

**MAMMOTH LAKES SWIM TEAM
SWIMMER INFORMATION & PARENT HANDBOOK**

Dear Swimmers and Parents:

Welcome to the Mammoth Lakes Swim Team Information and Parent Handbook.

Please help spread the word to anyone who may be interested in joining the Mammoth Lakes Swim Team to come meet our Coach/es and get info at the Town of Mammoth Lakes Recreation Open House. We will have a table with swim team members, the coaches and board members to help answer any questions. There will also be a swimsuit sizing kit available for trying on. Registration will be open online from March 31, 2025 to June 30, 2025.

Mammoth Sharks Swim Season Dates:

Mid May - Mid August

If you have any questions about this packet, please contact any of the board members listed below. We look forward to another exciting and FUN season with you!

The Mammoth Lakes Swim Team Board

Executive Officers:

Lenka Stepan: President, imlenka@gmail.com, 310-560-6602

Jennifer Rodricks: Vice President

Rachele Jaegers: Treasurer

Serena Kadish: Secretary

Members At Large:

Drea Perry: Member at Large

Allison Page: Member at Large

Galina Goldshleger: Member at Large,

Mary Bassler: Member at Large

Coaches

Emily Estremo

(714) 345-1903 Head Coach

Information

The goal of Mammoth Lakes Swim Team is to develop swimming for the benefit of school age children of all abilities. This is accomplished by regular attendance of scheduled practices, participation in team events and fundraising, and competition at swim meets. We are able to keep fees low due to fund-raising and donations. Please help us keep costs down by donating or participating in funds-raising events. The money raised by team fees, fund raising and concessions is used directly to support the swim team program in Mammoth Lakes. Expenses include coaches' salaries and training; team & meet equipment, awards, and maintenance of our equipment and pool facilities. Swimmers have the opportunity to swim at approximately 90 practices in our 15 week season – plus swim meets!

MAMMOTH LAKES SWIM TEAM INFORMATION

Mid May – Mid August

MEETS AND EVENTS:

Dates and meet availability change from year to year. Always check our website for the latest & most accurate info www.MammothLakesSwimTeam.Org OR www.MammothSharks.org.

March 31	Town of Mammoth Lakes Recreation Expo
May 23-25	Carson City Intermountain Classic Long Course Meet (Long Course)
June 1	Splash N Bash (Whitmore Pool)
Jun 14-15	Bishop Short Course Invitational Meet
Jun 20-22	Reno Gamble (Long Course)
June 29	Sharks v Stingrays (Whitmore Pool)
July 4 th	Independence Day Parade – Sharks Swim Team Fun Float
July 11-13	NNA Silver State Championships (Long Course)
July TBD	SHARK-A-THON – biggest team fundraiser (Whitmore Pool)
August 1-3	High Country League Championships in Minden, NV
August 10 (tentative)	End of Season Meet, Awards, and Pool Party

AGE GROUP SWIMMING:

Practices are generally split by age (10 and under / 11 and over) with some exceptions made for ability. The age groups are mixed for a limited number of practices a week.

At Swim Meets (races) age groups and sexes compete separately. For meets, the standard age categories are 6 and under, 7-8, 9-10, 11-12, 13-14 and 15-18. Within each age group, swimmers may achieve time standards and can be divided into B, BB, A, AA, AAA, AAAA, JO and Far Western categories, according to their recorded times for the event. If this is confusing and you are interested in details about swim categories please reach out to the coaches. Swim meets are held in pools of specific standardized lengths, and as a result, times are comparable from one meet to another.

An important part of the Mammoth Lakes Swim Team for those who want to swim competitively or those who want to simply improve their swimming is to teach the swimmers to set goals for themselves and to work to better their own times, regardless of the times of other swimmers.

PRACTICE SESSIONS:

Practice sessions focus on building endurance and learning proper stroke and turn techniques. During practice, the lanes are split according to age, ability level, and personal level of commitment and interest. A trained swim coach supervises all practice sessions. In order to accommodate all swimmers, the swim team practices are for swimmers that are able to swim 25 meters without holding onto lane lines or the pool edge (swimmers 10 and under can use fins and/or a kickboard). In-water swim tests will be administered to all new aspiring swimmers.

PRACTICE & PRACTICE TIMES:

Please also refer to our website for practice times: www.MammothSharks.org

All swimmers should be on deck ready to swim and listen to their coach(es) when practice begins. **Note that the Whitmore Pool rules do not allow unsupervised children under 13 years old.** The coaches cannot be responsible for unsupervised children before their allotted practice time begins.

Practice will consist of stroke development, endurance training, and swim games.

What to Bring to Practice

- Goggles (an extra pair is always good to have in case something happens to the first set.)
- Water Bottle
- Towel
- Swim Cap (and Hair Tie for longer hair)
- Sunscreen
- Dryland training clothes and shoes

We do not always know about cancellations until the last minute due to the way our local weather can change. Messages are sent via the Team App. Any matters concerning a swimmer's training or participation should be directed to the coach either *before or after* practice privately. Any changes to assigned practices need to be made prior to practice and with the coach's approval.

We have no official carpool to and from the pool but we will make sure people have contacts for other parents with swimmers in their swim level so parents can coordinate.

EQUIPMENT:

Team suits and swim caps are **MANDATORY** for all team events and swim meets and are included with the registration fee. A team cap and suit will be provided for each swimmer. Replacement caps (for lost, stolen, ripped, etc) are \$10/cap and may be purchased from the coach. Swim caps and goggles are required. All swimmers will also need long floating fins.

FINANCIAL POLICIES:

Registration Fee: \$395

Athletic Conditioning (11 & up only): \$275

Payable by Credit Card via the registration portal on www.mammothsharks.org (unless other arrangements are made with the Treasurer). There is a sibling discount of \$25.

Included in the registration are the Pac Swim/USA Swimming membership, a team suit, a team cap, and fees for competing in Splash N Bash.

Partial 50% refunds will be issued until May 31st. Past this date, refunds or credits will only be issued due to extenuating circumstances and must be approved by the board. Prorated rates are only available for new swimmers that are joining the team mid-season due to relocation.

If your child is new to swim team, they are welcome to come to a practice before registering to see if swim team is the right fit for them. Please contact the coach to determine the best time for a try-out.

*Additional costs that are not covered by fees include goggles, long floating fins, swim meet entries, travel, meet accommodations.

NO CHILD MAY SWIM UNTIL ALL REGISTRATION AND PAYMENT HAVE BEEN RECEIVED

Drop in swimmers from other swim teams will be charged \$15 per session and must present a current USA Swimming membership card to participate in a practice session.

Financial aid – Swimmers can apply for financial assistance via the Tony Colasardo Scholarship Fund through the Town of Mammoth Lakes (<https://www.townofmammothlakes.ca.gov/944/Tony-Colasardo-Scholarship-Fund>). If the swimmer qualifies, the team fees will be reduced or waived.

Scholarship requirements: Athletes considered seniors in high school must fill out the scholarship application; provide proof of current academic standing, and proof of acceptance/enrollment at a continuing education institute. Applicants must have been members of MLST for at least two seasons (one prior to senior year, and one during senior year.) *Exceptions will be considered on an individual basis if athlete moves here senior year.

Work possibility for swimmers 14 and older. Check with the coaches to see if they would like you to help coach the younger swimmers for at least the first month of the season. Some payment and or Community service hours may apply. Also check on Lifeguarding jobs and requirements if interested.

COMMUNICATION:

Our season is short but full of important dates and events for the swimmers and their families. In an effort to get the information out to all families in a timely manner, we will make the information available in the following ways:

Email: The MLST board will communicate upcoming events and dates via email.

Team App: The coaches use Stack Team App (<https://www.teamapp.com>) to communicate important updates, reminders for meets and events, and changes to practices (including weather related delays and cancellations). Download the app to your phone and request to join the Mammoth Lake Swim Team to receive messages.

Website: The Mammoth Lakes Swim Team website is www.MammothSharks.org. Everything you need to know, including practice times, meet registration dates and links, and upcoming events will be updated regularly on this site.

Coaches – It is important to communicate your concerns as well as praises to our coach/es. The coach/es will be available **AFTER ALL PRACTICES** are finished to speak to any parent. Please do not delay or interrupt practice to speak with them... wait until the end of practice.

CONCUSSION AWARENESS:

Knowing the signs and symptoms related to a concussion will allow you to treat the injury before it progresses to something more serious. Please go to the following link to educate yourself on these signs and symptoms:

<http://www.pacswim.org/programs/swimming-safety/concussions>

SAFE SPORT:

Safe Sport is a minor athlete abuse prevention program to assist coaches, administrators, and parents to recognize and prevent signs of potential abuse or harassment. Please go to the following link to educate yourself on what constitutes abuse or harassment and how and when to report issues.

<https://www.usaswimming.org/safe-sport>

CODE OF CONDUCT:

Violations of expected behavior could lead to suspension or termination from the team as determined by the coaching staff, swim team board and/or pool administration. Fees will not be refunded for swimmer suspension or termination for behavior not in adherence to the Code of Conduct as determined by the coaching staff, swim team board and/or pool administration.

We expect all Mammoth Lakes Swim Team swimmers, parents/guardians, and coaches to act in a socially proper and courteous manner at all times to coaches, parents, teammates, officials, spectators/visitors and swimmers.

Actions that will absolutely not be tolerated include, but are not limited to:

- Abuse of facilities or equipment
- Swearing, verbal or physical assaults

Swimmers

Swimmers shall respect and show courtesy to their teammates and coaches at all times.

Be 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 goggles and caps.

Swimmers are not to be a distraction. Be respectful of your teammate's feelings and personal space. Swimmers who exhibit sexist, racist, or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.

No dunking, hanging on lane lines, splashing, spitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice or meet venue.

Swimmers are expected to exhibit good sportsmanship at practices and meets. They are to conduct themselves with honor and keep a positive attitude. Swimmers are to win races with grace and lose with dignity.

Swimmers are responsible for checking in, checking postings and heat and lane assignments, and for being behind their block prior to each race. They must report to their coach prior to and immediately following each race.

Team caps are required at all swim meets. No cut offs or under garments are allowed to be used as primary swimwear in the pool.

Consequences

The following protocol is established to inform you when your swimmers is not conforming to the MLST Code of Conduct and give the parent/guardian the ability to correct the swimmer's behavior. It shall occur as follows:

1 st offense	Verbal Warning
2 nd offense	Written warning and meeting/phone call with parents
3 rd offense	1-2 week suspension from team (No practices or Meets)
4 th offense	Removal from team
Note: Swim Team fees are non-refundable	

Depending on the severity of the infraction or violation of Code of Conduct as determined by the coaching staff, swim team board, or pool administration the swimmer may immediately be terminated from the team on 1st offence without going through the established protocol as noted above.

Parents

Parents will be supportive of and encourage your swimmer to attend practice and perform to the best of their ability.

Parents shall refrain from disrupting the practice in any way. Immediately after practice starts and during practice, parents are not allowed on deck, nor are they allowed to talk to their swimmer or interrupt practice unless it is an emergency or immediate safety concern. This disrupts the entire group and focus of the practice session. Parents are asked to wait outside the gates/fence of the pool and may view their swimmer from there.

Parents are expected to keep non-swimming siblings from running and playing on deck or inside the locker rooms at all times. All non-swimming children are to be supervised by either a parents or a responsible adult at all swim team events.

Parents are encouraged to communicate with their child's coach. The appropriate time to do this is not during practice. Communicating with coaches during practice disrupts the workout for the entire group. We want to talk to you. Please feel free to email, text, or call for an appointment. Or we can visit after practice.

During competitions, questions or concerns regarding decisions made by meet officials shall be directed to a member of the coaching staff, not to the meet official. Parents and swimmers are not to confront an official or stroke and turn judge at a meet about a disqualification. This is the coach's responsibility. Parents address officials via the coaching staff only. Swimmers and parents are to be respectful and courteous to meet volunteers at all times.

Parents are encouraged to join our board and/or learn to be an official.

Parents are expected to abide by the swim teams Volunteer Policy. This policy exists to share the burden among other parents by volunteering for jobs at swim team events and meets whether your child participates or not.

Parents must recognize that swim team is not a substitute for swim lessons or child care. Swim team is designed to develop swimming skills after a base has been established.

Parents agree to let the coach know of any other activity your child is involved in containing rigorous physical activity in order to prevent injury, exhaustion or illness. Parents agree to provide your child with a sensible nutrition before and immediately following practice.

If parent/swimmer has a problem with a coach, it is their responsibility to communicate the problem to that coach and/or Board if deemed necessary.

POOL RULES:

No running is allowed on deck at any time. No glass is allowed on deck. The lifeguard tower and its steps are for the use of the lifeguard on duty. Stay off the equipment. Children not involved in practice must be supervised and stay within the pool enclosure. **Swimmers under the age of 13 cannot be left unsupervised before or after their practice session. Coaches are not responsible for children that are not participating in the current practice session.** Consequences for issues that arise due to lack of supervision before or after practice are outlined above in the code of conduct.

No animals are allowed within the pool grounds, including tied up outside the door.

The Mammoth Lakes Swim Team will not allow the use of profanity, drugs, and alcohol or tobacco products in or around the pool during either practice sessions or swim meets. The United States Swimming Association specifically prohibits the use of drugs, alcohol, or tobacco products.

Use of the locker rooms are a privilege. All swimmers are required to be respectful of others using the locker room (no touching, no teasing, etc.). The locker rooms and showers are made available for all patrons of the pool and are not monitored by MLST. There may be overlap between swim team and other users.

SWIM MEETS

Accommodations:

Parents will be responsible for getting their children to and from Swim Meets, and coordinating overnight accommodations.

BISHOP SWIM MEET:

For the Bishop Swim Meet some people coordinate getting camping sites at Millpond or Browns. We highly recommend your swimmer sign up for both days and people can also drive back to Mammoth at the end of each day.

MINDEN SWIM MEET:

Minden is the finals so your swimmer will only be able to swim in events they have a time for (this does not apply for younger swimmers), meaning events that they swam in this season (and did not get disqualified –DQ'd) at at least one of the swim meets above. Pac Swim will have this information if you don't know it and your coach can always check this for you. The Minden events is super fun in that the facility has a great indoor water slide with a high dive diving board. Swimmers and families usually pick a hotel nearby but be in touch with coaches and other swim team members for other ideas such as camping, etc.

What to Bring

- Team Suit
- Warm up Suit
- Team Cap (an extra cap just in case; coaches will have a limited amount of team caps available for purchase if necessary)
- Goggles (an extra pair just in case)
- Towels (at least 2 per swimmer)
- Blanket for swimmer to rest on
- Sweatpants and sweatshirt for chilly mornings and between swims
- Shoes that allow easy on-off between swims
- T-shirt
- Chairs and shade tents
- Sunscreen
- Healthy snacks
- Water
- Pen or pencil
- Patience
- Praises for your swimmer
- TEAM SPIRIT!
- *Optional: Money for snacks and/or swim gear for sale
- *Optional: Board games or cards to entertain your athlete in between events

What to Expect

If you have never attended a swim meet before here are a few things you can expect:

- Chairs, towels, and kids everywhere!
- Chilly mornings and sometimes evenings
- Limited viewing space (except for deck volunteers)
- New friends and a great time!

Plan to arrive 15 minutes before warm-ups start. This way you can find a parking, spot to sit, your swimmer can check in with the Clerk of Course and get their event numbers and report to their coach. Please pay attention to the event numbers your child is entered in so you can check the board to determine which heat your swimmer will be swimming in and teach them to track their events too. Keep track of your swimmer so you can ensure that they do not miss their event. Every summer swimmers miss events because they cannot be found in time to swim their event. Have them to the "ready bench" (if available) in plenty of time with goggle

and cap ready to swim in their race. It is also very important for your swimmer to check in with the coach before and after each event.

Warm-ups

It is strongly recommended that all swimmers warm-up. Warm-ups give swimmers the chance to not only loosen and warm-up their bodies; it also provides them the opportunity to get familiar with a “new” pool. It is important to practice starts and turns, and count from flags if doing backstroke. Not all pools are the same, so we highly recommend ALL swimmers arrive on time for warm-ups. Remember to check in with the coach to find out warm-up lane assignments.

VOLUNTEER POLICY:

The Swim Team depends on volunteers to operate. It is rewarding in many ways to be involved with the learning and constant improvement of your swimmer along with being a part of the success of MLST. Timers at all meets, judges, hospitality, concessions, announcers (at home meets), and runners (at home meets) are a few of the positions which are filled by parent volunteers. All families are expected to participate. Volunteers are required to put on successful events!

Volunteer Opportunities:

Away meet timing coordinator
Timing at Swim meets
Helping with the Shark-A-Thon/Splash n Bash/Other Home Meets and Events
Filling a board position
Becoming an official and officiating at Home and Away Meets
Stroke & Turn Coordinator
Volunteer Coordinator
Heading up Logo Wear
Being the “New Parent Coordinator”
Volunteering at any home meet
Helping at the year-end party
Other Fundraising Ideas and opportunities available

Away Meet Requirements

At away meets we are required to provide timers and officials. Each family is expected to time or officiate at these meets.

Home Meets Requirements

We are hosting 1-2 home meets this year. It takes approximately 30+ people to run every meet we host during the season. The presence and participation of each family is critical to assuring the continuance of successful results and reduces costs to you. If your child is swimming in one of our home meets, you will be required to volunteer. We are aware that some families may be new to the sport of swimming. For this reason we are reserving the positions of timing at home meets for those first year families. Sign-ups for the events will be made available at our www.MammothLakesSwimTeam.org web-site. Positions will be filled on a first come, first serve basis.

We cannot run these events, or our swim team, without the assistance of every family.

FUNDRAISING:

The Mammoth Lakes Swim Team is a non-profit organization. Our team is able to keep dues low through fundraising and donations. Participation in all fundraising events is MANDATORY and very much appreciated.

SWIMMER’S SUCCESS THROUGH PARENT INVOLVEMENT:

The Mammoth Lakes Swim Team can only be successful with the assistance of parent volunteers. Volunteers at each location run swim meets, both locally and at away meets. Parents are expected to participate at away meets by assisting with timing shifts or training to become Swim Meet Officials. Every swim meet has a minimum requirement of Stroke & Turn Officials per number of athletes we bring to the meet. PLEASE consider becoming an official and attending the clinic/s offered.

At our local meets, every parent must volunteer to assist with some part of running the meet to insure the meets are timely and efficient. Signups for various jobs will be emailed out via SignUpGenius prior to all meets. Sign up early to help.

Parents, as well as swimmers, are expected to conduct themselves in a manner in which we can all be proud. Unsportsmanlike behavior is not tolerated from swimmers or parents under any circumstances. This behavior will result in the person being removed from the pool deck, either temporarily or permanently.

LOST AND FOUND:

Lost and Found items are collected in bins by the team equipment. Items will be turned over to worthy charitable organizations throughout the season. Swimmers names need to be on all items used during the season, especially sweat shirts, team suits and towels.

**Mammoth Lakes Swim Team Handbook/Registration
Contract Page**

In order to maintain our team's reputation and integrity, we require each family to sign below acknowledging that they have read and understood their expectations. This statement must be signed by swimmers and parents before participation in any practice or meets. Please sign and turn in this page to the Mammoth Lakes Swim Team Volunteer Coordinator.

Swimmers PRINTED name: _____

AGREEMENT, WAIVER and RELEASE

In consideration for the below named minor(s) being permitted by the Town of Mammoth Lakes ("Town") to participate in the 2019 Season Mammoth Lakes Swim Team at the Whitmore Pool (the "Activity"), I hereby release, discharge and agree not to sue the Town of Mammoth Lakes or any Town employee or official for any injury, death or damage to or loss of personal property arising out of, or in connection with, the participation by you minor child(ren) in the Activity from whatever cause, including the active or passive negligence of the Town of Mammoth Lakes and/or its employees or officials, or any other participants in the Activity. The parties to this agreement understand that this document is not intended to release any party from any act or omission of "gross negligence" as that term is used in applicable case law and/or statutory provision.

I, _____, (Parent full name), fully understand that the participation of the named minor(s) in the Activity exposed him/her/them to the risk of potential injury, death or property damage. I hereby acknowledge that the below named minor(s) is/are voluntarily participating in the Activity and agree to assume any such risks.

In consideration for the below named minor(s) being permitted to participate in the Activity, I hereby agree, for the below named minor(s) and his/her/their heirs, administrators, executors and assigns, that I shall indemnify, defend and hold harmless the Town of Mammoth Lakes and its employees and officials from any and all claims, demands actions or suits arising out of or in connection with the participation by the below named minor(s) in the Activity.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT OF MY OWN FREE WILL.

Parent Signature: _____

Date: _____

Name of Parent/Legal Guardian (Printed): _____

ACKNOWLEDGEMENT

VOLUNTEER POLICY

I have read, understand and agree to the Volunteer Policy for the Mammoth Lakes Swim Team.

Parent/Legal Guardian Signature: _____

Date: _____

CONCUSSION INFORMATION AND SAFETY

I have read, understand and agree to the information regarding Concussion Safety.

Parent/Legal Guardian Signature: _____

Date: _____

CODE OF CONDUCT

I have read, understand and agree to the Code of Conduct for the Mammoth Lakes Swim Team.

Swimmer Signature: _____

Date: _____

Parent/Legal Guardian Signature: _____

Date: _____

SAFE SPORT

I am aware of and have read the USA Swimming Safe Sport Handbook.

Parent/Legal Guardian Signature: _____

Date: _____

Photo, Advertising & Internet Release

Parent/Guardian does hereby grant and convey unto MLST all rights in any and all photographic images and video or audio recordings made by MLST during the athlete's activities with MLST.

Parent/Legal Guardian Signature: _____

Date: _____