

Welcome to RACE!

This document is intended to be a summary of helpful information for new and existing families. Please read it thoroughly, as it has a plethora of information, and answers to common questions.

RACEPAC stands for Redmond Aquatic Club Eels Parent Advisory Committee. We are an informal Parent group linking families to RACE Coaches & RAPRD. Our mission is to support the success of our Swimmers, Coaches and Families through active participation and communication. In turn, we are given an active voice in the program and enjoy the benefits of our supportive environment among Coaches and Families.

Every swimmer's family is automatically part of RACEPAC. **We ask that one parent/guardian attends a RACEPAC meeting at least once within the first three months of joining the team, to better understand the program and how to stay in the loop of communications. Important ALL-MEMBERSHIP meetings will also typically occur twice per year.**

RACEPAC Meetings take place [one evening a month](#) and aim to conclude within an hour. Meetings generally include the following:

- **New/Existing Family Introductions**
- **Coaches Report:** Discuss recently completed, upcoming and potential future Swim Meets, Clinics & Travel; Important dates/calendar events; Celebrate Swimmer's individual and group achievements; tips on how we can support our athletes; Open Q & A (relevant to the group).
- **Financial Report:** Aquatic Director provides an update on RACE's financial standing, needs and goals.
- **Fundraising:** Identify and prioritize most desirable/achievable fundraisers. Plan, implement and track the success of fundraisers based on group feedback & financial data.
- **New Family Tutorials:** Upon conclusion of the meeting, new families can seek help with navigating apps, dialing in communications, understanding equipment needs, set up timer training, and connect with mentors for future assistance. PLEASE HAVE YOUR LOGIN CREDENTIALS for help with any specific apps/tasks.



TeamUnify: This is our central hub of information, the webpage is maintained and updated regularly. **Frequently visited pages include:** [Swim Education](#) - Learn more about navigating Swim Team, meets, terminology, qualifying times, disqualifications, apps, tutorials etc. [Dues, Squads & Attendance](#); [Practice Schedule](#); [Swim Meet Schedule](#); [Team Shop](#) - Required equipment and custom team clothing/gear. [Events](#) - List of upcoming meets. Coach [Contact Info](#). You can also access your account by signing in, clicking the person/picture icon> My Account, which opens into OnDeck for Account Management.

Fundraising: RACEPAC works hard to coordinate efficient fundraisers that offer the best return on the least effort. Fundraising is a necessary component of our RACE program in order to keep it going, and prevent increasing dues. We ask that every family participate in the fundraisers to their fullest ability. ALL effort in fundraising is appreciated, big and small. **It is better to have even a small contribution, than to not participate at all.** Please visit the [Fundraising](#) website for the most current information.

- **RACE** hosts an Annual **Race-O-Rama**, in which swimmers raise funds by collecting donations and swimming laps. ***Participation in this fundraiser is required, or a \$50 Opt-out fee will be applied per swimmer.***

Volunteering: A volunteer book is located at the front desk of the Cascade Swim Center. Each family can create a page to record volunteer hours for RAPRD. For every 10 hours recorded per four months, \$25 is deducted from your swim dues. Examples of volunteering include RACEPAC Meetings, RAPRD Trail Maintenance Day, Timing at Swim Meets, 12+ Year Old Swimmer Volunteering to teach Swim Lessons. Etc. Please visit [Volunteering](#) on the website for the most up to date information.

- **Timers:** In order to compete in swim meets, RACE is often required to provide Timers for the races. This is an excellent entry level team contribution and very simple. Training/preparation takes only a few minutes. ***Any Parent may be asked to Time at a meet.*** Training is available at the pool during practice, and select RACEPAC Meetings.
- **RACE** hosts *at least* one Annual Swim Meet in Redmond. ***All RACE families are expected to attend this meet and volunteer in various capacities, or a \$50 opt-out fee will be applied per swimmer.*** (Special exemptions apply to swimmers with conflicting meets, traveling with RACE.) This volunteering is required and does **NOT** count toward volunteer hours.

Communication: In order to **stay informed**, please update contact information in OnDeck via Team Unify, or the OnDeck Mobile App. Check that your email and SMS/Text contact info have been **verified**. Report any communication difficulties to RACEPAC, Coach [Shane](#) or our Aquatic Director 541-815-8545 jessica.rowan@raprd.org.

SMS/Text Notifications are important & reserved only for select messages: Last minute practice changes/cancellations/weather alerts; final meet deadline notices and meeting reminders. Instructions for updating contact info can be found on the [website](#).



SAFESPORT: Our coaches have taken the proactive step of becoming Safesport Certified. This program ensures swimmers, parents and coaches are educated in the prevention of athlete abuse. To maintain our certification, parents and swimmers 13+ are to complete the brief training by logging in to their USA SWIMMING Account. For more information on Safesport and maintaining our certification, please visit our [website](#).

Swim Meets: Swim Meets are where the fun happens, and a way to measure success and improvement. Attendance is important to keep swimmers engaged and motivated. Whether you are competing to win or at the very beginning of learning the strokes; swim meets offer a positive and social experience of encouragement and development. Every swimmer is able to set self improvement goals and strive to reach them in a supportive environment.

- **Cost:** Swim Meet fees can range from approximately \$25-\$45 per swimmer, depending on # of days, and # of races. The cost of **relays** are equally divided among all meet attendees. Coaches will enter Swimmers in Relay Races as desired and as time allows during meets.
- **Local Meets:** Any meet that a hotel is not required to attend, is considered to be "Local". Hood River, Prineville, Redmond, Madras & Bend meets are local meets in which families are expected to make every effort to attend.
- **Travel Meets:** Travelling opens up opportunities to compete with new swimmers, experience other pools, and add a bit of family fun along the way. A great deal of bonding occurs among the swimmers, coaches and families during travel. These fun experiences strengthen our team, and encourage our swimmers in reaching their competitive and personal goals. RACE encourages families to attend travel meets as much as they are able.
- **Meet Info:** Visit the [Swim Education](#) page for a great deal of helpful information.



Phone App: OnDeck

Cost: Free

(Highly Recommended)

This is the app version of the OnDeck via TeamUnify [Website](#). It is **extremely** helpful to have on your phone, and enables experienced families to offer help with navigation during practice. In the app, you can update profile/contact/swimmer information, view balance/invoices. **Enter and verify email and SMS/Text Contact Information.**; Declare, edit or change commitment to a meet, select races, view meet info/deadlines and meet PDFs. View other swimmers attending a meet & selected events. View Swimmer's best times; view/filter qualifying A&B time cuts.



Phone App: Meet Mobile

Cost: \$9.99/yr per phone

(Helpful for Meets)

This app shows event/heat/lane assignments for most swim meets; like a digital heat sheet. It allows you to search/follow swimmers and teams for the most up-to-date race results available: seedings, times, disqualifications, final places within age groups, team points etc.

The app will also compare the swimmer's best time in each event and display if they went faster or slower than the entry time on each race. (Example: 50 Free **added +3.2** = swam slower; or **dropped - 0.89** = swam faster.) Meet Mobile is not *needed* to compete in meets, but it becomes very helpful if tracking progress and times, or attending meets frequently.



Facebook - Private Group - [Redmond Aquatic Club Eels](#) (Optional)

This is a private Facebook group with membership verified upon approval, and reviewed periodically. Only those affiliated with the team, immediate Parent/Guardians of registered swimmers and swimmers age 13+, are permitted in the group. **NO official team information is posted on FB.** It is intended only for community connection/cooperation as follows:

Team Spirit/Encouragement - Share pictures and stories of RACE events/Swimmers or inspirational stories.

Group Connection - Posting invites to meet up during travel swim meets. Example: "Heading to the Movie Theater to watch XYZ at 3pm. All families are welcome to join!" or "Picnic and football in the field next to the pool at noon" etc.

Share Relevant Information - Sales on popular swim equipment, selling/giving away outgrown team clothing/equipment.

General Parent Questions - Asking for a ride for a child; equipment lost and found; general equipment sizing/advice; hotel questions etc.



Swim Outlet: Our RACE [Team Shop](#) is through Swim Outlet. When using the Team Shop link, the very top of the web page will say "Supporting Redmond Club Eels". A portion of all proceeds are donated back to the team, acting as a passive fundraiser. It is best to create an account to also accrue awards from purchases, redeemable on future purchases. Families often combine orders to get free shipping on small orders. Sales or clearance items are occasionally shared in the Facebook Group. The Swim Outlet + membership typically pays for itself in the first order. Shipping is often slower than desired/expected. Much of the swim equipment/popular suits can also be purchased on Amazon, if needed.



RACE Registration: All swimmers must be registered via Team Unify. Please visit the [Join Race](#) page for further information on getting going with our swim team



USA SWIMMING: All swimmers must be registered with USA Swimming to be on the RACE team. Fees are charged annually per swimmer. A new account can be created [HERE](#). Detailed instructions can be found on the RACE [website](#).