

Albany Armada Aquatics

TEAM HANDBOOK



**Developing Champions For Life
2022-23 season**

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Welcome to Albany Armada Aquatics

Albany Armada Aquatics (AAA) is a year-round, USA swimming team established in 2012. AAA is a coach owned program with a professional coaching staff. AAA is located at the Albany Aquatic Center at Albany High School on Portland Avenue in the city of Albany.

Mailing Address:

Albany Armada Aquatics
PO Box 5479
Richmond, CA 94805

Web site: www.albanyarmada.com

Pool Location:

Albany Aquatic Center
1311 Portland Ave.
Albany, CA 94706

Coaching Staff

- Helen Garcia, Gold Group Coach:
hgarcia@albanyarmada.com
- Jesus Salcedo, Mini Blue & Yellow Group Coach:
jsalcedo@albanyarmada.com
- Miriam Benjamin, Junior & Navy Group Coach:
mberjamin@albanyarmada.com
- Dan McGarry, Blue Group & Royal Blue Group Coach
dmcgarry@albanyarmada.com
- Tom Hodge Dryland Trainer:
tom@recovox.net

Team Billing

All Dues are billed and invoices are generated according to the billing cycle. All invoices are emailed on the first of the month and processed using the credit card on file. All members must have a credit card on file.

Billing Options: Annual, Monthly

Annual, 12 months of membership, receive a \$100 discount when paid in full
Monthly, Dues are billed on the first of each month

Other Fees

- USA Swimming Registration Fee \$87. This is our liability insurance and required of all participants. USA swimming registration is done through the USA-S Team Portal.
- T shirt fee \$20- each season swimmers will receive a team t-shirt prior to team picture day.
- Credit card processing fees are already included in your team membership.

Payment Method

Credit Card or Echeck

Armada Team Fees Policy: Armada is a year round swim team with fees that cover a full year of membership August 2021-August 2022. Armada schedule includes a few breaks throughout the year outlined in our Swim Meet & Event Calendar. Armada coaching staff is paid year round including during our breaks. Fees are broken into monthly fees for convenience & membership accessibility.

Pausing Membership: Swimmers can opt to take a break throughout the year for other sports & commitments. A swimmers spot **can not** be held unless full membership dues are paid. Swimmers who withdraw must submit a written notice 30 days prior to their last day. Armada has a waiting list to join and this policy allows us to fill the team opening.

Resuming Membership: Swimmers who withdraw from the team and would like to return must contact their group coach & head coach. If there is available space in the desired swim group a swimmer can rejoin and will pay a \$60 re enrollment fee.

Team Withdrawal: Swimmers wishing to withdraw from the team must provide a 30 day notice. Please contact the head coach and notify of any change in membership..

Late Fee, Outstanding balances, Refunds

- Accounts with a balance will receive a \$10 late fee after the 5th of the month.
- Members with outstanding balances for more than 60 days will be suspended and their swimmer not allowed to participate until the balance is paid in full.
- There are no refunds for missed practices.

Armada Dues Schedule: 2022-2023 season

Updated 8/3/2022

Roster Group	Monthly
Mini Blue Group	140
Blue Group	223
Royal Blue Group	239
Yellow Group	276
Junior Group	361
Navy Group	361
Gold Group	398

Registration a Team t-shirt & team cap

Annual Membership is available with a \$100 discount when paid in full for the 2022-2023 season

Roster Group	Annual
Mini Blue Group	1580
Blue Group	2576
Royal Blue Group	2768
Yellow Group	3212
Junior Group	4232
Navy Group	4232
Gold Group	4676

Parent Volunteer Requirements

Each family is required to volunteer at all AAA hosted swim meets.

AAA Hosted Swim Meet Dates: November 12 & 13, 2022

Job shifts are 2-4 hours in length. Families are required to work one job shift PER SWIM MEET DAY. Please note for AAA hosted meets ALL families are required to work **even if your swimmer is not attending the meet.**

Parents are welcome to work more than one job per day to help consolidate your schedule. There are work shifts prior to the actual meet dates that can be an option if you cannot attend the meet.

Type of Meet Jobs Needed for Armada hosted swim meets

Timer	Snack Bar	Jobs with Training required:
Marshal	Hospitality	Stroke & Turn Official
Runner	Announcer	Colorado Time Operator
Set Up & Take Down	Awards	Intermediary
Head Timer	Check In	Administrative Official
Head Marshall		Administrative Office Assistant

Each job shift is about 3-4 hours long and is worth 2-4 points. Job descriptions can be found on our **Parent Information** tab posted on our website.

Donation Points: We require 1 donation point PER SWIM MEET DAY. Our team is required to provide hospitality to all coaches and officials. We will provide breakfast items, snacks, drinks and lunch at all meets. There are some donations that require some food preparation. These jobs offer more points since they require more work, at home preparation and a larger food donation: example- Baked goods

Total Points Required: The total points you need to earn for Armada hosted swim meets depends on the duration of the meet. For one day meets the total work & donation is 5 points. For two day meets the total work & donation requirement is 10 points.

Buy Out: You have the option to buy out of your volunteer job responsibility. Buy outs must notify the head coach & volunteer coordinator two weeks prior to the swim meet date so we can hire people to take on your work shift. Buy out payment is \$200 per day of the swim meet.

Non Volunteer Fines: Families not fulfilling their volunteer requirement will be assessed \$250 fine per swim meet day. An additional \$50 will be imposed for parents signed up for a job shift who fail to show up for their work shift. Late arrivals will receive a \$25 penalty. A \$25 fine will also be imposed on families that sign up to donate an item but fail to do so.

How to Sign Up for Volunteer slots: Work shifts must be signed up through the website to properly log your work credits. To sign up, you must first LOG IN to your team account . Select your meet jobs by clicking on the empty square next to the job shift. Click Sign Up then input your cell phone number as well as the name of the person working the shift if different than the team account holder. Please include a cell number in case we need to contact you regarding your work shift.

Our goal for Armada hosted meets is to run a successful fundraiser and give our swimmers an opportunity to compete at their home pool and represent their team. We need your help filling our meet jobs, so our coaches can focus on the swimmers. Thank you for your support!!

Monthly Meet Volunteer Requirements (AAA non hosted meets)

For every meet on our calendar, AAA will be assigned meet jobs by the host team, such as timing & officiating. Parents with swimmers participating in the meet ARE REQUIRED to work one shift per day your swimmer is attending the meet. **This includes if your swimmer is carpooling or in other cases with older swimmers driving themselves to meets.** These jobs will be posted a few days prior to the date of the meet and are typically a 2 hour shift.

Championship Meet & Quad Meet Volunteer Requirements

AAA is part of two swim leagues: Pacific Swimming Zone 2 and Redwood Swim League (RESL). Each league hosts a swim meet every year. For these swim meets, our team is required to take on a job to assist with running the meet. These meets will require more volunteer jobs. Parents with swimmers participating in the meet are required to work one shift per day if your swimmer is attending the meet.

Zone 2 Championships, Late January

RESL Championships, Third week of July

Parents not signed up by the deadline with swimmers participating in the meet will be assigned a job shift.

Swimmer Expectations:

- Be on time. Swimmers should be ready for workout at the group start time with their equipment at the side of the pool.
- If a swimmer has a schedule conflict and can not be on time, please inform your coach of an expected late arrival.
- Attend the specified number of workouts required for their group.
- Attend swim meets regularly. This is the expectation and an essential part of the swim team experience. Swim meets allow us to assess the swimmer's progress and what skills need improvement. Swimmers will also connect and understand the importance of the skills they are practicing each day in workout.
- Swimmers new to the team should consult their coach before signing up for meets for guidance on what events to swim and if they are ready for meets. Reference the Focus Events for your swimmers swim group and age.

Parent Expectations:

- Be supportive of the Team!
- Volunteer! We need your support to help organize our events and make them great for our swimmers.
- Make sure to complete your volunteer requirements. We have many opportunities to fill these hours/points. Please plan accordingly.
- Donate snacks for Friday Snack Day. We need small snack size items that can be stored. Healthy snacks please!
- Make sure your child behaves in the locker rooms. Many swimmers are unsupervised in the locker room, and we expect swimmers to respect the facility and represent Armada appropriately. If you see behavior that needs attention please speak up and alert a coach.
- Please pay your dues in a timely manner. If you receive a credit card declined or expired notice please communicate with Coach Helen to avoid a late fee.
hgarcia@albanyarmada.com
- Attend swim meets according to your group's meet schedule. Our coaches have planned the season and selected meets according to training cycles. Look ahead at the meets on our calendar and plan around swim meets as much as possible.

- Only attend meets that the team is attending. If it's due to missing a scheduled Armada meet, check in with your coach for approval so we can best support your swimmer.

Parent Expectations: Swimmer Support

- Participate in Team Fundraisers. We have many fundraisers hosted by the Armada Boosters throughout the year. All proceeds help fund our scholarship program & Armada Abroad program:
- Swimming is a challenging sport. It takes a tremendous amount of time, energy, skill, effort and commitment. Be proud of your swimmer!
- Support them in goal setting! Look at their times and see where they fall in the time standards for USA Swimming. Make a goal to reach the next level of time standard- C, B, BB, A, Double AA, Triple AAA, Quad AAAA
- Encourage your swimmers to participate in swim meets.
 - Look at their groups' swim meet calendar and plan around monthly meets.
 - Sign them up as soon as a swim meet opens for registration
 - Arrive at meets at the required time for their swim group.

Parent Expectations: Coach Support

- Need to talk to a coach? Our coaches are often coaching back-to-back swim groups with no time in between. You are encouraged to contact them by email and set up a time to talk away from the workout.
- Please sit in the bleacher area of the pool during the workouts. You can also watch from the handicap ramp on the east end of the pool. The deck space is very limited and are reserved for coaches and swimmers only.
- If you have any questions for our coaches on the pool deck please keep them brief or set a time to meet with them outside of our workout time.
- Help your swimmer get to practice on time. Being on time is our first expectation of each swimmer. We appreciate your help making this a priority and expectation for your swimmer.
- Help your swimmer set a consistent practice schedule. If your swimmer has a change in their schedule, keep your coach informed and communicate accordingly.

Swim Groups

Mini Blue Group

Group Structure: Technical 100% Type: Introductory

Criteria: Swimmers should be able to swim one length Freestyle with side breathing, one length of Backstroke, and be comfortable working in a group setting.

Objective: Improve stroke technique, learn basics of Breaststroke and Butterfly, learn competitive diving, and introduction to turns. Prepare swimmers to compete in their first swim meet.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of 2 workouts per week.

Stroke work: Highly emphasize stroke efficiency, timing and balance. Introduce drills they will use in the higher level swim groups.

Blue Group

Group Structure: Technical 80% & Training 20% Type: Introductory

Criteria: Swimmers must meet all basic swim team standards to join Blue Group. Freestyle with side breathing, Backstroke with good body position, basic knowledge of Breaststroke with legal Breast kick, and basic knowledge of Butterfly.

Objective: Improve stroke technique and balance. Improve conditioning and gain competitive knowledge.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of 3

Stroke work: Highly emphasize stroke efficiency and develop a foundation for all four strokes.

Training: Group will focus on specific drills that will help swimmers develop all four strokes as well as dives and turns. Gain competitive skills and work towards competing at meets monthly.

Yellow Group

Group Structure: Technical 70% Training 30% Type: Introductory & Developmental

Criteria: Swimmers must meet the goal set standard for the Blue group. Must be able to swim a 50's & 100's of all four competitive strokes, know how to do a dive start as well as a flip turn and all *IM* turns.

Objective: Improve stroke balance and timing and technique. Introduce training and compete regularly at monthly swim meets.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of *4 workouts per week*.

Stroke work: Efficient stroke balance, distance per stroke, starts, turns to become a more competitive swimmer.

Training: Training will be introduced to help prepare for 100 and 200 events

Goal Set: 8x50 kick on 1:10, 6x50 Free on :50, 4x100 IM on 2:00, 8x100 Free on 1:45, with proper technique and legal turns. Able to swim 500 Free & 1000 Free events.

Junior Group

Group Structure: Technical 40% & Training 60%

Type: Training & Development

Criteria: Swimmers should be physically, technically and mentally prepared for an intensive and focused training group. Swimmers should have exceeded the goals set in Yellow groups. Swimmers should be goal oriented and self motivated.

Objective: Prepare swimmers for Gold Group level swimming and train to reach their goals. Create a training base with dryland workouts and interval training. Teach race strategies that will prepare swimmers for the elite level.

Attendance: 4-7 workouts a week, swimmers who have goals to swim on the senior team should attend one morning a week in addition to Saturdays.

Stroke work/Training: Swim 3,000 – 4,000 yards per workout. Intensity will increase, technique will always be emphasized, improve overall stroke, balance and improve race strategies/concepts.

Navy Group

Group Structure: Technical 50% & Training 50%

Type: Developmental & Fitness

Objective: Athletes in this group are at or near high school age. This group is for swimmers training for a high school season or a training group with swimmers their age. Competing at swim meets is not required for this swim group but encouraged at a rate of about one per quarter.

Stroke Work/Training: The primary focus is to optimize the swimmer's stroke and improve turns and underwater movement. We want to prepare swimmers for the high school swim season.

Attendance: Swimmers are encouraged to attend as much as possible with a minimum of 80% attendance.

Gold Group

Group Structure: Technical 30% & Training 70%

Type: Training & Development

Criteria: Swimmers should be physically, technically and mentally prepared for an intensive and focused training group. Swimmers need to have exceeded the goals sets in Junior group. Swimmers need to be goal oriented and self motivated.

Objective: Prepare swimmers for college level swimming and train to reach their goals. Create a training base with dryland workouts and interval training. Teach race strategies that will prepare swimmers for Senior level swim meets: Far Westerns, Sectionals, Futures & Nationals.

Attendance: 8 workouts a week, swimmers must attend weekday morning workouts in addition to Saturdays.

Stroke work/Training: Swim 4,000 – 5,000 yards per workout. Intensity will increase, technique will always be emphasized, improve overall stroke balance and improve race strategies/concepts

Group Promotions

When is my swimmer ready for the next level group?

Coaches will make group move ups when swimmers are ready to take on the challenge of the next level group. We assess swimmers Fall, Spring & Summer and invite candidates to do a group visit.

It's important to note that swimming is not like school where swimmers progress into the next grade level each year. It is not uncommon for swimmers to be in a group for 2-3 years. We have 7 ability groups that will span across a swimmers career in the sport from beginner swimmer to elite level swimmer.

Criteria:

- Swimmers must know all the skills thoroughly outlined in the group description.
- Swimmers must comfortably achieve the goal sets outlined in the group description with proper form.
- We aim for swimmers that move up to fit into the middle of the group. We want it to be a smooth transition and don't want swimmers to struggle and lose motivation if they are at the bottom of the group.
- Ultimately it is the coach's decision.
- Keep in mind, as coaches we want to keep challenging and progressing our swimmers rather than holding them back.
- For more detailed info on our Group Move on Policies refer to the Parent info tab our website

Our Website: www.Albanyarmada.com

Be sure to keep your email up to date. This is our primary source of communication.

Set Up your Password and gain access to your Member Account:

- Log in instructions are sent to your primary email address when you join.
- Your log-in is the primary email address you entered when you registered for the team.
- If you are having trouble logging in to your account you can reset your password through the website.

Member Account

- View billing statement & view payments
- Update Credit Card for billing
- Swimmers Info
- Emergency Contact Info- please make sure this is up to date
- Volunteer Job Sign Up
- Swim Team Meets & Events

Schedules

- Swim Meets by Group
- Workout Schedules – Remember there are changes in Nov & Feb
- Non Swim Days: Holidays & winter summer breaks

Team Information Tab

- Team Records
- Equipment Requirements by Group
- Links for ordering

Parent Information Tab

- How to enter a Swim Meet
- Swim Meet Survival Guide
- Swim Meet Job descriptions

How to sign up for meets:

- All meets will use Swim Connection, OME. www.ome.swimconnection.com or FAST swims www.fastswims.com
- AAA will email when meets are open and available for registration.
- AAA will set up an “event” on the teams “event & calendar tab” on our website. Here you will find direct links to connect you to the meet sign up page. All updates regarding the meet will be posted to the event page.
- Create an OME account & FAST Swims account. When you set-up your account, request to receive email notifications of new swim meets open for registration.
- For detailed steps on account set-up, look at the article “How to Sign Up for Meets” on our Parents Information Tab.
- Some meets do not allow “No Time” entries. If this is your swimmer’s first meet you can make up a time. If you need help with this just email your coach. Or use this as a reference:
 - 25’s= :45.00 seconds
 - 50’s= 1:30.00 (1 minute, 30 seconds)
 - 100’s= 3:00.00 (2 minutes)
 - 200’s= 4:00.00 (4 minutes)
- Swim meets only stay open as long as there is space, so immediate sign-up is highly advised.
- Find info on current time standards and other information at the Pacific Swimming Website: www.pacswim.org. If you are not familiar with time standards and what that means reference “Time Standards FAQ” on the Parent Information Tab
- Track your swimmers progress, see national rankings, and receive patches by creating a USA Swimming Deck Pass account at www.usaswimming.org
- Quick reference to course designation:
SCY=Short Course Yards/ LCM= Long Course Yards
- After completing your meet entry, you will receive an email confirmation. You must pay for the meet entry to get the email confirmation- don’t skip this step!
- Get ready for the meet by referencing our “Swim Meet Survival Guide” on our Parents Information Tab.

Equipment Requirements

Equipment Needs for each group are detailed below. Each swimmer will need an Armada team suit for competition, which is only available through our team vendor, Conejo Swim Works. You can find the link to our team store on our home page,

<http://www.conejowimworks.com/albany-armada-aquatics/>

For detailed info on Suit Sizing, look at the article “Suit Sizing FAQ” on our Parents Information Tab. For details in fin type go to “Equipment Needs” under the “Team Apparel” tab on our website. For team apparel: Parkas, T-shirts, & hats refer to our team apparel link on our home page.

Team Suit:

Swimmers are welcome to wear any suit for practice as long as it is a lycra or nylon base suit suitable for workout. For girls, no two-piece swimwear or tie up style suits. No stringy strap suits, or U back style suits. Girls should also have a crossback suit that will give them full support and appropriate coverage. For boys, no board shorts or baggy suits. Suits should be nylon or lycra base swimsuits. All swimsuits should be in good condition and fit snug. Once a suit fades in color and is baggy, it no longer gives appropriate support or coverage.

Team Suit: ARENA Navy Blue Suit with Embroidered Team logo

Girls Suit: Challenge back (recommended for 13 & Up) &

Light Drop back (recommended for 12 & Under

Boys Suits: Brief or Jammer

Mini-Blue, Blue & Yellow Swimmers

Fins

Juniors

Junior Snorkel

Arena Fins (if your swimmer’s foot is still growing stick with floating fins)

Mesh bag

Navy Group

Arena Fins

Gold Group

Snorkel- Junior or Senior Size

Arena Fins

Mesh bag

Paddles- Strokemaker (Green or Yellow size)

Pull buoy

VoloBlade Paddles

Extra’s

Team Parka, Team Backpack

USA Swimming: Minor Athlete Abuse Prevention Program (MAAPP's) **www.usaswimming.org/maapp**

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. Under our leadership, this organization will continue to make abuse prevention and response an important piece of everything we do.

For several years, USA Swimming has either required club policies, enacted national rules or recommended best practices in most of these areas. This means that MAAPP requirements should be familiar to USA Swimming members.

MAAPP will apply to all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. The language used in the policy is Applicable Adult. All Applicable Adults will be required to follow MAAPP.

USA Swimming requires regular and consistent training for all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. All USA Swimming non-athlete members must regularly complete Safe Sport training, known as Athlete Protection Training. Now, ALL adult athlete members & Parents will be required to complete Athlete Protection Training. This training will be required to be completed annually.

MAAP: USA swimming requirements of all its Athletes & Coaches & Volunteers

All parents must complete the Athlete Protection Training APT- by 11/2019

Once completed, email the certification to albanyarmada@gmail.com

Use this link to register and click on Non-member Parents:

<https://learn.usaswimming.org/registration>

- APT is REQUIRED for ALL parents, volunteers & swimmers 18 and older
- Electronic Communication- 1-1 texts must include a Parent
- Group Texts- ex Group Me or Remind, 2 coaches
- All electronic communication between coaches and athletes: email, text, phone calls must only take place between 8am-8pm.
- Social Media: Swimmers age 18 or older cannot "friend" on Facebook or follow on InstaGram any swimmer under the age of 18
- Travel meet rules: Swimmers cannot share a hotel room with someone other than their own parent.
- For Travel meets, swimmers 11 & under must travel with a parent.
- Swimmers 18 & up cannot share a room with a swimmer under the age of 18 unless prior written approval has been obtained by the minors parents.
- Renting houses or apartments on Air B&B for travel meets is no longer allowed.

Armada

Code of Conduct

The 3 R's



Respect yourself &
your teammates



Respect your coach &
ALL Armada staff



Respect your facility

The 3 R's A-RRR-MADA

RESPECT- yourself & your teammates.

Having respect for yourself as an athlete means understanding and valuing your development process as a swimmer. Picture yourself as a student of the sport of swimming. You are learning how to move through the water efficiently with skill and building your technique and power in the water. Each step of the developmental process is important and that takes time, focus and commitment. Respect this process.

Having respect for your teammates is an integral characteristic of athletes on Armada. Respecting each other's stage of development while supporting each other builds a positive environment where we all honor each other's contributions to the team. By supporting each other we all benefit from each other and elevate the success of the team.

RESPECT- your coach and all ARMADA staff

Your group coach is responsible for your success as an athlete and an important part of your development. This partnership deserves respect and trust. Your coach values your effort and commitment and will be there to guide your development as well as challenge you to improve. All Armada coaches are a part of your support system and shall be treated with courtesy and respect.

RESPECT- your home pool

The Albany Aquatic Center (AAC) is our home base and where Armada thrives. Respect the pool by following the rules of the facility at all times. Be respectful and responsible for your belongings and always help maintain a clean environment around the facility. Respect the lifeguards and all AAC staff. Remember to always represent Armada, with honor, pride and respect.

In accordance with the Armada code of conduct, we expect our athletes to honor and uphold the code of conduct as a member of Albany Armada Aquatics.

Please review and agree to each conduct expectation below.

Each athlete must review and complete this form, thank you!

Be on time for practice: Please do your best to be prepared for practice and arrive on time. Swimmers should arrive before the scheduled workout start time so they are ready to begin practice as a team. We understand swimmers are commuting to the pool from different parts of the Bay Area and delays are inevitable. If you expect to be late consistently, communicate with your coach; otherwise being on time for practice is expected of all swimmers.

Be prepared for practice: Being prepared for practice means having your swimsuit, Armada cap, goggles, and swim equipment each day. Pack your swim bag the night before practice & make sure you have all the required equipment for your swim group.

Wear appropriate swim attire: All swimmers are required to wear an appropriate swimsuit. This means the swimsuit should be in good condition, properly sized and provide the proper support for athletic activity. Boys must use a brief or jammer style lycra suit. Girls must wear a one-piece suit without strings or ties.

Be prepared to do your best at practice each day: Swimming is a sport that requires focus, skill and hard work. Armada athletes are expected to give 100% effort each day.

Be courteous to your teammates, coaches and other members: irresponsible behavior will not be tolerated. Unacceptable behavior will be reviewed and managed at the discretion of the coaching staff.

Rules of the facility must be followed at all times:

All rules and regulations set by the aquatics facility must be followed at all times. Facility rules include no cell phone use in the locker rooms.

The possession, use, sale or distribution of any illegal substance or any form of weapon is forbidden.

Athlete code of conduct will be submitted via electronic signature, [click here](#)

<https://forms.gle/wjgCjf66JNscjeMp6>

TEAM CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a member of Armada parent(s)/guardian(s) are required to electronically sign this document for each season.

I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

Lead by example: I will set the right example for my child by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parent volunteer coordinator, and all facilities.

Be involved: I will be involved by volunteering and fulfilling all required volunteer hours. I will contribute to the team in the ways specified by the team and training group handbooks. I will exemplify and make sure my child understands the philosophy of team above self.

Be Informed: I will read the team and training group handbooks, the weekly team emails, and understand the team policies for athletes & parents. I will communicate with the coaches about any scheduling conflicts.

Parent Role: I will refrain from coaching my child from the stands/pool deck during practices and meets. Your role as a parent is important. Let the coach do the coaching, so you can provide unconditional support as a parent.

Appropriate Behavior: I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.

Officials: I will respect the integrity of the officials and represent Armada appropriately.

Follow the Protocol: If I have concerns I will direct them first to my child's lead coach; then, if not satisfied, to the head coach.

Athlete Protection Training: I will complete the required Athlete Protection Training course by November 30th, 2022.

Covid Health & Safety Protocols: I will follow the covid protocols set forth by the team and the Albany Aquatic Center.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

*Parent code of conduct will be submitted via electronic signature:

<https://forms.gle/5ahSVaQ2SsGbrFi46>