



CALIFORNIA DOLPHIN SWIM TEAM

MEMBERSHIP POLICIES AND PROCEDURES

Joining CDST

To join CDST each family must complete and turn in the following:

1. CDST membership agreement (Signature and initials everywhere required)
2. CDST Emergency/Waiver form
3. Payment in the form of Credit Card, Bank ACH payment, Zelle, Bill Pay, Check

Financial Obligations (2025 - 2026 season)

1. CDST Annual Membership Fee: \$170 per swimmer (including registration + team gear)
2. Fees are due and payable in full on the 1st day of each month.
3. Family Monthly fee schedule:

GROUP	1st SWIMMER	2nd SWIMMER	Additional Swimmer
Elite	\$395.00	\$276.50	\$197.50
Senior	\$325.00	\$227.50	\$162.50
Platinum	\$325.00	\$227.50	\$162.50
Gold	\$290.00	\$203.00	\$145.00
Silver	\$250.00	\$175.00	\$125.00
Bronze	\$230.00	\$161.00	\$115.00

4. Annual USA Registration fee: \$90.00 per swimmer (subject to change), pay directly to USA swimming during registration through USA swimming website.

Billing Policy

- To be a member of CDST, we do need a working email for any team information that needs to be sent which will include but not limited to pool status, service jobs available, payments past due, etc.
- Dues are billed monthly from September to July. August monthly due collected at the beginning of swim season (September), this portion of the due is not refundable.
- Swimmers who have not given a resignation notice 2 weeks prior to the 1st of the month they are resigning are obligated for the fees for that month.



- Due Date: the 4th day of the month.
- Late Fee: \$20.00 is assessed if payment is received after the 10th day of the month.
- Returned checks: Service fee of \$25.00.
- Sibling Discount: 30% discount for 2nd swimmer, 50% discount for 3rd and additional swimmer.



SWIMMER CODE OF CONDUCT

As a member of California Dolphin Swim Team, we are expected all members conduct in a proper manner acceptable to the general standards of good behavior. It is our responsibility to enforce the rules and regulations and every member's responsibility to follow them.

- Swimmers shall demonstrate good sportsmanship, respect, and show courtesy to their teammates, parents, coaches, competitors, and meet officials at all times.
- Swimmers shall maintain self-control at all times. Know your role: Swimmers – Swim
- Swimmers shall be supportive and cheering for their teammates during the practice and swim meet.
- Swimmers shall show up for practice on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles.
- Swimmers should keep their absences to a minimum so you can benefit from all that is offered and improve your times.
- Dunking, inappropriate language and/or foul language, sitting on lane lines, splashing, spitting, hitting, trash talking, and belittling are not allowed.
- Swimmers shall be accountable for your own action.
- Any tobacco products, performance enhancing drugs, and alcohol are strictly prohibited for all members.

VIOLATION OF ANY OF THE ABOVE RULES WILL RESULT IN IMMEDIATE SUSPENSION WHICH LEADS TO POSSIBLE DISMISSAL FROM THE CALIFORNIA DOLPHIN SWIM TEAM.



PARENT CODE OF CONDUCT

Our policies help to guide California Dolphin Swim Team (CDST) and ensure continued success. CDST is fortunate to have highly experienced, professional coaches working to develop children into better swimmers and more importantly, disciplined people. It is essential that all parents give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and our coaches have every child's best interest at heart.

CDST encourages open communication between parents, swimmers, and coaches. CDST encourages parents to call, email, and/or set up meetings with coaches as needed. CDST encourages positive reinforcement of all swimmers in all situations. CDST encourages parental involvement in fundraising, approved social events, and swim meets.

The Parent Code of Conduct was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our club a positive experience.

As a parent of a swimmer and member of California Dolphin Swim Team, I will abide by the following guidelines:

- I. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
- II. As a parent, I will not coach or instruct the team or any swimmer at practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- III. As a parent, I understand that open criticism, abusive treatment, abusive language, or gestures directed toward the boards, coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- IV. I understand that during competitions, questions or concerns regarding decisions made by swim meet officials are directed at a member of our coaching staff. Parents address officials via the coaching staff only.
- V. I understand that I am welcome to watch practice from the stands and that I should not interrupt the coach during practice unless I have an emergency.
 - The USA Swimming Insurance Coverage for club's state: "Anyone on deck during a swim team practice must be a certified USA Swimming Coach or USA Swimming registered athlete members assisting a coach." The coach must ALWAYS maintain a direct line of sight and supervision. For this safety and insurance coverage, parents are welcome to watch practice in the stands only.

Sanctions: CDST reserves the right to terminate any membership with cause in the interest of our vision, missions, and objectives.



PARENT SERVICE HOUR OBLIGATION

Family involvement is essential for the success of CDST. Our team relies on parent support, and as a team, each member has the obligation to involve themselves in swimming team activities. A family with one swimmer requires fulfilling a minimum of **24** service hours per swim season. Multiple swimmers' families require to fulfilling a minimum of **36** service hours per swim season. The swim season runs from September through next August. For swimmers join our team in the middle of swim season, click [here](#) for details in regard to service hour requirement. **There is no prorate on the service hours during high school swimming season or taking any form of LOA (Leave of Absence).**

There are many ways to fulfill your service hour commitment. We are strongly encouraging parents to get involved with team operations and activities.

- Our team web site has a list of job descriptions, click [here](#) for details.

Service hour credit:

You will get "automatic credit" to your account upon completion by signing up through "Job Sign-up" at the team web site. Generally, we will notify in advance for upcoming event "Job Sign-up" to all team members by email. We recommend signing up on the team web site to keep accrue tracking of your service hours.

How to View Your Account' Service Hours:

Log into team website, from the left navigation menu, click **Events & Competition > Event & Job Reports**
Click **Service Hours Forecast for My Account**

Extra help is always welcome. We need all families to step up to help pull the covers and clean the equipment before and after the practice.

- * If your family does not fulfill required Work Obligation hours during the swim year, it will be charged **\$30** an hour for any outstanding hours at the end of August.
- * Families that sign up for a job but fail to show up for that job will be charged a fee of **\$30** per hour.



LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities." sponsored by California Dolphin Swim Team, USA Swimming and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming. I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff before I sign this document and before any activities begin.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless California Dolphin Swim Team, USA Swimming and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.



SWIM GROUP INTRODUCTION

Summary of Time/Age Description of Each Group				
	10 & U	11-12	13-14	15 & U
No Time Standards	Bronze	Pre-Com	Senior 2	Senior 2
PC 8&U B Time	Bronze/Silver 2	N/A	N/A	N/A
PC 8&U A Time	Silver 1	N/A	N/A	N/A
B Time	Silver 1/Silver 2	Silver 1/Gold 2	Senior 2	Senior 2
BB Time	Silver 1/Gold 2	Gold 2	Senior 1	Senior 1
A Time	Gold 1/Platinum 2	Gold 1/Platinum 2	Platinum 2/Senior 1	Senior 1
AA Time	Platinum 2	Platinum 2	Platinum 2/Senior 1	Elite/Senior 1
AAA Time & Above	Platinum 1	Platinum 1	Platinum 1/Elite	Elite
All-time standards are based on the current USA Swimming Motivational Times. Go to: https://www.pacswim.org/userfiles/cms/documents/801/2024-2028-motivational-standards-age-group.pdf				
PC 8&U Time Standards. Go to: https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf				



Elite Group

Minimum Requirements:

- Invitation from Head Coach
- 13 and Up
- Single sport athlete
- 14 & U has 13-14 AAA time standards or better and 15 & O has Sectional qualifications in multiple events.
- The final decision for selection to Elite Group is at the discretion of the Head Coach after a formal interview with each swimmer and their parents.

Testing Sets Requirements (Short Course Yard):

- 30x100 Free @ 1:15(Girls) / 1:10(Boys)
- 20x100 Free Kick by (Easy-Fast, 1-1, 1-2, 1-3, 1-4, 1-5) @2:00-1:35
- 2000 IM (5x400IM) Under 28:30(Girls) / 27:00(Boys)

Goals:

- The goal of Elite Group is for swimmers to achieve competitive success at their highest potential.
- Strong team dynamics will be emphasized to prepare swimmers for collegiate swimming careers.
- Swimmers will target Olympic Trial, National, US Open, Junior National, Futures, and Sectional qualifications and selection to the National Youth Team and National and Diversity Select Camps.

Practice & Competition:

- 6-8 weekly practices, 15-20 hours of total training.
- One scheduled meet per month, plus qualified meets and travel meets.

Attendance:

- Minimum 90% practice a week or one absence per week.
 - Absences must notify the Head Coach in advance.
- Must attend Elite Group practice during High School Swimming Season
 - Absences for high school meets, and events must notify the Head Coach in advance.
- They expect to participate in all scheduled meets and qualified meets unless approved absences by the Head Coach in advance.



Senior Group

Minimum Requirements:

- High School Age (13-18)
- Previous swim team experience, including high school and recreation teams.
- Subgroup - Senior 1 swimmer has multiple events qualify for 15-16 or 17-18 BB time standards.
- The final decision for selection to the Senior Group 1 & 2 is at the discretion of the Group Coach after the tryout.

Testing Sets Requirements (Short Course Yard):

Senior 1

- 30x100 Free @ 1:30(Girls) / 1:20(Boys)
- 20x100 Free Kick by (Easy-Fast, 1-1, 1-2, 1-3, 1-4, 1-5) @2:00-1:45
- 2000 IM (5x400IM) Under 31:00(Girls) / 29:00(Boys)

Goals:

- The goal of the Senior Group is for swimmers to receive technical training and competitive experience that will prepare them for high school swimming.
- Target to qualify for Elite Group
- Target to qualify for higher-level regional meets, like Far Western and NCS.

Practice & Competition:

- Five practices per week, 10 hours of total training hours.
- One scheduled meet per month, plus qualified meets.

Attendance:

- Minimum 60% practice a week
 - Absences must notify the Group Coach in advance.
- The team will provide practice options during High School Swimming Season.
- Senior I expect to participate in 80% of scheduled meets and qualified meets unless approved absences by Group Coach in advance.



Platinum Group

Minimum Requirements:

- 10 -13 years old.
- 9 year old swimmers are selected at the Group Coach's discretion and invitation only.
- Multiple events meet USA Swimming Motivation Standards.
 - Platinum 1 obtains multiple events with AAA in their age group time standard.
 - Platinum 2 obtains multiple events with AA in their age group time standard.
- The final decision for selection to Platinum Group and subgroups 1 and 2 is at the discretion of the Group Coach.

Testing Sets Requirements (Short Course Yard):

Platinum 1

- 30x100 Free @ 1:20(hold steady)
 - 20 x 100 Free @ 1:15 (70%+ made)
 - 10 x 100 Free @ 1:10 (≥50% made)
- 20x100 Free Kick by (Easy-Fast, 1-1, 1-2, 1-3, 1-4, 1-5) @2:00-1:50
- 2000 IM (5x400IM) Under 30:30(Girls) / 29:30(Boys)
- 5 × 400 Free on interval aligned with AAA / AAAA standard
- 4 × 100 Free Best Average @ 4:00 (56–59 girls / 52–55 boys)

Platinum 2

- 30x100 Free @ 1:25(hold steady)
 - 20 x 100 Free @ 1:20 (70%+ made)
 - 10 x 100 Free @ 1:15 (≥50% made)
- 20x100 Free Kick by (Easy-Fast, 1-1, 1-2, 1-3, 1-4, 1-5) @2:10-2:00
- 2000 IM (5x400IM) Under 32:00(Girls) / 31:00(Boys)
- 5 × 400 Free on interval aligned with AAA standard
- 4 × 100 Free Best Average @ 3:30 (1:01–1:03 girls / 57–1:00 boys)

Goals:

- The goal of the Platinum Group is for swimmers to receive technical training and competitive experience that will prepare them for the Elite Group.
- Target to qualify for higher-level age group meets Age Group Championships (Junior Olympic) and Far Western.
- Platinum 1 is aiming for Elite Group and Senior Level meets - Sectional and above.

Practice & Competition:

- Five practices per week, 10 hours of total training hours.
- One scheduled meet per month, plus qualified meets and travel meets.



Attendance:

- Minimum 90% practice a month or one absence per week for Platinum 1
 - Absences must notify the Group Coach in advance.
- Minimum 75% practice a month for Platinum 2
 - Absences must notify the Group Coach in advance.
- Platinum 1 swimmers are expected to participate in all scheduled meets and qualified meets unless approved absences by the Group Coach in advance.



Gold Group

Minimum Requirements:

- 9 - 12 years old
- Multiple events meet USA Swimming Motivation Standards.
 - Gold 1 obtains multiple events with A in their age group time standard.
 - Gold 2 obtains multiple events with BB in their age group time standard.
- The final decision for selection to Gold Group and subgroups 1 and 2 is at the discretion of the Group Coach.

Testing Sets Requirements (Short Course Yard):

Gold 1

- 20x100 Free @ 1:35
 - 10 x 100 Free @ 1:25 (70%+ made)
- 15x100 Free Kick @ 2:10
- 8x200 IM @ 3:15
- 5x400 Free on interval aligned with A standard

Gold 2

- 15x100 Free @ 1:45
- 15x100 Free Kick @ 2:15
- 5x200 IM @ 3:30 or 10x100 IM @ 1:45

Goals:

- The goal of the Gold Group is for swimmers to receive technical training and competitive experience that will prepare them for the Platinum Group.
- Target to qualify for higher-level age group meets, Age Group Championships (Junior Olympic), and Far Western.

Practice & Competition:

- Four practices per week, 7.5 hours of total training hours.
- One scheduled meet per month, plus qualified meets.

Attendance:

- Minimum 80% practice per month or three absences per month for Gold 1
 - Absences must notify the Group Coach in advance.
- Minimum 70% practice per month or five absences per month for Gold 2
 - Absences must notify the Group Coach in advance.
- They expect to participate in 80% of scheduled meets and 100% qualified meets, Age Group Championships, and Far Western, unless approved absences by Group Coach in advance.



Silver Group

Minimum Requirements:

- 6 - 10 years old
- Ability to swim all four strokes legally.
- Multiple events meet USA Swimming Motivation Standards.
 - Silver 1 obtains multiple events with B in their age group time standard, and 8&U swimmers obtain A time for [PC Swimming 8 & U standard](#).
 - Silver 2 8&U swimmers obtain multiple events with B [PC Swimming 8 & U standard](#)
- The final decision for selection to Silver Group and subgroups 1 and 2 is at the discretion of the Group Coach.

Testing Sets Requirements (Short Course Yard):

Silver 1

- 12x50 Free @ 1:15
- 10x50 Free Kick @ 1:30
- 6x100 IM @ 2:30

Silver 2

- 8x50 Free @ 1:15
- 8x50 Free Kick @ 1:30
- 4x100 IM @ 2:30

Goals:

- The goal of the Silver Group is for swimmers to receive technical training and competitive experience that will prepare them for the Gold Group.
- Target to meet USA Swimming Motivation Standards and qualify for higher-level age group meets, AgeGroup Championships (Junior Olympic), and Far Western.

Practice & Competition:

- Three practices per week, 4.5 hours of total training hours.
- One scheduled meet per month, plus qualified meets.

Attendance:

- Minimum 75% practice per month or three absences per month for Silver 1 & 2
 - Absences must notify the Group Coaches in advance.
- Silver 1 expects to participate in 80% of scheduled meets and 100% qualified meets, Junior Olympic and Far Western, unless approved absences by Group Coach in advance.
- Silver 2 swimmers are strongly encouraged to attend all practices and meets.



Bronze Group

Minimum Requirements:

- 6 – 9.5 years old
- Ability to swim freestyle backstroke, and breaststrokes legally.
- The final decision for selection to Bronze Group is at the discretion of the Group Coach.

Goals:

- This group of swimmers will learn about water safety, discipline in the water and entry level for competitive swimming.
- The emphasis at this level is on technique development, balance and kicking skills.
- Swimmers in Bronze are set to learn the basics of all strokes and turns that prepare for the higher age group and competitive swim meets.

Practice & Competition:

- Three practices per week, 3 hours of total training hours.
- CDST inter-squad meet, plus USA Swimming meets with Group Coach's approval.

Attendance:

- Minimum 80% practice per month or three absences per month for Bronze.
 - Absences must notify the Group Coach in advance.
- Bronze swimmers are strongly encouraged to attend all practices and meets with Group Coach's approval



Pre-Competitive

CDST has pre-competitive programs for all age and level each quarter of the swim season. Please check with us at cdstswim.org



CDST NEW MEMBERSHIP AGREEMENT FORM

FATHER'S NAME _____
First Last

MOTHER'S NAME _____
First Last

ADDRESS _____
STREET NUMBER STREET NAME
CITY ZIP

HOME PHONE _____

FATHER'S CELL PHONE _____ **ACCOUNT LOGIN EMAIL** _____

MOTHER'S CELL PHONE _____ **ALTERNATE EMAIL** _____

Swimmer's Name	Gender	Date of Birth	Age	Training Group	Fees
1. _____	M/F	____/____/____	_____	_____	\$_____
2. _____	M/F	____/____/____	_____	_____	\$_____
3. _____	M/F	____/____/____	_____	_____	\$_____

Due of First & Last Month: \$ _____
CDST Annual Membership Fee per swimmer: \$ 170.00

TOTAL CDST REGISTRATION FEE: \$ _____



CDST NEW MEMBERSHIP AGREEMENT FORM

Dues and Billing: The undersigned agrees to pay team dues per month. Monthly fees are due and payable on the 1st of each month and delinquent after the 6th of each month. If paid after the 6th, a \$20 late charge will be automatically accessed. If membership payment lapses for two months, membership privileges will be suspended until all fees and late charges are paid in full. ****At least one working email is required for billing purposes.**

Parent Initials: _____

USA Swimming Registration Fee: Every swimmer on the team must be a member of USA Swimming, the national governing body for the sport of swimming (usaswimming.org). The \$89 membership fee is due at registration for new members and must be renewed in December for returning members.

Parent Initials: _____

Service Hours: Each family is responsible for service hours per swim season. Service hours can be earned by timing at swim meets, working at a swim meet we host, food and beverage donations to our team picnic and hosted swim meet, etc. You can also earn service hours by becoming a Pacific Swimming Official or being part of the parents' committee. Please check the committee you are interested in:

☐ Fundraising ☐ Membership ☐ Communication ☐ Event ☐ Swim Meet

Parent Initials: _____

Parent Code of Conduct: I have read and agree to the CDST Code of Conduct for parents. Should I conduct myself in such a way that brings discredit or discord to California Dolphin Swim Team, or USA Swimming, CDST reserves the right to terminate any membership with cause in the interest of our vision, mission, and objectives.

Parent Initials: _____

Liability Release: I have read and agree to the CDST Liability Release.

Parent Initials: _____

Change in Membership Status: A swimmer may **resign** at any time by giving **written notice to CDST 2 weeks prior to the 1st of the month** at 34075 Fremont Blvd, Fremont, CA 94555, or you can email your resignation to Coach Chen. Monthly fees will not be prorated for the last month of membership. Any unpaid balance remaining on the date of written resignation must be paid. There may be additional charges if collection costs are incurred to settle a delinquent account. Any swimmer who resigns from CDST without settling his or her account in full will be reported to United States Swimming as a member not in good standing.

Parent Initials: _____

Leave of Absence: A family can choose to go on a **Leave of Absence** to hold their spot on the team by paying \$100 for 1st swimmer & \$50 for 2nd swimmer for every month on leave. Application must be submitted 21 days prior to the first day of the applicable month.

Parent Initials: _____

Please sign below to indicate your acceptance of the terms of this agreement: "I/we, the undersigned, agree to all of the terms and conditions stated herein and I/we understand that failure to comply with any provision in this agreement is grounds for termination of membership.

Parent's Name _____ (Print):

Signature: _____ Date: _____



GENERAL FAMILY INFORMATION

Swimmer's Name _____ Gender ____ Age ____ Date of Birth _____

Parent's Name _____ Home Phone _____

Cell Phone: _____ Email: _____

Address: _____

Doctor's Name: _____ Phone Number: _____

Dentist's Name: _____ Phone Number: _____

Insurance Carrier: _____ Policy Number: _____

Is your child taking any medications? If yes, please explain (use additional sheets if necessary):

Does your child have any medical conditions? (Such as, but not limited to heart disease, diabetes, allergies, asthma, convulsive disorder, severe allergic reaction to a bee sting...) If yes, please explain and use additional sheets if necessary.

IN CASE OF EMERGENCY, the following persons may be contacted if the parents cannot be reached:

Name _____ Relationship to child _____ Phone Number _____

1. _____
2. _____

Permission to Participate – Medical Release - One signature is required.

The undersigned, parent(s) or legal guardian(s) of _____ certify that he/she is of good physical condition and is fit for participation in the activities of California Dolphin Swim Team. I/We understand these activities include aerobic exercises, swim workouts, swim meets, and other activities routinely associated with the development and participation in USA Swimming functions (activities may include transportation to and from meets and swim related social functions). The undersigned shall jointly and independently hold California Dolphin Swim Team, all officers, agents, and employees of California Dolphin Swim Team harmless from any and all liabilities for personal injury and property damage which might arise out of or relate to the conduct of participation in the activities of California Dolphin Swim Team. I/We fully understand the risks associated with physical activities such as competitive swimming and hereby give my/our permission for participation to the above participant for whom we are/I am the legal parent(s) or guardian(s). I/We also hereby agree to the provision of emergency medical procedures that may be required due to illness or injury which might arise out of the participation in the activities with California Dolphin Swim Team to provide emergency medical treatment through a fully licensed hospital or through the family physician or dentist listed. I/We authorize transportation of my/our child by ambulance in an emergency situation. Further, I/We agree to pay all costs associated with such medical care and emergency transportation.

Signature

Relationship to Swimmer

Date

Signature

Relationship to Swimmer

Date