

# North County Aquatics Team Handbook

*Updated 17 February 2025*



## **USA SWIMMING'S MISSION STATEMENT**

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Olympic & Amateur Sports Act. We provide programs and services for our members, supporters, affiliates, and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport. We are committed to providing a safe and positive environment for all members.

## **CALIFORNIA ATHLETIC CLUBS MISSION STATEMENT**

Our mission is to provide the finest club experience, where our priority is your health and well-being.

## **OUR VISION**

We, North County Aquatics, will achieve success through:

- Creating a fun swimming environment to develop the potential of youth swimmers;
- Consistently attending practice;
- Hard work and dedication;
- Adding members and teammates who share our vision; and,
- Hiring qualified coaches;

## **North County Aquatics Coaching Staff**

Jackie Hancock, Head Coach  
Cell: (805) 235-4920  
Email: coachjackie.nca@gmail.com

Paul Soto, Assistant Coach  
Email: coachpaulatnca@gmail.com

Phoebe Hancock, Coach

Celia Cano, Coach (Summer)

Emma Severson, Coach (summer)

Heather Moffitt, Substitute Coach & Summer League

**TEAM WEBSITE:** <https://www.gomotionapp.com/team/nca/page/home>

## **Introduction**

Welcome to North County Aquatics, a member of the Coastal section of Southern California Swimming and USA Swimming. NCA is a competitive team whose goal is to develop proficiency in all four strokes, competitive training, and competition. This handbook contains the basic information about our program and expectations of our participants and their families.

The goal of North County Aquatics is not only to develop strong swimmers, but athletes who follow our program's core values. We strive to teach life lessons and skills through the sport of swimming. As a member of NCA, your family will be a part of a special program at the Paso Robles Sports Club. Our team is open to swimmers ages 5–18.

This handbook is a critical item we use to educate our parents and swimmers. Please take time to familiarize yourself with our policies and team philosophy. Please ask if you have any questions.

Outside of the team handbook, coaches communicate using email to communicate with parents and swimmers. All questions or concerns should be directed towards the coaches, not Paso Robles Sports Club staff.

## **North County Aquatics Team Philosophy**

COACHES-Coach

SWIMMERS-Swim

PARENTS-Support

North County Aquatics is a USA Swimming year-round club team. NCA is here to offer all swimmers of varying abilities the opportunity to swim and learn. We are not here just to service the elite athletes or the developmental level swimmers of the North County and surrounding communities.

Swimming and youth sports are supposed to be fun activities that give kids the opportunity to build the mind and body, while teaching them life lessons and values, helping them grow and become productive members of society. Our sport does that the best! Winning and fast times are great, but if those are the only two aspects of swimming you focus on, you are missing the true meaning of youth sports and the sport of swimming.

Swimming is a “delayed gratification” type of sport. It rewards kids and parents who are patient and “stick with it”. Rewards come from those who put in the time and effort to improve. Sometimes it takes seasons, if not years, to make major changes and to see the rewards.

## **North County Aquatics Team Structure**

North County Aquatics is open to all swimmers who independent in the water. Our team offers several groups based on skill level; groups may be combined or separated as needed. Practice schedules and groups differ by focus, intensity and duration based on a swimmer's age, skill, and fitness. The group a swimmer trains with is determined by commitment, ability, and experience. Promotion to the next group is based on mastery of skill, attendance, and consistency, and will be recommended by the coach and discussed with the swimmer and parents.

### **Duck Pond: (Seasonal Lesson Group) 30 minutes**

The Duck Pond Lesson Group is for swimmers who are comfortable in the water, can float on their backs and stomach, and who are still learning freestyle and backstroke. This is a seasonal group of 4–6 swimmers with an in-water instructor that practices 2 days a week. This group will emphasize FUN, swim confidence, and stroke technique.

### **Little Dragons: (Pre-team) 30 minutes**

Little Dragons is for novice level swimmers who are still learning how to swim all four strokes legally but who can swim at least 25 yards of both freestyle and backstroke. The emphasis here is FUN, skill development, and stroke development. Swimmers are advised to attend at least 2–3 practices per week to see consistent improvement.

### **White Dragons: 45 minutes**

White Dragons is for novice level swimmers who are still learning how to swim all four strokes legally but who can swim at least 25 yards of all strokes. The emphasis here is FUN, skill development, and stroke development. Swimmers are advised to attend at least 2–3 practices per week to see consistent improvement.

### **Bronze Dragons: 1 hour**

Bronze Dragons is for younger swimmers who can swim 50 yards of freestyle, backstroke, and display a legal breaststroke and dolphin kick. This group will emphasize FUN, proper stroke technique for all four strokes, and an introduction into more complex swimming exercises and techniques. Swimmers are encouraged to attend at least 3 practices per week to see consistent improvement.

### **Silver Dragons: 1.5 hour**

Silver Dragons is for swimmers who can swim all four strokes legally for 25 yards. Swimmers will be introduced to drill sequences for all four strokes. There is an emphasis on FUN, stroke development, and skill development. Swimmers are encouraged to attend at least 3 practices per week.

### **Gold Dragons: 1.5 hour**

Gold Dragons is for swimmers who have some experience in competitive swimming but need more work on their stroke technique and endurance level. The emphasis here is FUN, an introduction to goal setting, and an increased investment in the sport of swimming. Swimmers are advised to attend 3–4 practices per week.

## **North County Aquatics Practice Schedule**

*Schedules may be adjusted based on group size*

### WINTER (December–March)

**Little Dragons:** Monday–Thursday, 4:00–4:30 pm  
**White Dragons:** Monday–Thursday, 4:30–5:15 pm  
**Bronze Dragons:** Monday–Thursday, 4:30–5:30 pm, Saturday, 8:30–10:00 am  
**Silver Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Gold Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am

### SPRING (April–June)

**Little Dragons:** Monday–Thursday, 4:00–4:30 pm or 4:30–5:00 pm  
**White Dragons:** Monday–Thursday, 5:15–6:00 pm  
**Bronze Dragons:** Monday–Thursday, 5:00–6:00 pm, Saturday, 8:30–10:00 am  
**Silver Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Gold Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Duck Pond:** Monday and Wednesday, 4:30–5:00 pm

### SUMMER (July–August)

**Little Dragons:** Monday–Thursday, 8:00–8:30 am  
**White Dragons:** Monday–Thursday, 8:00–8:40 am  
**Bronze Dragons:** Monday–Thursday, 5:00–6:00 pm, Saturday, 8:30–10:00 am  
**Silver Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Gold Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Duck Pond:** Monday and Wednesday, 4:30–5:00 pm  
*\*\*AM Swim optional for Bronze–Gold Monday/Wednesday 7:30–8:45 am*

### FALL (September–November)

**Little Dragons:** Monday–Thursday, 4:00–4:30 pm or 4:30–5:00 pm  
**White Dragons:** Monday–Thursday, 5:15–6:00 pm  
**Bronze Dragons:** Monday–Thursday, 5:00–6:00 pm, Saturday, 8:30–10:00 am  
**Silver Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Gold Dragons:** Monday–Thursday, 4:30–6:00 pm; Saturday, 8:30–10:00 am  
**Duck Pond:** Monday and Wednesday, 4:30–5:00 pm

## North County Aquatics Equipment Requirements

All swimmers are expected to bring their own swimsuit, goggles, and swim cap (for hair at or past the shoulders). NCA is not able to provide these items for your swimmer(s). It is the responsibility of the swimmer and their family to come to practice prepared with the necessary items.

### **Duck Pond through Bronze Dragons:** (Provided by NCA)

- Kick board & pull buoy
- Long fins

### **Silver and Gold Dragons:** (Not provided by NCA)

- Kick board & pull buoy
- Long fins
- Snorkel (optional)
- Paddles (optional)
- Mesh bag (optional)

*\*As mentioned in the registration packet, swimmers in the Silver and Gold Dragons are required to provide their own equipment. **Please review the team policies listed in the registration packet.***

Equipment may be purchased online at SwimOutlet, Amazon, Conejo Swimworks and other various vendors. Here are several links for websites that offer the equipment your swimmer(s) will need:

**Kick board:** <https://www.swimoutlet.com/products/sporti-adult-kickboard-20756/?color=black>

**Pull buoy:** <https://www.swimoutlet.com/products/sporti-pull-buoy-20602/?color=blackblue>

**Fins:** <https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640>

**Snorkel:** <https://www.swimoutlet.com/products/tyr-ultralite-swim-snorkel-20-8136512/?color=black> or <https://www.swimoutlet.com/products/finis-swimmers-swim-snorkel-1221/?color=yellow>

**Paddles:** <https://www.swimoutlet.com/products/sporti-power-swim-paddles-22381/?color=black> \*\*make sure to get the appropriate size; most our swimmers would likely need small or medium.

Please contact the Head Coach with any questions or if you need assistance with your purchase.

## North County Aquatics Uniform and Apparel

Prices as of February 2025 (subject to change at any time):

Female Speedo Team Suit with logo (thin strap, thick strap, or open back style): \$63.25

Male Speedo Team Jammer with logo: \$48.25

Male Speedo Team brief with logo: \$40.75

<https://elsmoreswim.com/collections/north-county-aquatics>

NCA Custom Team Parka: \$145.00

Latex Swim Cap (first cap free at first swim meet): \$6.00

Silicone Swim Cap: \$12.00

NCA Black or Gray T-Shirt: \$15

NCA Black or Gray Long Sleeve Shirt: \$24

NCA Black or Gray Sweatpants: \$24

NCA Black Hoodie: \$31

NCA Black Beanie: \$16

North County Aquatics will typically hold two ordering periods each year. These ordering periods will typically be in the spring and summer or early fall. Each ordering period will be between 1–2 weeks. We partner with Elsmore Swim for our team suits and with Anchor21 Branding for apparel and parkas. Please contact the Head Coach if you have any questions about sizing or ordering for you or your swimmer(s).

## Uniform Commitment

All swimmers are strongly encouraged to have:

- 1) Team Suit
- 2) Team Swim Cap
- 3) Team T-Shirt

***Swimmers must have team suits to compete at swim meets; exceptions must be pre-approved by and are at the discretion of the head coach.***

It is strongly encouraged that all parents or immediate family members purchase a team shirt or other apparel. At swim meets, the members and families of the team should all be proudly representing our NCA program. At competitions, the team apparel will display a sense of community and pride in the swimmers and the team.



# **North County Aquatics Words of Wisdom**

## **1. LEAVE THE COACHING TO THE COACHES**

The coaching staff wants every swimmer to become the best swimmer he/she can be. It is the responsibility of North County Aquatics to hire quality coaches. Please give the coaches the respect and space they need to do their job effectively.

## **2. COACH-SWIMMER-PARENT RELATIONSHIP**

A good relationship between a swimmer and coach is imperative for positive results. The coaching staff works hard to build and develop a positive relationship and gain your swimmer's respect. You, as parents, are the ultimate word for your child. When conflicting opinions are discussed openly with swimmers (or other parents), this can be severely detrimental. Any issues of concern you may have should be taken up with the Head Coach.

## **3. CODE OF SILENCE**

When the coaches are running a practice, please do not speak with them or your swimmer unless it is an emergency. Please wait until the end of practice.

## **4. PARENTS AS SPECTATORS**

As a parent of a swimmer, your best contribution is as #1 fan and supporter. Parents are allowed on deck during practice to observe, but please be advised that watching practice intently every day, improvement is difficult to gauge.

## **5. YOUNG SWIMMERS**

North County Aquatics coaches are committed to offering a program of competitive swim training and competition for our young athletes. To ensure these young athletes will continue swimming as they age up through the training groups, we stress fun and learning. The youngest swimmers can be the most inconsistent athletes on the team and this can be frustrating for parents, swimmers, and coaches. We try to be patient and encourage a child to work through inconsistent progress to minimize the frustration.

## **6. PLATEAUS**

Swimmers are often observed to improve steadily for a period of time and then reach a point where improvement in performance does not come as easily. Coaches refer to this as "hitting a plateau". When referring to plateaus, it is usually not a question of "if" but "when". Every swimmer goes through this at some point in their life. This is usually not an easy time for a swimmer, but with patience, motivation, encouragement, rest periods, etc., most swimmers will bounce back. Our goal is to encourage our swimmers through these times so they will still be around to enjoy inevitable future successes.

## **7. “A DIAMOND IS A CHUNK OF COAL THAT STUCK WITH IT”**

This is one of the best quotes ever to describe swimming. Many of today's elite swimmers didn't shine from the start. Years of training, sacrifice, and hard work resulted in today's success. Often swimmers who rise quickly face more hardships than those swimmers who progress steadily. For most, success requires hard work and sacrifice.

## **8. THE COACH IS A PROFESSIONAL**

As coaches, our job is to develop swimmers. We will ensure a safe training environment and do what we can to make swimming fun and a good character-building activity. Please help us maintain a positive and safe environment in the changing rooms and common areas in the building and around the pool deck by reminding your swimmers of using appropriate and respectful behavior with their teammates and others using the facility.

## **9. VOLUNTEERING YOUR TIME**

The reality of swim meets is that they are solely driven by parent volunteers. Our program desperately needs ALL parents attending swim meets with their children to help time and to help transport canopies to and from swim meets. Volunteering will enrich you and your child's swimming experience. Please step up.

## **10. PROMOTE AND SUPPORT THE TEAM**

As a member of the team you will be expected to support and promote North County Aquatics. There is nothing more disruptive to a swim team than parents and/or swimmers who speak negatively about the program to other parents and swimmers. Please be a positive member of the team. Please speak directly to your swimmer's coach or head coach if you are dissatisfied in any way.

# North County Aquatics Swimmer Code of Conduct

Participating as a member of North County Aquatics is a **PRIVILEGE** and as a member of the team, your behavior reflects not only on you individually but on all members of the team. You are expected to conduct yourself in a courteous and mature manner at all times. In order to enforce the rules and ensure team standards, every swimmer on the team is required to read and sign this form with an understanding that failure to uphold these standards will result in subsequent disciplinary actions. The coaching staff reserves the right to take appropriate disciplinary action, including dismissal from the team, if any swimmer continues to disregard the swimmer code of conduct.

## Conduct expected of ALL swimmers:

- Remember that you are representing the team and behave accordingly.
- Be respectful to your teammates, parents, and coaches.
- Listen to your coaches and follow their instructions.
- Do not interfere with the workouts of other swimmers or be disruptive during practice.
- No profanity or offensive language.
- Discussions must be appropriate for ALL ages. Conversations of a violent or sexual nature are strictly forbidden anywhere on pool grounds (pool, locker room, team room, office, parking lot) or at meets.
- No running, roughhousing, dangerous play or fighting.
- No illegal use of drugs, alcohol, or tobacco.
- No stealing, vandalizing, or other unlawful acts.
- No gum chewing in the pool.
- Enter the pool only with coach permission.
- Take care of the team's equipment as well as your own.
- Respect the property of others.
- Clean up after yourself in the locker rooms and the team room.
- Keep noise levels to a minimum in the locker room.
- Be on time for practice.
- Come to practice prepared and ready to swim.
- Work hard.
- Respect the decisions of meet officials.
- Be gracious in defeat and show sportsmanship towards your competitors.
- Be supportive of your team members.
- Be friendly and welcoming to new swimmers.
- Show team spirit.
- Report inappropriate behavior or risky situations to a coach.
- All equipment issued by NCA must stay on the pool deck. You must provide your own swim bag for items issued.

## North County Aquatics Parent Code of Conduct

- Set a good example by following the swimmer's code of conduct.
- Insist that your child follows the swimmer's code of conduct.
- Show respect and common courtesy to team members, coaches, competitors, officials, and other parents.
- Demonstrate good sportsmanship during all practices, competitions, and other team activities.
- Be an active participant in all fundraising and team events.
- Bring your swimmer to practices and competitions on time and ready to swim.
- Do not coach or discipline your children during practice or during meets; that is the coach's job; the parent's job is to love and support their swimmer(s).
- Please talk to coaches before or after practice if you have any questions or concerns.
- Time and fill your volunteering commitments at swim meets.
- Help reinforce safety concerns around the locker room and pool deck. No running on the pool deck and no climbing on the rocks.
- Encourage and praise your swimmer's hard work and accomplishments.
- Don't hold your child to expectations beyond his/her abilities or desires.
- You are responsible for any non-swimming family members. Children must always be accounted for by their parents. Please do not allow your kids to wander onto the pool deck alone.
- Pay on time. Contact the treasurer or membership board member if a situation arises that prevents you from doing so.
- Please sit in the designated seating areas during practice (bleachers, picnic tables, etc.).
- Help keep the team room and pool deck clean.
- Help with pool covers when needed.
- Go to the team website with your child to be informed about vacation dates, holidays, and NCA news.
- Remember that you are responsible for your swimmer(s) before and after practice. Be on time to pick your swimmer up from practice.

### **BE CAREFUL OF OVER-COACHING (an excerpt from an article from USA Swimming)**

Scott, an All Pro Dad, writes, "I had the privilege and honor of coaching my twin daughters for seven years as they swam for me on an age group swim team. It was tough sometimes knowing when to be coach and when to be dad. One tip I learned from coaching them, that I relay to all parents of any athlete, is to let the coach be the person to push them and you, as the parent, be the person to praise them. The car ride home from practice or swim meets should be a sanctuary, not an opportunity to nitpick their performance. Let the coaches criticize and you compliment and it will amaze you how much more enjoyable the sporting experience will be."