



ATHLETE

HANDBOOK

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GOLD'S AQUATICS CLUB
WOODINVILLE

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WOODINVILLE, WA 98072





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OUR MISSION

Gold's Aquatics Club is a competitive swim club, providing a positive outlook for all swimmers, regardless of age and ability. We empower each individual to reach their highest potential, both as an athlete and citizen. We understand that winning is not only how you finish the race, but more importantly, how you approach the challenge.

OUR PHILOSOPHY

At Gold's Aquatic's Club, our belief is that all youth will succeed in an environment where they feel connected, encouraged, and supported. We look forward to being the foundation of this experience. We will provide a positive learning opportunity for every swimmer. We attribute our success to the support and commitment from all our families. Thank you for choosing to be a part of our club.



COACHES

RESPONSIBILITIES



First and foremost, the coaches look at both the needs of each swimmer as an individual; as well as maintain the best interests of the team as a whole. Therefore, all final decisions on training and competition will be done by coaches.

- Coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. Swimmers will be moved into new training groups when deemed appropriate by the coaching staff.
- Coaches are responsible for all stroke technique and training regiments. Please refrain from attempting to instruct your child on what to do at practice or meets. This is not only confusing for them but may interfere with the coaches' instructions.
- Coaches are responsible for ensuring the swimmer's environment is supportive of each swimmer's individual mental and physical wellness. Coaches will work with each swimmer to avoid mental crises and physical "burn-out".
- Coaches will provide educational, competitive, and engaging opportunities for each swimmer.
- The coaching staff will determine what meets the team will attend, as well as the events each swimmer will be entered into. Coaches will work with each swimmer to meet individual goals. Relay teams will also be at the sole discretion of the coaching staff.
- At the meets, coaches will conduct warm-ups for the team. Before and after each swimmer's event, coaches will provide individually focused reminders and constructive feedback.
- The coaching staff will be responsible for addressing Team parent and swimmer concerns and questions in a timely manner.
- The coaching staff will coordinate, assign, and track volunteering/service hours opportunities for families.

Please DO NOT try to talk with coaches during practice or a meet unless it's an emergency. Remember they are responsible for each of the swimmers on the deck at the time. Their focus needs to be on the swimmers, not distracted by families.



ATHLETE RESPONSIBILITIES



As a swimmer's level of swimming ability increases so does their responsibility. Our club is designed to encourage all swimmers to be Gold Group members. As swimmers improve, we expect a commitment in all areas. A swimmer has the responsibility to the team, coaches, parents, and most importantly to themselves. Swimmers need to prepare themselves to participate to their best ability each time they are at practice. Thus, all swimmers will be expected to bring all training accessories with them to every practice including **swimsuit, goggles, cap, fins, kickboard, pull buoy, and paddles.**

We want you to come to practice with a positive attitude and willingness to learn. We expect you to be respectful and considerate of all teammates, parents, coaches, officials, and club members. We will encourage and support each other as individuals and a team. Everyone will benefit in this environment!

ATHLETE CODE OF CONDUCT

- At club functions, whether practice, meets or social gatherings, swimmers behave in such a way that my actions reflect positively on the team.
- Swimmers, parents, siblings, and guests, protect and promote the reputation of the club.
- Never interfere with the progress of another swimmer during practice or meets.
- Be present at all mandatory team gatherings and training sessions, unless excused by my coach.
- Adhere to all regulations and standards of conduct outlined by USA Swimming.
- Should I disagree with an official's decision, I will address the matter with my coach rather than directly confronting the official.
- Not interfere with the progress of another swimmer during practice or meets.
- Place the physical and emotional well-being of all athletes, above my desire to win.
- Set a good example of behavior and work ethic for my younger teammates.
- Honor my teammates' emotions and personal boundaries, ensuring a safe and inclusive environment, and understand that any sexist, racist, homophobic, or inappropriate conduct will not be tolerated.
- Be respectful to all facilities and property utilized throughout practices, competitions, and team functions.



ATHLETE RESPONSIBILITIES



- Not use profanity, engage in violence, or any conduct that is deceitful, offensive, or unlawful and not participate in tobacco, alcohol, drug, or sexual misconduct.

Swimmers unable to follow the Code of Conduct and/or represent the Club in a favorable manner will be subject to disciplinary action up to removal from the Club. Such disciplinary action including removal from the team does not release the swimmer/parent from financial obligations to Gold's Aquatics Club and/or Gold's Gym Camas.

TEAM UNIFORMS

At meets, swimmers will only wear team-approved caps, swimsuits, and apparel.

Registration includes a team cap and T-shirt with our logo on it. The approved team swimsuits, in multiple cuts for males and females, will be available for purchase through the team store, at the discounted team rate. Swimmers may also wear a solid black Speedo swimsuit purchased through our team store, of any cut, including but not limited to suits that cover the thighs. This will be the only variation in the team uniform.

It is recommended to have two caps for each swimmer. Your registration covers a team cap with our logo on it. You may also order a personalized cap with the logo and your LAST NAME from our team store. If you forget, lose, or tear your personalized cap, you will be able to purchase additional team caps.

We are a SPEEDO-sponsored team and are required by our contract for all swimmers to use ONLY SPEEDO suits, apparel, and gear during meets.

LOCKER ROOMS

Swimmers will use only the designated outdoor locker rooms and restrooms. When using the locker rooms, swimmers are expected to be respectful of the facility and other swimmers. **Cell phone and/or camera usage is NOT ALLOWED in the locker rooms or restrooms.**



PARENTS

RESPONSIBILITIES



Parents/guardians will make every effort to have your swimmer **arrive 15 minutes prior to practice time**. This gives your swimmer ample time to socialize and prep for practice. Realize that your child is working hard and give all the support you can. Encourage good diet and sleep habits. This will serve them well in all areas of their life.

PARENT CODE OF CONDUCT

- Support the coaches working with my child and always remember I am not the coach. All concerns I have will be addressed to the coaches and club support staff and not my child.
- Address coaches and club staff in a respectful and positive manner. I will utilize email, TeamUnify, and the mobile app, to contact my coaches and club staff, respecting their privacy. I will not ask for coaches' personal phone numbers.
- Encourage good sportsmanship through my example of positive support of all athletes, coaches, officials, and spectators at every practice, meet, and team function.
- Place the physical and emotional well-being of all athletes, above my desire to win.
- Remember that my child is part of this team to learn new skills, build self-confidence and have fun.
- Not criticize or use abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer.
- Respect the integrity of the officials.
- Expect my child, family members, and guests to be respectful to all athletes, coaches, officials, spectators, and volunteers.
- Support the team through volunteer efforts and team-building activities.

Parents unable to follow the Code of Conduct and/or represent the club in a favorable manner will be subject to disciplinary action up to removal from the Club and possible removal of the swimmer from the Club. Such disciplinary action including removal from the team does not release the swimmer/parent from financial obligations to Gold's Aquatics Club and/or Gold's Gym Camas.



PARENTS

RESPONSIBILITIES



VOLUNTEERING REQUIREMENTS

Gold's Aquatics Club (GAC) has a proud history of providing an enriched competitive swimming program that includes hosting local and regional swimming competitions. GAC relies on parent volunteers to support the Club.

At least one parent/guardian per family is required to volunteer with the estimated service hours for **volunteering ranging between 20 hours** per season depending on the specific parent/guardian volunteer needs of the club. This will be tracked through the volunteer tracking log. Some examples of volunteer roles include but are not limited to, are:

- Helping at club events
- Taking pictures at club events
- Helping manage equipment/apparel
- Helping at club-hosted meets
- Help in any fundraising events
- Coordinating swim official volunteers for club-hosted meets
- Manage the volunteer tracking log
- Becoming officials, timers, etc.

All volunteers must abide by USA Swimming's Safe Sport Policies.

All volunteers should attend the free SafeSport online training prior to volunteering. These short trainings for parents and guardians offer information and tools to keep the athletes safe - <https://safesporttrained.org>

At least one parent/guardian per family is required to participate at all meets hosted or co-hosted by GAC. The number of required sessions is determined based on the meet. Parents are then invited to sign up for sessions on a meet-by-meet basis. Each GAC family is responsible for volunteering as a swim official (i.e. helping on-deck as a timer, a judge of strokes and turns, or being a "runner" to deliver papers, etc.).



PARENTS

RESPONSIBILITIES



Swim official training (Officials, timers, Stroke and Turns) is provided by Pacific Northwest Swimming. Information can be found at:

<https://www.gomotionapp.com/team/pnws2/page/officials/clinics>

We highly recommend that you sign up early for these trainings as they do fill up fast. In some cases, families may have to volunteer at a meet in which their child is not participating. This may be the case, for example, if GAC is attending a championship meet with specific qualifying times.

Families not meeting the meet volunteering requirements will face a financial penalty for each session missed. The fine will be determined by the Club.

Gold's Aquatics Club Camas usually hosts 2 or 3 swim meets throughout the year. They can range from one day to a full weekend and qualify for volunteer hours.

COMMUNICATION REQUIREMENTS

One of the traditional communication gaps that may happen in youth sports is that parents feel more comfortable discussing disagreements over coaching styles or philosophies with other parents, rather than taking them to the coach. This is always unproductive. The problem is never resolved and often creates other problems. Eventually, it will get back to the coaching staff; and we firmly believe it is better for you to come to us first than for us to come to you after hearing your concerns from others. If this is a reoccurring incident, your family may be asked to leave the team at the coaches/Club's discretion.

If another parent comes to you with complaints about the coaches' decisions, policies, or performance, please encourage the other parents to speak directly with the coaches.

It is the coaches' responsibility to look at the needs of each individual while maintaining the vision for a whole team. We always want to have open communication, quite often a few words of explanation lead to new insight and reassurance.



PARENTS

RESPONSIBILITIES



Should any parent or swimmer feel they are unable to reach a mutual arrangement with the coaching staff, they are free to contact the team representative at woodinville@goldsgym1965.com. These matters will be handled with discretion in a timely manner.

PRACTICE & ATTENDANCE POLICIES

- Each training group has specific attendance requirements for that group. As a rule, the least interruptions in this schedule will produce the greatest level of success. However, the Club does encourage athletes to be well-rounded and supports participation in school and family activities.
- All swimmers are to enter through the front gate that goes directly to the pool deck. Only those swimmers with a membership to Gold's Gym Woodinville are allowed to be in the hot tub, sauna, steam room or be in the pool before or after practice.
- Every club member has an obligation to respect other Gold's Gym Members and the facility itself. Any damages to the property may result in financial liability of the swimmer's parents, as well as the possibility to be asked to leave the Club.
- Plan for swimmers to stay the entire practice time. The end of practice is often the most important. It allows coaches to be able to recap the practice goals and to give any announcements, as necessary.
- Swimmers should arrive no more than 15 minutes prior to their scheduled practice time. All swimmers should also be picked up no later than 15 minutes after practice is over.
- Coaches are not responsible for swimmers outside of the posted practice schedules.
- Parents will not try to communicate with swimmers during practice. This can be distracting to not only your swimmer but the entire team and coaches.
- Please notify the coaching staff of any illnesses or injuries your swimmer may have. Even if it seems trivial, it is important for coaches to know.
- Please utilize email, TeamUnify, or the mobile app to communicate.

These policies are in place to provide the best environment for all swimmers.



PARENTS

RESPONSIBILITIES

PARKING LOT & PICK UP

If you are driving yourself or carpooling, make sure to park in the back parking lot by the pool entrance. Please leave the front parking lot for Members of the Gold's Gym coming in to work out.

For parents picking swimmers up or dropping swimmers off for practice or events, please drive them up near the pool entrance so coaches can see them.

TEAM FEES & DUES

Please review this section carefully to understand your financial responsibilities.

- Each season registration is based on an **11-month (September through July) commitment to the Club**. There is no freeze or cancel option during the season.
- A one-time Registration Fee is due at the time of registration. This will not cover your USA Swimming Registration. This is a yearly fee for the season.
- Monthly dues may vary depending on the group and commitment level of your swimmer.
- **All dues and fees must be paid through Team Unify via a credit card on file.**
- Monthly dues and fees will be automatically withdrawn on or around the 1st of every month, September through July.
- Any change in a swimmer's level of attendance does not change your financial obligations to Gold's Aquatics Club and/or Gold's Gym Woodinville.
- If this preauthorization is revoked for any reason, it does not release you from your financial obligations to Gold's Aquatics Club and/or Gold's Gym W.
- A **\$25.00 service fee** will be assessed and drafted for any debit or credit card decline, return for insufficient funds, chargebacks, or any other reason.
- Gold's Aquatics Club reserves the right to refuse practice and meet entries to those who are not in good financial standing.



SWIM MEETS

Swim meets are the opportunity to compete with other local teams. As swimmers progress, they will have the opportunity to qualify for larger meets with swimmers from all over. Each meet will consist of individual and relay swims. Swim meets are divided into events and heats. The events are listed by age group, distance, and stroke. The heats are listed by the swimmers' entered time, typically going from no entered time to fastest. This allows for swimmers to be best matched with those of similar abilities. Coaches will enter swimmers into the events that they are ready to compete in based on ability and legal stroke technique.

WHY COMPETE IN MEETS?

Each meet provides the opportunity for swimmers to set goals and recognize the hard work they put into practice each day. Swimmers will see their own improvement throughout the season. Swimming is both an individual and team sport. Swimmers are only competing against their own last best time, not anyone else. This is also the best time to come together to encourage and support each other!

THE SWIMMER'S ROLE

The coach will arrive approximately 30 minutes prior to warm-ups. There is usually a coaches meeting before warm-ups begin. The coach will begin warm-ups when permitted by the meet director. You may not enter the pool for warm-ups until there is a coach on deck. The coach will ensure all swimmers are entered into the appropriate events and relays.

Every swimmer is to check in with the coach before swimming their event. The coach will remind each swimmer what to remember and focus on based on their individual needs. Parents are again reminded not to tell their child "how to swim a race". This can easily result in confusion for your child, as well as conflict with the coach's focus.

After every event, each swimmer is to go directly back to the coach. This allows the coach to evaluate each event with little distraction. The coach



SWIM MEETS

should be the first person they discuss their event with. It allows the coach to address the goals met and use the event experience as a learning opportunity. If your swimmer is not satisfied with their event, the coach will be able to work them through it.

THE COACHES' ROLE

The coach will arrive approximately 30 minutes prior to warm-ups. There is usually a coaches meeting before warm-ups begin. The coach will begin warm-ups when permitted by the meet director. You may not enter the pool for warm-ups until there is a coach on deck. The coach will ensure all swimmers are entered into the appropriate events and relays. If necessary, the coach will also work on any last-minute changes.

Every swimmer is to check in with the coach before swimming their event. The coach will remind each swimmer what to remember and focus on based on their individual needs. Parents are again reminded not to tell their child "how to swim a race". This can easily result in confusion for your child, as well as conflict with the coach's focus.

After every event, each swimmer is to go directly back to the coach. This allows the coach to evaluate each event with little distraction. The coach should be the first person they discuss their event with. It allows the coaches to address the goals met and use the event experience as a learning opportunity. If your swimmer is not satisfied with their event, the coach will be able to work them through it.

ATTEND/DECLINE MEETS

Swimmers and parents must communicate through TeamUnify if they want to attend a meet. The coaching staff will send out communication via TeamUnify to all swimmers and families with the details of upcoming meets. Meets are a commitment. No showing to a meet may cause the swimmer to incur a fine. Registration dates vary, once registration is closed, no late entries or exceptions can be made.



SWIM MEETS

THE PARENTS ROLE

Please plan on **arriving 30 minutes prior to warm-ups**. This allows for you and your swimmer to get settled in and ready for warm-ups. There are some smaller facilities where you may want to consider arriving even earlier. We will let you know, as best we can, when this may be necessary. Information is available on Meet Mobile and can be double-checked with the heat sheet for EHL (Event - Heat - Lane).

It is important to know where your swimmer is at all times. Swim meets are busy places and coaches do not have time to be looking for swimmers. It is parents' responsibility to ensure their swimmer is prepared and on time for each event they are swimming. Swimmers must talk with their coach before and after each event they swim. Please do not allow your child to warm up or cool down without prior direction from their coach.

It is your job to be encouraging and supportive; do not critique or compare your swimmers at meets. Each race, whether they swam their best or not, is a learning opportunity. No athlete, in any sport, has a best performance every time. Don't lose sight of the fact that we are here to have fun!

All swimmers are required to stay until our last swimmer of the session has finished unless dismissed by their coach earlier.

WHAT TO BRING

- Approved team uniform warm-ups, swimsuits, cap, and goggles. It's a good idea to have an extra cap and set of goggles, should either of these items break.
- Towels (Three are recommended. You will likely use two during the meet and it's always nice to have a dry towel for after a shower.)
- Water or sports drinks to stay hydrated. It's very important to remind your swimmer to drink often. They can become easily dehydrated. They are often unaware of how much they may perspire in the water.



SWIM MEETS

- Clothes to wear in between their swims. This conserves energy, otherwise wasted on trying to keep their bodies warm. Polar fleece is a great option as it doesn't absorb the water from wet suits as cotton does.

****Please leave all electronic games at home.**

SNACKS ANYONE?

This is a guaranteed request. Your swimmers will quite often eat far more than you ever could have expected. We request that you bring healthy snacks for them. Our recommendation is to avoid high-sugar snacks and caffeinated drinks as they provide an initial boost and an expected crash. Please do your swimmer a favor and help provide the energy they will need. Here are a few suggestions:

- Water
- Sports Drinks
- Celery/Peanut Butter
- Cheese
- Trail Mix
- Yogurt
- Veggies/Dip Packs
- Crackers
- Protein Bars
- Fruit
- Sandwiches
- Hummus/Pitas

For more suggestions on nutrient-rich foods for your swimmer, contact coach.

UNIFORM EXPECTATIONS

It is important to remember we are a SPEEDO-sponsored team.

All swimmers participating in meets must meet the requirements of our contract. We have restrictions on what our team is allowed to wear and use at meets.

Swimmers may not wear any clothing (warm-ups, sweats, t-shirts), or use bags from other teams while at the meet. This includes other clubs, summer leagues, high school teams, all-star teams, and college teams.

- Swimmers cannot wear/use other brand logos while at the meet.
- Goggles are the only item we do not restrict to SPEEDO brand.

Swimmers arriving to the meet not following the guidelines above may be restricted from participating.



SWIM MEETS

ADDITIONAL EXPECTATIONS

We will always have swimmers arrive 30 minutes prior to the start of warm-ups. It allows swimmers and families to be settled and ready to go when warm-ups begin.

We do our best to sit together as a team at meets. This is best for our swimmers and our families. It is also helpful to coaches should they need to find a swimmer or parent.

Once you have a spot, do not get up without laying something across the spot you are sitting in. You will come back to someone else that has found your spot to sit in. This is true for your swimmers when they go to the pool for warm-ups. If they don't leave their stuff on the bleachers, they will come back to no room to sit.

Swimmers are NOT permitted to play on any electronic devices during the meet. They are allowed to listen to music. When they are not swimming or preparing to do so. They should be supporting their teammates.

Swimmers will talk with coaches prior to their swim and again directly after their swim. They should NOT talk with any family members after a swim, before seeing the coaching staff. This allows them to discuss their swim fresh with the coaching staff and not have anyone else's opinion/view of their swim. This is a very important component of their development as an athlete.

PACKING SUGGESTIONS

- SPEEDO Team Suits
- (2) Team Caps
- (2) Goggles
- (3) Towels
- Clothes/Shoes
- Water Bottle
- Healthy Drinks
 - **GLASS BOTTLES ARE NOT PERMITTED ON POOL DECKS**
- Healthy Snacks
- Something to Sit On
- Highlighter
 - To mark in your the heat sheet.
- Pencil/Pen
 - To be able to record your swimmer's time.



HELPFUL MOBILE APPS

The following apps are available for both iOS and Android phones/tablets. There is no requirement to pay for any App, although apps are great tools for daily use for team and meet information and notifications.



ON DECK **OR** SPORTSENGINE

FREE

For daily use during the season to manage your swimmer's membership with the team.

- Connects to the Team's Website
- Connects to Swim Lessons, Past Classes & Skills
- Stay Up-to-date With Push-Notifications
- Access and Update Parent Account Profile/Billing
- Access Meet Entries
- Shows Swimmer Attendance
- Cool Tools: Time Converters & Stopwatch



MEET MOBILE

\$4.49/MO | \$9.99/YR

For use during meets for swimmers, coaches, meet hosts and fans.

- Heat Sheets
- Real-Time Meet Results
- Results Can Be Seen Anywhere
- See Meet Rankings
- Ability to Sort Information



MORE INFORMATION



USA SWIMMING



www.usaswimming.org

USA Swimming is the National Governing Body for the sport of swimming in the United States. We promote the culture of swimming by creating safe and healthy opportunities for athletes and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Our membership is comprised of swimmers of every age and ability, all the way up to the Olympic Team, as well as coaches, officials and volunteers.

USA Swimming is responsible for selecting and training teams for international competition, including the Olympic Games, and administering competitive swimming in accordance with the Ted Stevens Olympic & Amateur Sports Act.

AGE GROUP STANDARDS

Here you will find age group time standards designed to encourage age group swimmers to step their swimming up to the next level. These time standards guide you from just starting out in your age group to reaching your highest potential. Start at Level B and work your way up to Level AAAA times.

IMX EVENTS

The IM Extreme Games promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long-term success in swimming.

IM Ready (IMR)

An IMX or IM Ready score is only established after a swimmer swims all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1st and end August 31st for IMX/IMR purposes.

Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.



MORE INFORMATION

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready", swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by Age Groups.

10 and Under:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11- & 12-Year-olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13- & 18-Year-olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM, 500 Free

IM XTREME (IMX)

The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally within your zone, within your LSC rand and on your club.

10 and Under:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11- & 12-Year-olds:

400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13- & 18-Year-olds:

400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

PACIFIC NORTHWEST SWIMMING



www.pns.org

Pacific Northwest Swimming is a Local Swimming Committee (LSC) of USA Swimming. Pacific Northwest Swimming provides leadership and opportunities for excellence in aquatics through competitive swimming.



MORE INFORMATION



MEETS WE SWIM

Short Course Yards (SCY)

Swam in 25-yard pool

Typical season: September-March

Short Course Meters (SCM)

Swam in 25-meter pool

Typically only in April.

Long Course Meters (LCM)

Swam in 50-meter pool

Typical season: April-July

EVENTS WE SWIM

Individual

Freestyle, Backstroke, Breaststroke,
Butterfly

Relays

Freestyle (everyone swims Freestyle)
Medley (Backstroke, Breaststroke, Butterfly,
Freestyle)

25-Yard Events

Restricted to 8 and Under Swimmers

50-Yard Events

Open to All Swimmers

100-Yard Events

Open to All Swimmers

200-Yard Events

Open to All Swimmers

500-Yard Events

Coaches Discretion

1000-Yard Events

Coaches Discretion

1650-Yard Events

Coaches Discretion