



SUMMER TEAM REGISTRATION

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* PLEASE READ THROUGH THE
FOLLOWING INFORMATION.
REGISTRATION WAS COMPLETED
ONLINE PRIOR TO SWIMMER'S
FIRST PRACTICE



welcome to all new and returning members of WEST Summer Swim Team,

We are happy and excited to announce the start of our summer season after the success and growth WEST had during this past season. Although we have made changes and continue to grow our program and its offerings, the past year has been the most stable we have had as a team and community with our staff and families supporting our goal to provide top-notch instruction for swimmers at all levels. We have made more improvements to our facility and we remain true to our mission statement of fostering hard work and perseverance at every level and look forward to building on our success as a team.

WEST Swim Team regularly finishes in the top 10 in Pacific Northwest Swimming, a notable feat as the teams ranking ahead of us have two to four times as many swimmers, with many teams practicing in multiple pool locations. WEST is more than just a swim team: We are a tight-knit aquatic community including learn-to-swim lessons for children and adults, senior fitness programs, and family pool memberships.

WEST has a number of unique resources that differentiate us from other teams in the Pacific Northwest. Owning our facility allows us to arrange practice times to maximize our swimmers' benefit. Our weight room enhances our dryland efforts and the nature trails connected to the pool allow our swimmers to be outside and promote conservation while continuing to develop into better all-around athletes.

Our team consists of a wide range of ages and abilities. From advanced 6-year-olds learning to complete a legal 100 Individual Medley, to high school swimmers looking to stay active year-round, to swimmers competing at the national level, we continue to build an elite program. We focus not only on helping our swimmers reach their potential in the pool, but through swimming, we instill life lessons that will help shape them into positive and successful members of society.

**Congratulations on joining the WEST Swimming Family!
We're glad you've joined us**

Sincerely,

WEST COACHING STAFF

.....

SUMMER TEAM

COMPETITIVE DEVELOPMENT | AGES 5 - 18

What is most important for swimmers in this program? Our Summer Team program is designed for swimmers between ages 5-18 that would like to stay fit and gain a solid technical foundation in swimming.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Swimmers typically enter this group from our Lessons and Pre-Comp program or from their High School Swim Team, or other competitive teams. Coaches spend the majority of time focusing on skill and technique development, general fitness, and having fun while growing in a competitive yet nurturing environment.

REQUIREMENTS FOR SUMMER TEAM :

- 25 yards of continuous freestyle swimming
- 25 yards of continuous backstroke swimming
- 50 yards of uninterrupted flutter kicking
- general understanding of legal breaststroke kick

ATTENDANCE :

- Swimmers should practice attend all scheduled days practices per week.
- Swimmers should aim to attend all practices consistently and on time.

PRACTICES :

Swimmers will practice 3 times a week for 45 minutes - 1 hour.

REQUIRED EQUIPMENT :

- Goggles
- Water Bottle
- Swim Cap for long hair



FEE SCHEDULE

WEST COAST AQUATICS | SUMMER TEAM

TRAINING FEES

The summer swim team runs from June to August, approximately 8 weeks. We also take occasional holidays off. Training fees are to be paid in full prior to the first practice and are not pro-rated for those stopping mid-season. Membership renewal becomes effective upon completion of each year's registration and payment of training fees.

Minimum Volunteer & Fundraising Requirements:

There are no minimum volunteer or fundraising requirements for Summer Team families, but if your swimmer moves on to our swim team for the Fall, there will be a Team Registration packet to fill out and all volunteer and fundraising details will be included.

All registration and training fees shall be due in accordance with the fee schedule outlined below as set by the Board of Directors. Registration is first come, first serve by swimmers that fully complete their registration packet and return the registration and agreement pages back to WEST Coast's Front Office during office hours.

Practice Group	Training Fee
Mon / Wed / Sat AM or PM	\$325.00
Tues / Thurs / Sun AM or PM	\$325.00

EXPECTATIONS

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

PARENT EXPECTATIONS :

How to Support Your Competitive Swimmer

There is and has always been much discussion on the importance of the Support Triangle structure of parent, athlete, and coach. Each plays a critical role in the development and success of the swimmer. Swimming is a very demanding sport, but through the hard work and perseverance, invaluable lessons are instilled. We strive for the athlete's long-term success and our goal is that they will continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops as a person, not just as an athlete.

Working together is crucial and we must keep in mind several general rules of thumb:

Swimming is a sport, sports are supposed to be fun. Each part of the Support Triangle plays a specific role. By each maximizing our specific roles and working together, we maximize the potential for the swimmer

-Athletes: Always put forth best effort and strive for perfect attendance.

-Coaches: Provide training and council on demands of the sport of swimming.

-Parents: Provide consistency, love and unconditional support for your athlete.

Nutrition: As a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development, so it is important they are getting what they need.

No Supplements: (Unless directed by your coach) Get what you need from real food first. Take a multi-vitamin (+maybe vitamin D in the winter). Soil nutrient levels aren't what they used to be and the demand on the athlete's body requires adequate vitamins and minerals.

Water, Water, Water! : We don't really need to drink anything else. Hydration plays a major role in performance and recovery.

"Shop the Perimeter" : It has been said that everything essential for your body to survive can be found on the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.

"Eat a Rainbow" : Have a variety of colors of vegetables with every meal. One can't eat enough veggies.

Get Plenty of Rest! : Growing bodies need extra rest, and with training, rest becomes that much more important; 6-8 hours per night minimum.

No Excess Pressure : Anyone that spends as much time with their face in the water as our swimmers do learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we also need to be able to put pressure on the athlete to perform. However, the Support Triangle will crack if it is getting pressure from all sides. It has been regularly noted, and through my own experience swimming, and the people I swam with, the swimmers who made it farthest in the sport had parents who were mostly "Hands-Off" and did not put any additional pressure on them to succeed.



EXPECTATIONS

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

Show Your Swimmer that you Support Them! : Being “Hands-Off” doesn't mean you can't get involved with your child's swimming. They need to know that you support their hard work, dedication to the sport, and most importantly, that you care about them!

Volunteer & Stay Connected: Help out at meets, introduce yourself and interact with other swim parents. WEST isn't just a swim team, it's a swimming community.

Provide Transportation : We understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage carpooling.

Keep Your Swimmers Happy! : Although we all go through ups and downs, kids should be overall happy. If they aren't, please speak with their respective coaches so we can work on a solution.

Family, THEN School, THEN Swimming : Whenever facing hard decisions, remember the order of priorities.

The most important job as a parent is to **Support** :

Support ALL WEST swimmers, yours and others.

Support your age group and level.

Support the coaches.

Support other parents.

Support positive communication.

Support ALL WEST hosted meets as a volunteer.

Support WEST and PNS / USA Swimming at all meets.

Support ALL WEST fundraising opportunities.

And For Your Swimmer :

Keep them fed, clothed and healthy.

Bring them to practice.

WEST COACHES' EXPECTATIONS :

Our goal is for each swimmer to reach his or her full-potential, not only as an athlete, but as a well-rounded person. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the WEST Core Values of Honesty & Integrity, Sportsmanship, Respect, Hard Work, and Pride.

GENERAL EXPECTATIONS :

Arrive in a timely manner. "If you're on time, You're late"
Don't coach your child.

- Recent studies have shown that for many athletes, their least favorite aspect of sports was "the ride home" and the pressure put on them by their parents.
- Side-coaching from parents confuses the child. As coaches, we give your swimmers critical feedback and focal points for improvement. We understand how challenging these items are, and we demand the highest level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
- Parent coaching puts additional stress and pressure on the swimmer, often times reducing the amount of fun they have, which often leads to poor performance, burnout, and self-confidence issues.

PRACTICE EXPECTATIONS :

- Follow coach instructions at all times.
- Don't interrupt or talk when coaches are speaking.
- Reserve your questions for when it is not disruptive to the rest of the group.
- Bring required training and dryland equipment to each practice.
- Always watch the pace clock and leave on the correct interval between swimmers.
- Swimmers must be picked up within 20 minutes of practice ending.



CODE OF CONDUCT

WEST COAST AQUATICS | SWIMMING

WEST CORE VALUES & CODE OF CONDUCT :

The WEST Code of Conduct is designed to maximize positive experiences of all WEST swimmers and ensure we are providing a fun, safe, and positive learning environment.

Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST Core Values.

ALL members, including parents, must follow the Code of Conduct as listed below.

- **Honesty and Integrity**
- I will refrain from lying, cheating, stealing and all other illegal behavior.
- I will engage in appropriate conversation at all WEST functions and whenever in a public setting, including online.
- I will refrain from destructive, hurtful, and negative behavior.
- **Sportsmanship**
- I will be humble in my victories and gracefully accept my failures and criticism.
- I will support my teammates and cheer for them whenever possible.
- I will remain in the water after my races and wait for all competitors to finish.
- I will follow proper lane etiquette and refrain from behavior that will inhibit the progress of others.
- **Respect**
- At all times, I will show respect for myself, teammates, coaches, officials, competitors and spectators.
- I will respect the WEST facility by adhering to the Pool Rules and refrain from destructive behavior.

- I will arrive on-time for all practices, competitions, and other team events.
- I will bring all necessary equipment to practices and be responsible for my belongings.
- I will not talk while coaches are addressing the group and will listen to directions carefully.
- I will respect the decision of coaches and officials.
- **Hard Work**
- I will always put forth my best effort.
- **Pride**
- I will wear designated WEST gear to all meets, including team suit, cap and shirt.
- I will always act in a manner that myself, my parents, and my coaches will be proud of.

I Also Understand That :

- The possession or use of alcohol, tobacco products, or controlled substances by any athlete is prohibited.
- Disrespectful, indiscreet, or destructive behavior will not be tolerated.
- It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time.



CODE OF CONDUCT

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

WEST DISPUTE RESOLUTION PROCESS

If a swimmer (or parent) feels that he/she is not being treated in accordance with the above expectations, they should ask to address their concerns by scheduling a meeting with:

1. The Group Coach
2. The Head Coach
2. A WEST Board of Directors member

If any swimmer or parent is in violation with the above Code of Conduct, discipline will be handled in the following (but not limited to) format based on the severity of the offense:

- Removal from practice and sent home for the day
- Meeting with swimmer(s), parents, coaches, and/or Board of Directors
- Further suspension
- Expulsion from the team

Training fees are non-refundable due to suspension for misconduct.

Should one be necessary, a committee shall be appointed by the Board, comprising the Head Coach, and a neutral adult member. In the event that the Head Coach is personally involved in a dispute, a neutral adult member(s) shall be appointed. The membership of the committee shall remain the same until there is total resolution of any given problem, but may change for any other non-related disputes.



AGREEMENT

MEDICAL & LIABILITY

I release WEST Coast Aquatics, its officers, coaches, and/or representatives from any liability which may arise out of my child's participation in any of said team activities, games, practices, or transportation to and from such events, and to hold said team, its officers, coaches, and/or representatives harmless from any expense or claim for damages which may be incurred on behalf of child for any injury or accident which may occur in connection with such child's participation herein.

I authorize and consent to medical, surgical, and hospital care, treatment, and procedures to be performed on behalf of my child by a licensed physician or hospital when deemed necessary or advisable by the physician to safeguard my child's health in the event I cannot be contacted. I waive my right of informed consent to such treatment.

REGISTRATION & PAYMENT

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Fee Schedule. I understand that training fees are payable in monthly installments due by the 1st of each month. A \$50.00 late fee will be assessed after the 1st of the billing month. All fees are due in accordance with the fee schedule as set by the Board of Directors.

Accounts delinquent over 30 days without prior arrangement will result in the athlete being denied practice, competition, and awards privileges until financial obligations are satisfied.

LEAVING THE TEAM MID-SEASON

I understand that written notice of intent to resign from the WEST team is required a minimum of 2 weeks prior to the withdrawal date. Training fees will not be pro-rated within a month. If medical leave of absence is required, continued payment of training fees is required to hold space on the team. We cannot guarantee space in the group when you return if you choose not to continue payment of monthly training fees.

PHOTO RELEASE

I hereby give my consent for WEST Coast Aquatics to use my child's photograph and likeness in all WEST forms and media (i.e. website, brochures, Facebook, fliers, etc) and any other lawful purposes that promote WEST and its mission.

CONSENT OF COVID-19 Risk & Facility Use Waiver

I acknowledge that I have read, in its entirety, the West Coast Aquatics COVID-19 Reopening Guidelines and agree to act in accordance with all procedures and protocol. I understand that attending practices is done at-my-own risk and will not hold West Coast Aquatics employees, coaches or Board Members liable. I understand that any failure to follow the West COVID-19 Reopening Guidelines will result in immediate dismissal and repeat failures will result in further disciplinary action in accordance with the West Code of Conduct.

PARENT AGREEMENT

By completing registration, I have read and understand the following information as well as the team Code of Conduct and agree to act in accordance with its expectations and guidelines. I understand the consequences that will occur as a result of my child or myself not following the Code of Conduct.

SWIMMER AGREEMENT

I have read and agree to act in accordance with the above Code of Conduct expectations and guidelines. I understand the consequences that will occur as a result of not following the Code of Conduct.

MEET DECLARATION

I agree to declare which meets my swimmer will attend using the online survey form and must do so prior to attending a meet. You will not be able to compete at meets without filling this form out!

SEASON SCHEDULE

FOR YOUR RECORDS

WEST SUMMER TEAM PRACTICE SCHEDULE I 2021

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Summer Team	12:00 - 1:00PM OR 7:30 - 8:30PM M / W / Sat	12:00 - 1:00PM OR 7:30 - 8:30PM T / H / Sun	12:00 - 1:00PM OR 7:30 - 8:30PM M / W / Sat	12:00 - 1:00PM OR 7:30 - 8:30PM T / H / Sun	NONE	1:00 - 1:45PM M / W / Sat AM 1:45 - 2:30PM M / W / Sat PM	1:00 - 1:45PM T / H / Sun AM 1:45 - 2:30PM T / H / Sun PM

MEET SCHEDULE

July 10 @WEST. 2:30 - 5:00pm Tentatively.

July 17 @Marysville-Pilchuck HS 10:30am -TBD

August 7 @Marysville-Pilchuck HS 10:30 - TBD

SEASON SCHEDULE

Week 1: June 28 - July 4.

Practice Monday - Thursday.

NO PRACTICES JULY 3, 4

Week 2: July 5 - July 11

Practice Monday - Thursday.

MEET @WEST Saturday. No practice Sunday

Week 3: July 12 - July 18

Practice Monday - Thursday.

MEET @ Marysville-Pilchuck HS Saturday. No practice Sunday

Week 4: July 19 - 25

Practice Monday - Sunday

Week 5: July 26 - August 1

Practice Monday - Sunday

Week 6: Aug 2 - 8

Practice Monday - Thursday.

MEET @Marysville-Pilchuck HS Saturday. No practice Sunday

Week 7: Aug 9 - 15

Practice Monday - Sunday

Week 8: Aug 16 - 22

Practice Monday - Sunday