

MAMMOTH LAKES SWIM TEAM SWIMMER INFORMATION & PARENT HANDBOOK

Dear Swimmers and Parents:

Welcome to the Mammoth Lakes Swim 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 our Registration Day which is in conjunction with 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 swim suit sizing kit available for trying on. We will have computers available to sign up right there on the spot.

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:

Sheilah Brode: President, shefit.brode@gmail.com, 760-914-2406

Lenka Stepan: Vice President

Racheal Jaegers: Treasurer

Allison McDonell Page: Secretary

Members At Large:

Cara Leonard: Member at Large

Deanna Clark: Member at Large

Drea Perry: Member at Large,

Mary Bassler: Member at Large

Coaches

Jenah McGrain

Emily Estremo

(415) 599-6181 Head Coach

(714) 345-1903 Assistant 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 100 practices in our 13 ½ 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.

Late March	Town of Mammoth Lakes Recreation Expo
Late May	Carson City Intermountain Classic Long Course Meet (no coach sent)
Sun, Early June	Mammoth Splash Bash Meet & Greet
Mid June	Bishop Short Course Invitational Meet
Mid June	Reno Gamble (Long Course)
Late June	Swimming at Altitude Tahoe Meet
July 4 th	Independence Day Parade – Sharks Swim Team Fun Float
Mid July	NNA Silver State Championships
Late July	SHARK-A-THON – biggest team fundraiser
Early August	High Country League Championships in Minden, NV
Mid August	End of Season Meet, Awards, and Pool Party

Exact dates for meets can be found at <https://www.pacswim.org/bay-area-swim-meets>

AGE GROUP SWIMMING:

Mixed groups of ages and sexes practice together but compete at Swim Meets (races) 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. 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 in 1 minute 30 seconds without assistance of holding onto lane lines. In-water swim tests will be administered to all new swimmers. Swimmers who cannot yet pace this swim test will be placed in the SKILLS group or be referred for lessons at the coaches' discretion. Once the swimmer passes the swim test he/she will be able to move in to the regular swim team practices. Coaches will observe swimmers during the first two weeks of practice and will make a determination as to which practice group your athlete will be assigned. Swimmers are placed into a practice group appropriate to their age, ability level, and personal level of commitment and interest. The following are basic guidelines used to help determine your athletes practice group.

GUIDELINES & REQUIREMENTS:

Skills: Foundation building group

Ages 4-8

Goal: To include younger/newer swimmers in the swim team environment and help them develop skills to be efficient swimmers.

Requirements: Swimmers must be able to put their face in the water, blow bubbles, float on their back, and swim/kick in some form for 10-15 yards. This group will focus on kick, stroke development, body awareness in the water, and building up to swimming full 25m lengths while having fun!

Development: Technique focused group

Ages 6-11 (Elementary School Age)

Goal: To develop proficient skills in all 4 strokes in addition to body awareness and kick strength. Swimmers will learn about stroke technique, streamlines, intro to racing, diving, flip turns, and pacing.

Requirements: Swimmers must be able to swim a full length of the 25 meter pool with ease and have some knowledge of each stroke. The higher end of this group is an understanding of all 4 strokes, strength, and endurance. Swimmers are recommended to attend at least 3 out of 7 practices a week.

Regional: Competitive focused group for younger swimmers

Ages 9-12 (Late Elementary/Middle School)

Goal: This group is aimed at younger swimmers that have shown a commitment to swimming and wish to continue to develop skills in all 4 strokes, gain strength and endurance, and continue to learn and develop race strategy and pacing.

Requirements: Show proficiency in all 4 strokes, kicking, and streamlines, as well as beginning diving and flipturns. Swimmers are expected to attend at least 4 out of 7 practices per week and at least one meet during the season.

- Fullfill requirements for the skills group
- Comprehend different strokes
- Demonstrate individual components of strokes
- Flutter, dolphin, whip kicks & 4 arm strokes

Senior: Competitive focused group for older swimmers

Age: 12-18 (Middle School/High School)

Goal: To continue to develop technically sound swimmers, as well as build strength and endurance and learn more about race tactics, speed, intervals, pacing, etc. The senior group focuses on competitive swimming.

Requirements: Swimmers must be in middle or high school and demonstrate all 4 strokes with proficiency, and be able to swim increased yardage throughout practices. Swimmers are recommended to attend at least 4 out of 7 practices a week and are expected to attend at least 2 swim meets throughout the season.

Final group placement is at the discretion of the Coach

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. Practice will consist of stroke development, endurance training, and swim games for younger swimmers. Coaches will place swimmers in practice groups. These groups will be assigned on the basis of age and/or ability. The coaches will assess your child's skill and determine what group your swimmer will participate in. Please be aware that different swimmers in the same family may have different practice times. While this is sometimes hectic and inconvenient for parents, it is best for the swimmer and team. Groups and practice times will be posted on the team website. We will have fun additions throughout the season. Typically Wednesday morning practices are Bagel-Wednesdays!

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. All schools are notified of any cancellations; and messages are sent via text/email as well as Facebook. Please make sure the coaches have updated cell # and/or email addresses and parents are fans on Facebook. 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 on the first day of practice. 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:

Dues: \$350 + \$45 Pac Swim (USAS) Dues

Payable by Credit Card (unless other arrangements are made with the Treasurer)
Each additional child is \$325

Pac Swim/ USASwimming Team Registration Fees are required for each child. After registering for the Mammoth Lakes Swim Team, a link will be emailed to sign up/renew the USA Swimming membership.

Swim team dues include a team suit, team swim cap, and dues for the Splash and Bash.
*Additional costs that are not covered by fees include goggles, swim meet entries, travel, meet accommodations.

NO CHILD MAY SWIM UNTIL ALL REGISTRATION (including USASwim/PacSwim registration) AND PAYMENT HAVE BEEN RECEIVED

Refunds will only be granted if a registered NEW swimmer does not pass the swim test. Cost adjustments such as pro-rating will be considered only for those who join late due to relocation ONLY (not vacations) or debilitating injury. USA Swimming fees must be paid in full and cannot be refunded. 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. A \$25 processing fee will be assessed to all refunds and cost adjustments.

Financial aid – Swimmers should 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. However, USAS fees (\$45) must still be paid.

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.

GENERAL INFORMATION:

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/Text Message/Team App – THIS IS OUR PRIMARY METHOD OF COMMUNICATING WITH SWIM TEAM FAMILIES. All families must include their email address on the registration form. To sign up to receive text messages as well please verify your cell phone information in the Team Unify website. www.MammothLakesSwimTeam.org Email/Text messaging will be used for important updates, weather related cancellations and reminders about practices, meets, and swim team events. This will also serve as a reminder for volunteer shifts you have signed up for.

Website - The Mammoth Lakes Swim Team web-site is www.MammothLakesSwimTeam.org. Everything you need to know will be updated regularly on this site.

COACH(ES):

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 an 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.

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.

TAHOE SWIM MEET

For the Tahoe swim meet most swimmers and their family camp at "Campground by the Lake" in South Lake which is right at the Swim Meet venue. Everyone brings bikes and it is a super fun time for all. It's a short walk to Lake Tahoe and a quick bike ride to shopping and restaurants. The coaches have a campsite and we all have a potluck dinner on Saturday night. The campgrounds often sell out the year before but reach out to the coaches for campsite possibilities. Another option is to get an airbnb nearby with other teammate families.

MINDEN SWIM MEET

Minden is the finals so your swimmer will only be able to swim in events they have a time for, 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.

The Strokes

If you're not a former swimmer, the strokes and their rules can be a cause of bewilderment. While the stroke rules are simple enough for a six-year-old to understand, most people do not have a copy of the US Swimming Rules, so below is a brief description of the strokes.

Freestyle: The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts associated with this stroke, specifically: 1) You cannot walk on the bottom or pull yourself along using the lane lines, and 2) In a 50-meter race (two pool lengths), you must touch the wall at the 25-meter end before touching the wall at the 50-meter end (This may seem obvious, but sometimes swimmers do miss the wall at the turning end of the pool).

Backstroke: Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they're at in the pool, and count strokes from the flags to the wall. Backstroke starts are different from all others because the swimmer is in the water feet planted against the wall, and hanging on to either to the lip on the pool or the bottom of the starting blocks awaiting the starter's signal. If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. The flip turn is the one exception to staying on your back, and can be used only as part of a turn (not a finish) at the pool wall.

Breaststroke: The breaststroke has two components, the arm pull and the kick, which must be done in sequence. The arm pull and its recovery must be under the breast and cannot extend further back than the waist area. The kick is a “frog” kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for touching the wall at the finish. Breaststroke turns and finishes require a simultaneous two-hand touch.

Butterfly: A well-executed butterfly (or Fly) is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect, and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (arms breaking the surface of the water) while moving forward simultaneously. The kick is a dolphin-style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Like breaststroke, turns and finishes require a simultaneous two-hand touch at the wall.

Individual Medley: The individual medley (or IM) is when an individual swims each of the four strokes in the sequence Butterfly, Backstroke, Breaststroke, and Freestyle.

Relays: There are two kinds of relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is Backstroke, Breaststroke, Butterfly and Freestyle. In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck.

Disqualifications

In swimming, the rules must be followed or a disqualification, or DQ, is committed. This can be traumatic the first time a swimmer is DQ'd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules to do otherwise. The purpose of disqualifying swimmers is to ensure that participants are using and learning proper stroke techniques. DQs are a part of learning and no matter how experienced the swimmer is, they occasionally still make mistakes and get DQ'd. A swimmer who is disqualified in an event shall neither place, score points, nor receive an award in that event.

Some of the more common reasons for DQ'ing are as follows:

Freestyle:

- Failure to touch the wall at the turning end of the pool.
- Walking on the bottom or pulling on the lane lines.
- Exiting the pool before swimming the specified distance.

Backstroke:

- Past vertical towards the breast at any time except during a flip turn.
- Leaving the wall after a turn past vertical towards the breast.
- Improper flip turn (older swimmers).

Breaststroke:

- Incorrect kick, such as a scissors kick or flutter kick.
- Non-Simultaneous two-hand touch or one-hand touch at turn or finish.
- Toes not pointed outward during the propulsive part of the kick.
- More than one stroke underwater with arms fully extended at start or turn.
- Arm recovery past waist except on first stroke after start or turn.
- Head didn't break surface by conclusion of second arm pull underwater after a start or turn.

Butterfly:

- Non-Simultaneous or one-handed wall touch at the turn or finish.
- Non-Simultaneous leg movement during kicks.
- Arms don't break water surface during recovery.
- Non-Simultaneous arm movement during recovery.

Relay Races:

- A swimmer leaves the deck before the previous swimmer touches the wall.

False Start:

- A swimmer starts the race early.

How will I know a DQ occurred?

Unlike football, we don't blow a whistle and announce to the world that a rules violation has occurred. When a Stroke and Turn Judge observes a violation, he or she raises his or her hand to signify that they have observed a violation, and then writes it up on a DQ slip. The judge then takes the slip to the Referee, who verifies that a rule has been broken and can question the stroke and turn judge to ensure that he or she was able to see the violation that was cited. The Referee then gives one copy of the DQ slip to the Coach.

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.

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.

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.

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.

INFORMATION:

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Website - The Mammoth Lakes Swim Team web-site is www.MammothLakesSwimTeam.org. Everything you need to know 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.

**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: _____