a list of FAQs that the coaching staff and Board of Directors hope will help you. If you have any additional questions, please don't hesitate to contact our Head Coach at [headcoach@terrehautetorpedoes.com](mailto:headcoach@terrehautetorpedoes.com).

Question: What group will my child be in?

Answer: When your child attends one of the "callout" sessions, the coaches will assess their skill level and assign them to one of the training groups. Membership in a specific group is defined by skill sets, stroke competency, and other factors including age and ability to take instruction.

Question: How long are the seasons?

Answer: The Short Course season typically begins in September and ends in February. Some athletes will qualify for Championship meets that take place in March, but you can worry about that if and when it happens to your athlete. The Long Course season typically begins in April and ends near the beginning of August.

Question: What does "short course" or "long course" mean?

Answer: The pool that we train in can be configured in many different ways, depending on the needs of the team. In the fall and winter, the pool is set up for high school and college meets, where the length of the pool is 25 yards. This is known as a "short course" configuration. Because of the size of the Aquatic Center, there are two pools of this size under one roof! In the spring and summer, the pool is set up as an "Olympic-sized" pool, which is 50 meters long - this is known as a "long course" configuration.

Question: Do I have to register online?

Answer: Yes, each swimmer must have an online account. If you do not have access to a computer, please let us know and we can help you register using computers at the pool. Creating an online account is easy:

- Visit the club website at [www.terrehautetorpedoes.com](http://www.terrehautetorpedoes.com)
- Click on the "Click Here To Register" button on the home page
- Follow the online instructions

Question: Do I have to use auto-pay online?

Answer: All of our members use the online auto-pay feature, BUT, you can pay for the initial registration fees with a check or credit card. However, even if you pay the registration fees by check, YOU MUST STILL use the online auto-pay feature to cover monthly dues and any meet fees accrued.

Question: How much are the monthly dues?

Answer: Each group has a different pay structure. The USA Swimming Registration fee through December 31, 2024 is \$88.00. There is a Flex Membership option available, but it includes limitations on the number of meets that a swimmer can compete in, and starting in September of 2022, the Flex membership option is only available to swimmers under the age of 12. The THT Annual Administration Fee is \$120 and is always renewed during the Short Course registration. The 2023-2024 recurring monthly coaching fees are based on the group a swimmer is assigned to:

- Orange: \$78 per month
- Blue: \$92 per month
- Bronze: \$104 per month
- Silver: \$117 per month
- Gold: \$137 per month
- Senior: \$150 per month
- Masters: \$50 per month

Accounts that opt to pay for the season dues in full before May will receive a 10% discount.

Question: How often is practice?

Answer: All of the practice schedules are posted on the club website under the "Calendars/Events" tab. Group calendars can be viewed and printed by clicking on the "Practice" tab and then picking the group that your child belongs to from the dropdown menu. The calendars show the dates and times of each practice, as well as the locations for the practices. The schedule is subject to change, and the online calendar will provide the most current information:

- Masters: M, W, F, from 6:00 to 7:30 AM and 12:00 to 1:30 PM  
M - F from 7:00 to 8:00 PM  
Saturdays from 9:00 to 11:00 AM
- Orange: T, Th, F from 6:00 to 6:45 PM
- Blue: M, W, F from 6:00 to 7:00 PM
- Bronze: M, W, F from 6:00 to 7:00 PM and T, Th from 6:00 to 7:30 PM
- Silver: M - F from 6:00 to 7:30 PM and Saturday from 9:00 to 10:30 AM
- Gold: M - F from 6:00 to 8:00 PM and Saturday from 9:00 to 11:00 AM
- Senior: Weekday AM Practices (Starting May 1): M, T, Th, F, from 6:00 to 7:30 AM  
PM Practices: M - F from 4:00 to 6:00 PM\*  
Saturdays from 9:00 to 11:00 AM

\*Senior PM practices will run from 6:00 to 8:00 PM until the middle school season concludes

Question: What equipment does my child need for practices or meets?

Answer: For our Blue and Orange groups, your child will need a swimsuit and goggles. It is a good investment to purchase a high-quality suit made from a lasting material, like the Speedo Endurance line of swimwear. The same is true for goggles - Speedo makes an excellent model for young swimmers called the Vanquisher Jr. A kickboard and training fins are also nice to have for these three groups. Bronze group swimmers will need a kickboard and fins, as well as a pull buoy and a snorkel. Suits and

goggles can be purchased from our local team vendor, Pacesetter Sports. As your child progresses to the Silver, Gold, and Senior groups, the coaches will let you know what equipment is required.

Question: Does my child have to swim in meets?

Answer: Swimming in a meet provides an excellent yardstick by which the benefits of practice and hard work can be measured. While we strongly encourage all children to compete in meets, especially at our home meets, participation is not required.

Question: Does my child have to attend every practice?

Answer: We want to see your child at every practice - that is one of the best ways for them to make steady improvements; but, we also understand it is not always possible. The coaches take attendance at each practice, but practices are not mandatory. You do not need to notify a coach if your child will miss practice.

Question: My child has attended a few practices, and does not want to swim anymore. What do I do now?

Answer: If you have paid in full for the season and are requesting a refund, you will find our [refund policy](#) on the club website. All requests for refunds must be in writing and are voted on at our monthly board meetings. Please send these requests to the Treasurer. You may email them to [treasurer@terrehautetorpedoes.com](mailto:treasurer@terrehautetorpedoes.com), or mail them to P.O. Box 10022 Terre Haute, IN 47801

Question: What is the SMS texting system, and what is it used for?

Answer: The texting system is a tool that allows the coaches to quickly contact a large number of people regarding important messages such as practice changes, meet updates, etc. We request that all families enroll on the team website by making sure a phone number is present in the "Mobile/SMS:" field and has been verified. If the number is not verified and you haven't received a verification code, click the yellow "Unverified" button above the number and click "Resend Verification".

Question: Do we pay to swim in meets?

Answer: Yes, swimmers pay to compete in meets. As a member of the Torpedoes, your child may participate in many different kinds of swim meets, including time trials, home meets, away meets, and championship meets. The fees vary depending on the meet.

Question: What is the Flex Membership, and is it right for me?

Answer: The Flex Membership for USA Swim is a new option to save athletes a significant amount of money. Instead of \$88, the yearly membership is only \$30. There are limitations. USA Swimming has made the Flex membership available only to swimmers under the age of 12, and Flex members are only able to swim in two meets for the entire year. This membership does not allow a swimmer to compete at any championship meets (Divisionals or higher) unless the membership is upgraded. This option is GREAT for new swimmers just starting to "get their feet wet"!



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### Job Signup Policy

Meets that THT hosts serve as fundraisers for THT and help to keep dues low. To run the meets, we need workers to serve in a multitude of capacities. Experience is not required for many of the positions, and THT will offer training for any parent who wants to serve in a position but has never done so before.

The following is a list of guidelines on the job signup requirements. If you have any questions, please do not hesitate to contact the [Job Signup Coordinator](#), your group representative, the [Head Coach](#), or any of the [THT board members](#):

1. All THT families are expected to work a designated number of meet sessions (usually 2-3, sometimes more) at all THT-hosted competitions. Each session is usually 2 to 3 hours long but can sometimes run up to 4 hours. This is part of your family's financial commitment to membership in the Torpedoes. **The requirement applies even if your child is not swimming in the meet.**
2. If you are unavailable to fulfill your session requirement, you may ask another responsible individual to work in your place. To receive credit for the session, sign up for the slot that your replacement will work and add their name and contact info when prompted for "Optional Contact Info". If you are having trouble finding coverage, you may also contact the [Job Signup Coordinator](#) for assistance.
3. You must work the entire session to receive credit. If you need to leave before you've been dismissed, you may do so only if you have arranged for a replacement. Do not leave your position without first being dismissed by the Meet Director or the Meet Director's designee. Leaving early without being dismissed may result in being charged for the session.
4. Failure to work the required number of sessions at a meet will result in a charge of \$100 per missed session. If the requirement is three sessions, you could be charged \$300. Charges are typically posted to member accounts the week after the home meet is hosted.
5. If ALL job signup slots have been filled, accounts that have not fulfilled their job signup obligation for that meet will not be charged.
6. The Meet Director will determine the number of workers needed for each session of the meet. The number of required job slots per account for each meet will be listed on the details section of each meet listed on the "Events" section of the website.
7. Approximately two weeks before each THT home meet, signups will be opened on the Torpedoes website. Once the needed number of workers is reached for a particular job or session, no more workers can sign up for that job or session.

8. If you want to work more than the required number of sessions, please contact the [Job Signup Coordinator](#). This will help limit holding places for others and make the signup process as fair as possible.
9. If an emergency occurs, you are responsible for finding a replacement and contacting the Job Signup Coordinator to inform them of what is happening. The Job Signup Coordinator might be able to assist with finding individuals to help fill your slot, but the responsibility to fulfill your obligation is ultimately yours!
10. All workers must report on time. If you arrive late, you run the risk of not receiving credit for that session. Please contact the Job Signup Coordinator if you have any questions on report times. All workers must sign in when they arrive for their session to receive credit.
11. There are minimum age requirements for working at meets. These are listed under each job description beginning on page 6.
12. USA Swimming Guidelines as well as our insurance policies require that access to the pool deck be restricted to meet staff, coaches, athletes, officials, workers, and any other persons who have been specifically approved by the Meet Director during the meet (including warmups). There are no exceptions to this rule.
13. The Meet Director has the authority, and responsibility, to make sure that each meet runs according to the rules and regulations of Indiana Swimming, Inc. and USA Swimming. Therefore, if you sign up to work a specific job during the meet, the Meet Director or his/her designee may reassign you to another job during your work session(s), depending upon the needs of the meet. We need your help to continue the Torpedoes tradition of offering outstanding meets.





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### **Refund Policy**

The Terre Haute Torpedoes Swim Club has a “no refund” policy for dues, fees, or volunteer obligations. The management of the THT Swim Club finances is virtually impossible when there are refunds requested for missed weeks or when families do not notify the THT Swim Club of their departure from the club. The following are procedures that must be followed when a refund is unavoidable:

1. All club dues for the entire short course season or long course season are considered non-refundable unless they meet the criteria outlined in section 5.
2. All meet fees are non-refundable. (THT must pay all meet fees in advance, which are non-refundable.) Once a swimmer has signed up for a meet, they incur the obligation to pay for the meet. All home meets follow this same policy.
3. The amount paid for USA Swimming Membership is also non-refundable as USA Swimming has a no refund policy.
4. Job Signup obligations are non-refundable. THT hosts several swim meets each year to bring competition to Terre Haute and to raise funds for our club. The meets help the club keep coaching fees as low as possible. At the time of registration, the family of every THT member incurs an obligation to serve at all hosted meets. THT Families are required to work a designated number of sessions (usually 2 or 3, sometimes more) at all THT-hosted meets. This is part of the financial commitment for membership in the Torpedoes. It applies even if your child is not swimming in the meet. Failure to work the required number of sessions at a meet will result in a charge of \$100 per missed session. Charges are typically posted to member accounts the week after the home meet is hosted.
5. Credits/reimbursements will only be given when a written medical absence from a physician for 1 month or more of practice is to be presented in writing to the Club Treasurer, who will forward the request to the club’s Board of Directors. The request will be voted on at the next board meeting. Board meetings are held monthly. Swimmers who have a physician-verified extended injury or illness, requiring them to remain out of the pool for a minimum of 30 days are eligible for a reduction in training fees for the length of their injury/illness. Swimmers who present physician-verified evidence of extended injury or illness may not train with the club until a written medical release from a physician is received. Fee reduction cannot exceed the season total for coaching fees (which excludes USA Swimming membership fee). Fee reduction begins with the receipt of a physician’s statement and is NOT retroactive. The swimmer may not train with the club and may not participate in meets for the duration of the extended injury or illness. This policy does not apply to swimmers who may still swim, but who cannot participate in dryland or those who may still participate in dryland, but may not swim.

6. All other credit/reimbursement requests (i.e.: resignations, moving out of town, etc.) are to be presented in writing to the Club Treasurer, who will forward the request to the club's Board of Directors. The request will be voted on at the next board meeting. Fee reduction cannot exceed the season total for coaching fees (which excludes USA Swimming membership fee). Reimbursement eligibility begins with receipt of the credit/reimbursement request by the Club Treasurer and is NOT retroactive. No refund will be given for any part of a month (for example, a request received in October is only eligible for consideration of dues from November forward).

The Club Treasurer can be reached by email at [treasurer@terrehautetorpedoes.com](mailto:treasurer@terrehautetorpedoes.com).



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## Parent Code of Conduct

The purpose of a parent code of conduct is to establish consistent expectations for parent behavior and interaction with other athletes, parents, officials, coaches, and club volunteers. As a parent/guardian, I understand the important growth and development support my athlete's participation fosters.

I agree with the following statements:

- o I will adhere to the responsibilities outlined in the THT Parent Handbook and refer to it often as a reminder and guideline.
- o I will bring my athlete(s) to practice with their appropriate attire and gear as stated in the THT parent's handbook. I will ensure that my athlete(s) are dressed appropriately for the weather both to and from all practices and meets for their overall health and well-being. It is strongly recommended during the winter season that all athletes additionally wear hats, jackets, socks, and shoes to and from vehicles.
- o If VCSC requires face masks within the facility, I will ensure that my athlete(s) enter the Aquatic Center wearing a mask. I will also impress upon my athlete(s) that following VCSC rules regarding wearing masks on the pool deck, in the stands, and in the locker room is mandatory.
- o I will read and adhere to the Locker Room Monitoring, Travel, Electronic Communications, Photography, and Bullying policies established by THT.
- o I will read and adhere to all Safety/SafeSport policies indicated in the Parent Handbook, Indiana Swimming policies, and USA Swimming policies. I understand that sexual misconduct and abuse, bullying, hazing, harassment, physical or emotional abuse, and discrimination of any kind towards athletes, coaches, officials, parents, and volunteers will not be tolerated.
- o I will set the right example for our athletes by demonstrating sportsmanship and always showing respect and common courtesy to athletes, coaches, officials, parents, volunteers, and all facilities. I understand that criticizing, name-calling, and use of abusive language or gestures directed toward athletes, coaches, officials, parents, and volunteers will not be tolerated.
- o I will understand my role: Swimmers do the swimming, Coaches do the coaching, Officials do the officiating, and Parents do the parenting.
- o I recognize that coaches are professionals and I will allow them to coach without interference. THT parents leave coaching to the coaches and respect all coaching decisions, such as practice group assignments, meet entries, training focus, etc. I will refrain from coaching my child from the stands.
- o I will get involved by volunteering, observing practices, cheering at meets, and talking to my athlete and their coach about their progress.
- o I will communicate with my athlete's coach via email and will not communicate with the coach via personal cell phone unless it is an emergency. If I need to meet with my child's coach in person, I will do so immediately after practice or by arranged time.
- o I will support athletes, coaches, and parents with positive communication. I will not engage in any social media interaction that negatively impacts the club.

- o If I have concerns related to my athlete, I will first communicate my concerns to the group coach. If concerns still exist, I will contact THT's Head Coach and discuss my concern with him/her. If my concerns are not resolved, I will contact the THT Executive Board (president, vice president, or treasurer) for further investigation. If my concern relates to the club's operation, I will attend a board meeting and present my concern to the THT Board during the open discussion portion of the meeting.

I understand that violations of this policy or conduct that brings discredit or discord to the THT Swim Club will be reviewed by THT's Board of Directors, which will issue the appropriate response. The response could include one or more of the following: reprimand, probation, temporary/permanent suspension.



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### **Electronics Use Policy**

To help each member attain a performance standard above reproach or criticism, the following is a list of rules regarding the use of electronic equipment that every Torpedoes member must agree to:

1. **USE OF CAMERAS:** Under no circumstances will cameras be allowed in locker rooms. If your cell phone has a camera device, it may never be used in a locker room. Taking photos in a locker room is strictly prohibited. Photos will be confiscated or deleted. No photos containing nudity or inappropriate expressions or hand signals of any Torpedoes members will be sent, forwarded, or posted.
2. **USE OF CELL PHONES:** No cell phones will be allowed out of swim bags during practice without a coach's permission to make or accept a call. During swim meets, as a courtesy to fellow swimmers and teammates, all cell phones should either have the volume on "low" or on "vibrate". All devices containing music should be used only with headphones or earbuds. Headphones or earbuds are not allowed during practice or dryland at any time.
3. **TEXT MESSAGES:** The texting of inappropriate language, use of swear words and foul language, and/or divulging personal or private information about another member without their consent is inappropriate behavior.

Any violation of these rules, depending on the severity, will result in consequences. At a minimum, a verbal warning will be issued and the infraction will be discussed between the parents, the coach, and the swimmer. For more serious infractions, or repeated minor infractions, consequences can include a one-week suspension from practice and meets, the exclusion of the member from swim meets and/or travel trips, and could even result in suspension or termination from the Terre Haute Torpedoes. The consequence will ultimately be determined by the Head Coach with input from the Torpedoes Executive Board of Directors. When a potential violation is discovered, and or reported, it will be investigated quickly and dealt with swiftly. Each case will be dealt with on an individual basis. Consequences may not be equal to all, but they will be fair to all.

At any time, the parents or guardians of an athlete may request that their child not be contacted by coaches through any form of electronic communication. This request should be made in writing and can be delivered to the [Head Coach](#) or any member of the [Board of Directors](#).



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### **Social Media Policy**

In the electronic age in which we live, every member of the Terre Haute Torpedoes Club, including coaches, parents, and athletes, needs to be aware of the far-reaching effects of data posted to websites, email, and other electronic mediums. This includes photos posted to websites, text messages that contain inappropriate language or information that is private or confidential, blog sites, and messages posted to sites like X (Twitter), Facebook, Instagram, TikTok, Snapchat, etc. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

The Terre Haute Torpedoes Social Media Policy is designed to:

1. Protect our THT family
2. Raise awareness of acceptable and effective ways to use electronic communication tools when communicating
3. Raise awareness of positive and negative outcomes that result from using these tools.

THT coaches and board members cannot monitor all of our members' social media accounts. What the THT coaching staff and board members can and will do is work to educate the parents, athletes, and membership on best social media practices. We do not want to have any team member's future or career jeopardized due to a careless or thoughtless impulsive action. We all recognize that the words and photos that we post online are there for everyone to read and view and we have all seen the high price that some people have paid for careless mistakes and poor choices.

Before posting anything to the internet or texting someone, we would like each Terre Haute Torpedoes member to ask themselves the following questions:

1. Would I send this message or photo to my parents?
2. Would I send it to my coach or teachers?
3. Would I send it to my religious leader or mentor?

If the answer to any of these is, "no", then it is probably a good idea to delete the message before you send it.

Keep these few things in mind before hitting that share or send button:

1. Use Good Judgment. Refrain from comments that can be interpreted as slurs, demeaning, inflammatory, etc. The Internet is full of varied opinions and it's okay to share yours, but beware of how others may interpret what you say.
2. Retweeting or "sharing" other's tweets make them look like yours, and imply that you support the information that is displayed.

By joining THT, you are becoming part of a community. In this case, it is a community of parents, swimmers, coaches, Board Members, officials, and more. Your new community extends far beyond THT and also includes former swimmers, other swimming clubs, USA Swimming, and the list goes on. Communities exist so that others can support you, and you, in turn, can be supported by them. The very best communities are transparent in their operation and include a healthy balance between personal and professional information.

Before you post something, or even “like” a post or re-tweet something, think about how it will impact others. When in doubt, don’t post. If you need to think about it, your best decision (and usually the correct one) is to not share. It is better to be safe than sorry! Remember, what you post today can haunt you later. As colleges and universities begin the recruiting process, many check the social media pages of the athletes they recruit. Many employers do the same. Will they find content they are pleased with shared by a person who they want to represent their team or company, or will they be discouraged by what they see?

When it comes to your social media presence, there are a few guidelines that we recommend:

1. Are you easy to find? Make sure you use appropriate levels of privacy and protection.
2. Keep private information private. Be smart and safe about what you share. Do you really need to tell everyone your cell phone number, what time you leave for school every day, or where you live?
3. Never use social media to vent your frustrations or anger towards something or someone. When there is doubt, talk it out. Speak with a parent, teacher, coach, or anyone that you trust before expressing your feelings on a social media network. NEVER post anything on a social media network when you are mad.

Finally, when you use electronic communications, ask yourself, “Is this communication something that you and the Club would find acceptable in a face-to-face meeting?” For electronic communications, a simple test that can be used in most cases is whether the electronic communication is called T.A.P., and it stands for Transparent, Accessible, and Professional:

1. **Transparent:** All electronic communication between coaches, parents, and athletes should be transparent. Your communication should be clear and direct, free of hidden meanings and expectations.
2. **Accessible:** All electronic communication between coaches, parents, and athletes should be considered a matter of record and part of Club records. Whenever possible, include another coach or parent in the communication so there is no question of accessibility.
3. **Professional:** All electronic communication between coaches, parents, and athletes should be as a professional representing the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a THT Club member.

If your communication meets all three of the T.A.P. criteria, then it is very likely that the methods of communicating that you are choosing are appropriate. If you cannot answer “yes” to all of the above questions, perhaps you should hit the “delete” button. Your future is too important to be affected by an action that is impulsive and rash.



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## USA Swimming Code of Conduct

### ARTICLE 304 - CODE OF CONDUCT (EXCERPTED FROM THE 2023 USA SWIMMING RULE BOOK)

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member, former member, or prospective member of USA Swimming is subject to the jurisdiction of the Board of Review. Any member, former member, or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct, set forth in 304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct. USA Swimming shall initiate an investigation of any former member of USA Swimming when a report required under 306.1 is received.

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

***Measures to be adjudicated by the USA Swimming National Board of Review***

- .1 Violation of the right to compete provisions set forth in Article 301.
- .2 Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.
- .3 Repeated violation of any of the Minor Athlete Abuse Prevention Policies.
- .4 Any violation of the FINA Rules on the Prevention of Manipulation of Competition as found in the current FINA Manual, including (i) betting; (ii) manipulating competitions; (iii) corrupt conduct; (iv) misuse of inside information; (v) failure to report; and (vi) failure to cooperate.
- .5 The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances.
- .6 The use of illegal drugs in the presence of an athlete, by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.



- .7 The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided.
- .8 The abuse of alcohol in the presence of an athlete under the age of eighteen (18), by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.
- .9 Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.
- .10 Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming sanctioned competition.
- .11 Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is:
  - A. Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming; or
  - B. Placed in or on any item that is sold.

In the event of a violation of this section, a sanction may be imposed against any coach, owner, officer, volunteer, representative or employee of a swim club, or against any such club, or any combination thereof, as appropriate.

- .12 Any other material and intentional act, conduct or omission not provided for above, which is detrimental to USA Swimming, an LSC or the sport of swimming.

***Measure to be adjudicated by the U.S. Anti-Doping Agency***

- .13 Violation of the anti-doping provisions set forth in 303.3.

***Measure to be adjudicated by the U.S. Center for SafeSport***

- .14 Violation of the SafeSport Code. [see [www.usaswimming.org/code](http://www.usaswimming.org/code)]