



2021 – 2022 SWIM TEAM INFORMATION PACKET

INDEX



2 //	INTRO LETTER
3 - 9 //	TEAM TRAINING GROUPS
10 //	FEE SCHEDULE
11 //	FUNDRAISING
12 //	VOLUNTEERING
13 - 14 //	CODE OF CONDUCT
15 - 16 //	EXPECTATIONS
18 //	REGISTRATION (SIGN & RETURN, offline only)
19 //	AGREEMENT ACKNOWLEDGEMENT
20 //	PRACTICE SCHEDULE

* PLEASE READ THROUGH THE FOLLOWING INFORMATION. THIS PACKET IS FOR YOUR REFERENCE.

LATE REGISTRATIONS: PRINT OUT AND SIGN PAGE (19) AND RETURN TO THE WEST COAST FRONT OFFICE TO COMPLETE YOUR REGISTRATION.



elcome to all new and returning members of WEST Swim Team. WEST Coast Aquatics is a 501-c3 non-profit organization committed to promoting the sport of swimming for life.

WEST's Swim Team is considered an elite training and competition program. As such, the level of commitment and participation is substantial and increases with each stage of the swimmer's career at WEST. As part of the team, swimmers can take comfort in knowing that they are swimming amongst others committed to the sport the same way they are, and with a team gaining in notoriety.

WEST's swim team has been awarded multiple Bronze Medal Level of Excellence Awards from USA Swimming, listing it as one of the Top 200 programs in the country. WEST was also listed on ASCA's list of Top 100 Age Group Programs in the nation. WEST's swim team swimmers have competed at Junior Nationals, qualified for Olympic Trials, and have gone on to swim competitively at NCAA Division 1, 2 and 3 Colleges. As an elite swim team, WEST maintains a much smaller team than most of the competitive programs in the northwest region (by half to a quarter); making WEST's performance standing within Pacific Northwest Swimming and recognition nationally, all the more notable.

WEST has constructed a competitive swim program based upon age and ability. At the coaching staff's discretion, competitive swimmers are placed in a respective team level. The competitive swim team season runs from the beginning of September to August (approximately 11 months). In addition to training and fee commitments, swim team members are also expected to meet team fundraising and volunteer commitments

We look forward to building the success of our program as we continue to work towards being a national leading organization. Whether your swimmer's desire to join the WEST team is to meet new friends, build a healthy and sustainable lifestyle, or become one of the best swimmers in the country, WEST has a place for them.

HOW TO USE THIS PACKET:

This packet is designed to help get information across to our team parents regarding expectations, Code of Conduct, and practice schedule. It is to be used in conjunction with our WEST Team Handbook, which has all of our policies in one place; WEST will need the signed receipt of acknowledgement from the WEST Team Handbook to complete registration prior to the start of practices.

Congratulations on joining the WEST Swimming Family!

.....
Sincerely,

WEST COACHING STAFF

EMBARK

EARLY COMPETITIVE DEVELOPMENT | AGES 10 & UNDER

What is most important? Embark is comprised of the youngest and least experienced swimmers on the team. With such long swimming careers ahead of them, it is crucial they have a solid technical foundation and a love for the sport.

Swimmers typically enter this group from lesson programs, summer teams, or other competitive teams. Coaches spend most of the time ensuring swimmer comfort in a team setting, while focusing on skill development, general fitness, and having fun while growing in a competitive and nurturing environment.

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. We want them to enjoy swimming while developing the habits and foundations for years of training to come. Repetition of proper habits and technique is most crucial and more important than time achievements.

REQUIREMENTS FOR AN EMBARK SWIMMER :

- Must compete in at least 75% of assigned meets per season
- Three (3) out of Four (4) competitive strokes must be legal
- 100 Yard Freestyle with proper & legal flip turns
- 200 Yards of kick with a board or in streamline

ATTENDANCE :

- Swimmers should practice 3 - 4 days per week
- Swimmers are allowed to miss a maximum of 3 - 4 days per month.
- Swimmers should aim to practice 4 days a week consistently if they wish to progress to the next level

PRACTICES :

Swimmers will participate in (4) Practices per week, broken down as follows:

15 minutes of dryland

45 minutes - 1 hour of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel



EXPLORE

EARLY COMPETITIVE DEVELOPMENT | AGES 11 & UNDER

Why is a strong foundation necessary? Much of age group swimming success depends on when kids hit a growth spurt and how they adapt to those changes. Swimming careers are built gradually over a long period of time. The stronger the foundation, the further a swimmer can go in their career. Explore swimmers typically enter this group from the Embark Group but may also enter from summer team, or other competitive programs.

Coaches spend most of the time focusing on skill development, general fitness, and having fun while growing

in a competitive and nurturing environment. We want them to enjoy swimming while developing the habits and foundations for years of training to come. Repetition of proper habits and technique is critical and more important than time achievements.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR AN EXPLORE SWIMMER :

- Must compete in at least 75% of assigned meets per season
- All four (4) competitive strokes must be legal
- 200 Yard Freestyle with proper & legal flip turns
- 200 Yards of kick with a board or in streamline
- 100 yard IM with proper and legal stroke technique

ATTENDANCE :

- Swimmers should practice 3 - 4 days per week
- Swimmers are allowed to miss a maximum of 3 - 4 days per month.
- Swimmers should aim to practice 4 days a week consistently if they wish to progress to the next level

PRACTICES :

Swimmers will participate in (4) Practices per week, broken down as follows:

(15) minutes of dry land practice
(1 - 1.5) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel



DISCOVER

COMPETITIVE DEVELOPMENT | AGES 12 & UNDER

Discover is our entry level training group. In this group, we build upon the foundation developed and start to train at a higher competitive level. As swimmers move from Explore to Discover, their practice times will increase, and training will become more demanding. Some swimmers may struggle during this transition and it is important to communicate with the coaches and push the athlete to take ownership of their swimming career.

The ability to train at a high level will be developed during this stage and it is important swimmers develop a strong

work ethic. Swimmers may need to evaluate and prioritize other activities to maintain academic excellence and get the necessary rest to support growth and training.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR A DISCOVER SWIMMER :

- Must compete in at least 75% of assigned meets per season
- Swimmer completes a 200 Yard IM with all strokes legal
- 200 Yard Freestyle with proper & legal flip turns
- Consistently train 50s Kick @ 1:10 pace
- Consistently train 100s Freestyle @ 1:45 pace

ATTENDANCE :

- Swimmers are expected to practice 4 days per week
- Swimmers are allowed to miss a maximum of 1 - 2 days per month.

PRACTICES :

Swimmers will participate in (4) Practices per week, broken down as follows:

(30) minutes of dry land practice
(1.5 - 2) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel
- Pull Buoy



CHALLENGE

AGE GROUP TRAINING | AGES 11 - 13

Challenge is the third level training group and focuses on further Age Group development and preparation for Senior swimming. The progression to Challenge Group is one of the most demanding through the team as we not only increase practice duration, but also frequency. Swimmers who choose to continue other sports and extracurricular activities may struggle with the transition and hard decisions will have to be made. As swimmers progress through Challenge Group attendance expectations will increase and they must be swimming 6 days per week prior to moving to the next level.

These swimmers are typically growing quickly, so sleep and nutrition are crucial to their long-term development and health. Swimmers must have established proper technique habits as we will now be pushing them to increase their training capacity.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR A CHALLENGE SWIMMER :

- Must compete in **ALL** assigned meets per season
- Consistently train 50s Kick @ 1:00 pace
- Consistently train 100s Freestyle @ 1:30 pace
- Consistently train 100s Stroke @ 1:40 pace

ATTENDANCE :

- Swimmers are expected to practice 5 - 6 days per week
- Swimmers are allowed to miss a maximum of 3 - 4 days per month.

PRACTICES :

Swimmers will participate in (6) Practices per week, broken down as follows:

(30) minutes of dry land practice
(1.75 - 2) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel
- Pull Buoy
- Hand paddles - Small



ACCELERATE

AGE GROUP TRAINING | AGES 11 - 14

Swimmers in this group must consistently display the ability to train at a high level. Accelerate is our top Age Group training group. This group is designed to prepare and transition swimmers into Senior level swimming. Once swimmers start to physically mature (roughly around 13-14, but individual to each child), their bodies need different types of training and we will move the swimmer to either Senior or Senior Elite.

Swimmers should already be practicing 6 days per week prior to moving into Accelerate and attendance becomes even more strict at this level. Swimmers must display the ability to manage themselves by maintaining academic excellence and getting adequate sleep and nutrition.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR AN ACCELERATE SWIMMER :

- Must compete in **ALL** assigned meets per season
- Consistently train 50s Kick @ 0:50 pace
- Consistently train 100s Freestyle @ 1:20 pace
- Consistently train 100s Stroke @ 1:30 pace

ATTENDANCE :

- Swimmers are expected to practice 6 days per week
- Swimmers are allowed to miss a maximum of 1 - 2 days per month.

PRACTICES :

Swimmers will participate in (6) Practices per week, broken down as follows:

(30) minutes of dry land practice
(2 - 2.5) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel
- Pull Buoy
- Hand paddles - Small or Medium



SENIOR

SENIOR LEVEL SWIMMING | AGES 13 AND OVER

Senior Group focuses on introducing swimmers to Senior Level training and preparing them to compete at the State and Regional level while still accommodating a wide range of needs and abilities. This group serves the older swimmer that is not yet able to meet the physical demands or commitment requirements of Senior Elite, while also preparing younger teenagers to move onto Senior Elite when ready.

Senior and Senior Elite practice together often and swimmers may move between groups if their circumstances change from season to season.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR A SENIOR SWIMMER :

- Must compete in **ALL** assigned meets per season
- Consistently train 50s Kick @ 0:50 pace
- Consistently train 100s Freestyle @ 1:20 pace
- Consistently train 100s Stroke @ 1:30 pace

ATTENDANCE :

- Swimmers are expected to practice 6 days per week (out of 8 possible)
- Swimmers are allowed to miss a maximum of 6 - 8 days per month.

PRACTICES :

Swimmers will participate in (6 - 8) Practices per week, broken down as follows:

(.75 - 1) hours of dry land practice
(2 - 3) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel
- Pull Buoy
- Hand paddles - Medium or Large



SENIOR ELITE

SENIOR LEVEL SWIMMING | AGES 13 AND OVER

What does it mean to train at an elite level? Commitment, dedication, passion, individual responsibility, accountability, & time management. We are an elite team, and this is our highest level. Expectations must be high.

Swimmers in this group are expected to treat swimming as their passion and profession. Senior Elite swimmers must have qualifying times for Age Group Regionals and PNS Champs, and a desire to swim competitively at a Sectional and National level. Performance expectations are very demanding, and there is little margin to miss practice to

maintain progress. Whenever schedule conflicts arise, swimmers are expected to communicate with the coach and either practice with another group or arrange with the coach to train on their own.

Group placement is at the coach's discretion and can be arranged at any time based on all aspects of training, ranging from and not limited to: attitude, effort, performance and commitment level of the swimmer and family.

REQUIREMENTS FOR A SENIOR ELITE SWIMMER :

- Must compete in **ALL** assigned meets per season, including the highest level of competition they qualify for (championship meets)
- Consistently train 50s Kick @ 0:45 pace
- Consistently train 100s Freestyle @ 1:10 pace
- Consistently train 100s Stroke @ 1:20 pace

ATTENDANCE :

- Swimmers are expected to complete 8 practices per week (out of 9 possible)
- Swimmers are allowed to miss a maximum of 2 - 4 days per month.

PRACTICES :

Swimmers will participate in (9 - 11) Practices per week, broken down as follows:

(45) minutes of dry land practice
(2 - 3) hours of in water practice

Swimmers should come prepared with shorts or sweats, and a t-shirt. Supportive footwear must be worn. (cross-trainers are best – no clogs, sandals, etc.).

REQUIRED EQUIPMENT :

- Rubber training fins
- Snorkel
- Pull Buoy
- Hand paddles - Medium or Large



FEE SCHEDULE

WEST COAST AQUATICS | SWIMMING

TRAINING FEES

Training fees start in September and annual, monthly and quarterly payment options are available. Fees are prorated for new members joining the team mid-season. Membership renewal becomes effective upon being offered a spot & completion of payment for each year's registration fees. The yearly training fee is payable in 1 annual, 4 quarterly, or 11 monthly installments due by the 1st of each month. All registration and training fees shall be due in accordance with the fee schedule outlined in the team registration packet.

Fees are to be paid in advance and are due by the 1st day of each month. Fees become delinquent after the 12th of each month and will be automatically assessed a \$50.00 late fee unless prior arrangements have been made. Accounts delinquent over thirty (30) days shall be denied team privileges, unless prior arrangements have been made. Adult members not fulfilling their financial obligations to the team shall result in their swimmer(s) being denied practice, competition, and award privileges until these obligations are satisfied.

REGISTRATION

A non-refundable registration fee is due at registration. This fee includes USA Swimming registration, a WEST cap and 3 WEST t-shirts (2 team shirts in the fall, 1 summer shirt). This fee does not include a warm up suit or other required equipment. Registration begins in August for all swimmers and is on a first come, first served basis for swimmers in good standing with the team.

OLYMPIAN CLINIC

WEST is proud to announce that we have the amazing opportunity to bring in an Olympic or national caliber swimmer twice a year to run clinics with our team. This program will include two on-site weekend clinics for swimmers, coaches, and parents, as well as virtual sessions for coaches and parents to ask questions and get advice. The cost of this program for WEST team members will be \$100, to be paid at the time of team registration, and will cover all of the clinics and virtual sessions for the season and is required.

LEAVING THE TEAM MID-SEASON

Those needing to quit, take a leave of absence or hiatus from the team during the competitive year must first provide written notice of intent to resign from the WEST team is required a minimum of 2 weeks prior to the withdrawal date. A \$300.00 fee will be billed to your account in addition to the established fees. Training fees will not be prorated within a month. All volunteering, fundraising, and training fee obligations must be satisfied in full prior to resignation.

If medical leave of absence is required, continued payment of training fees is required to hold space on the team

Practice Group	Annual Payment 10% Discount	4 Quarterly Payments 5% Discount	11 Monthly Payments
Embark	\$1593.90	\$420.60	\$161.00
Explorer	\$1851.30	\$488.50	\$187.00
Discover	\$2207.70	\$582.60	\$223.00
Challenge	\$2821.70	\$744.60	\$285.00
Accelerate	\$3069.00	\$809.88	\$310.00
Senior	\$3168.00	\$836.00	\$320.00
Senior Elite	\$3217.50	\$849.07	\$325.00
College	\$200.00 / year		

FUNDRAISING

WEST COAST AQUATICS | SWIMMING

WEST FUNDRAISING REQUIREMENTS :

In addition to fees and the volunteer commitment, WEST swim team families are also required to fulfill a fundraising commitment through WEST's Swimathon. Families with multiple swimmers on the swim team are responsible for the fundraising amount that corresponds with the swimmer in the highest training group level. If money is donated to a specific swimmer in a family, either online by credit card or offline by cash or check, it will count toward the family minimum. If money is donated to the family as a whole, it will go toward the highest-level swimmer or be split equally among all swimmers in the family.

Corporate Matching:

Corporate matching donations will count towards each family's fundraising total, but matching donations for volunteer hours will only count once a family has satisfied its' minimum volunteer requirement. This means that only the hours in excess of the family's minimum volunteer requirement will be applied to their fundraising. Receipt/confirmation of corporate matching must be sent to office@westswimteam.com to be applied.

Any fundraising not related to Swimathon, garage sales, etc., help out the team and create another source of revenue, but do not apply to the minimum required fundraising for each family.

Failure to Complete Fundraising :

WEST relies on fundraising to help maintain our facility from year to year. All families must contribute their fair share of their required fundraising. Failure to complete the minimum required fundraising will result in billing of the remaining balance, and place families in not good standing with the club. This charge will be billed to your account at the end of the Swimathon season and must be paid in full before your family will be allowed to re-register for the following season.

Practice Group	Required Fundraising
Embark	\$200 per family
Explorer	\$225 per family
Discover	\$250 per family
Challenge	\$275 per family
Accelerate	\$300 per family
Senior	\$325 per family
Senior Elite	\$350 per family

VOLUNTEERING

WEST COAST AQUATICS | SWIMMING

WEST VOLUNTEER REQUIREMENT :

As a non-profit program, WEST's swim team relies upon the swim team community to subsidize the cost of operations and is considered a volunteer-run program; therefore all families must contribute volunteer hours.

The below numbers are estimates and the number of volunteer hours will be finalized when the total number of team families and total number of volunteer opportunities are set.

Failure to Complete Volunteer Service Hours Fee

Failure to complete the minimum volunteer service requirement will result in a fee of \$20.00 per unfulfilled hour (ex. 10 unfulfilled hours will result in a charge of \$200.00). This charge will be billed to the swimmer's account at the end of the season (August), and must be paid in full before your family will be allowed to re-register for the following season. Families with multiple swimmers are responsible for the number of volunteer hours that corresponds with the swimmer in the highest training group level as listed in the swim team registration packet.

Corporate Matching:

Corporate matching donations will count towards each family's fundraising total, but matching donations for volunteer hours will only count once a family has satisfied its' minimum volunteer requirement. This means that only the hours in excess of the family's minimum will be applied to their fundraising requirements. Receipt/confirmation of corporate matching must be sent to office@westswimteam.com to be applied.

Practice Group	Required Service Hours
Embark	24
Explorer	26
Discover	28
Challenge	30
Accelerate	32
Senior	34
Senior Elite	36

CODE OF CONDUCT

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

WEST CORE VALUES & CODE OF CONDUCT :

WEST's Code of Conduct applies to all members and others attending an event or utilizing West Coast Aquatics facilities or grounds. The Code of Conduct is not intended to provide a comprehensive list of all expectations and describes only certain minimum expectations. WEST reserves the right to take action regarding any conduct that WEST views, in its sole discretion, as being inconsistent with its core values or is deleterious to WEST or its swimmers.

WEST Coast Aquatics Code of Conduct:

1. WEST swimmers, members, guests and staff will not discriminate against any other swimmer, official, coach, administrator, or any other person on the basis of race, color, religion, age, gender, sexual orientation or national origin or commit any discrimination in violation of USA Swimming Rules and Regulations.
2. WEST swimmers, members, guests and staff will not conduct any sexually oriented behavior (whether consensual or nonconsensual), or any pattern of unwelcome advances or other sexual harassment directed towards a swimmer, coach, official or any other person participating in any capacity whatsoever in the affairs or activities of USA Swimming (whether such person is a member or not).
3. WEST swimmers, members, guests and staff will not sell, distribute, or offer to sell or distribute alcohol, tobacco, controlled substances, or any other substance listed on FINA's recognized list of banned substances.
4. WEST swimmers, members, guests and staff will not use alcohol, tobacco, controlled substances or any other substance listed on FINA's recognized list of banned substances.
5. WEST swimmers, members, guests and staff will not commit any act of theft or property damage while on WEST property.
6. WEST swimmers, members, guests and staff will not commit any act of non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any swimmer, coach, official or any other person.
7. WEST swimmers, members, guests and staff will be responsible for their equipment and personal possessions and will clear all personal possessions and trash upon leaving WEST.
8. WEST swimmers, members, guests and staff will conduct themselves in an appropriate manner and will abstain from rough housing and horseplay that might result in personal injury to themselves or another.
9. WEST swimmers, members, guests and staff will not use cell phones, cameras, video cameras, or other devices with video or audio recording capabilities in locker rooms or changing areas as outlined in WEST Photography and Videography Policy (Section L).
10. WEST Swimmers, family members, and guests will refrain from inappropriate/destructive communication and will follow the procedures set in place by conflict resolution policy should an issue arise.
11. WEST swimmers, members, guests and staff will adhere to WEST's Electronic Communications Policy (Section I).
12. WEST swimmers, members, guests and staff will adhere to WEST's Anti-Bullying Policy (Section J).
13. WEST swimmers, members, guests and staff will not participate in or condone conduct that is in violation of this Code of Conduct.
14. WEST swimmers, members, guests and staff will not commit any other material and intentional act, conduct or omission not provided for above, which is detrimental to WEST's image or reputation, or to the sport of swimming.
15. WEST swimmers, members, guests and staff will not commit any act of fraud, deception or dishonesty.

Any swimmers, members or guests utilizing WEST's facilities may be denied membership, placed on probation, suspended or expelled from WEST if such person violates the provisions of WEST's Code of Conduct, or aids, abets or encourages another person to violate any of the provisions of WEST's Code of Conduct or the USA Swimming Code of Conduct which can be found at usaswimming.org/docs/default-source/governance/lsc-managementdocuments/interpretations-legislation-bylaws/code-of-conduct-expert-2018.pdf.

CODE OF CONDUCT

WEST COAST AQUATICS | SWIMMING

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
3. A WEST Board of Directors member

If any swimmer or parent/guardian is in violation with the Code of Conduct, discipline will be handled in the following 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 not refundable due to a misconduct suspension. Discipline decisions will be determined by a three-person committee; appointed by the Board consisting of the Head Coach, a board member and a neutral adult. In the event that the Head Coach is personally involved in a dispute, a second neutral adult member(s) shall be appointed in place of the Head Coach.

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.

REPORTING

If your concern relates to a violation of WEST MAAPP, including and not limited to: criminal activity, illegal drug use, inappropriate touching, or physical abuse, please report immediately to safesport@usaswimming.org. Anonymous reporting can be completed: <https://fs22.formsite.com/usaswimming/form10/index.html>.

If your concern relates to sexual misconduct, sexual harassment or sexually explicit communication through any media, please contact the U.S Center for SafeSport to make a report immediately. You can report your concern online or call 720-524-5640. More information can be found at www.uscenterforsafesport.org.

EXPECTATIONS

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

PARENT EXPECTATIONS :

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 of the swimmer. Swimming is a very demanding sport but through the hard work and perseverance, invaluable lessons are instilled. WEST strives for the swimmer's long-term success and our goal is they 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, not just as an athlete.

It is crucial we all work together and keep in mind several general rules of thumb:

1. Swimming is a sport and sports are supposed to be fun.
2. 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.
 - **Swimmer:** 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.
3. **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.
 - **Avoid supplements** – 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”** – try to have a variety of colors of vegetables with every meal. You can't eat enough veggies.
4. **Rest** – growing bodies need extra rest already, and with training, it becomes that much more important. 6-8 hours per night minimum.
5. **No Pressure** – anyone that spends as much time with his or her face in the water, as these swimmers do, learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we need to be able to also 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 ones that made it the farthest in the sport had parents that we most “Hands-Off” and did not put any additional pressure on them to succeed.
6. **Show the swimmer that you support them** – Being “Hands-Off” doesn't mean not to get involved with your child's swimming. They need to know that you support their hard work and dedication to the sport and that you care about them.
- **Volunteer & Stay Connected** – help out at meets, meet 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 more carpooling.
- **Keep them happy** – although we all go through ups and downs, overall, kids should be happy. If they aren't please speak with their respective coaches so we can work on a solution.
7. **Family, School, Swimming** – whenever facing hard decisions, remember the order of priorities.



EXPECTATIONS

WEST COAST AQUATICS | SWIMMING

CONTINUED >>

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 individual swimmer to reach his or her full potential not only as an athlete, but as a well-rounded person, as well. 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 :

1. Be on-time - "Early" is on-time "On-Time" is late.
 2. 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.
 - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest possible level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
 - It puts additional stress and pressure on the swimmer, often times reducing the amount of fun they have, which often leads to burnout and self-confidence issues.

PRACTICE EXPECTATIONS :

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

MEET EXPECTATIONS :

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to be warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.

Relays – Swimmers will support the team effort by competing on relays even if they do not compete in individual events on the same day.

Meet schedules are available online at www.westswimteam.com under our EVENTS page.

Swimmers must declare which meets they plan to attend using the Meet Declaration feature on the Events page, which will be available to all registered team members in September. Coaches will choose the events in which swimmers will compete. Coaches will enter all qualified swimmers unless the swimmer has DECLINED a meet. This helps ensure that entry deadlines are met.

The WEST Code of Conduct is designed to maximize positive experiences for all WEST swimmers and ensure WEST is providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST's Code of Conduct. All members, including parents must follow the Code of Conduct as listed in Section G.



FOR OFFLINE REGISTRATION ONLY:

PLEASE DETACH THE REGISTRATION (18) AND
RETURN TO THE WEST COAST FRONT OFFICE
WITH WEST HANDBOOK ACKNOWLEDGEMENT
FORM (WEST Handbook Page 33) TO
COMPLETE REGISTRATION.

ONLINE REGISTRATION:

PLEASE TURN IN WEST HANDBOOK
ACKNOWLEDGEMENT FORM (WEST Handbook
Page 33) TO COMPLETE REGISTRATION

THANK YOU.

REGISTRATION

PLEASE FILL OUT AND RETURN - **OFFLINE ONLY**

SWIMMER INFORMATION					
First Name:		Middle Name:		Last Name:	
Date of Birth:		Gender:		Team Group:	
Address:			City:		Zip:
Swimmer's Phone Number:			Swimmer's Email:		
Registered with USA Swimming?			Current USA Swimming Registration Number:		
DISABILITY? If "yes," please explain:			ETHNICITY (please CHECK ALL that apply):		
			☐ African American ☐ Asian ☐ White ☐ Hispanic or Latino ☐ American Indian or Alaska Native ☐ Native Hawaiian or Pacific Islander ☐ Other		
Shirt Size (circle one): YM YL AS AM AL AXL					
PARENT / GUARDIAN INFORMATION					
Mother's Name:			Mother's Email:		
Home Phone:			Cell Phone:		
Father's Name:			Father's Email:		
Home Phone:			Cell Phone:		
EMERGENCY CONTACT INFORMATION					
Name:		Phone Number:		Relationship to Swimmer:	
SWIMMER MEDICAL INFORMATION					
Allergies:			Regular Medications:		
Does this swimmer have any specific health problems that coaching staff should be aware of?					
Has this swimmer had or currently have any serious medical condition that could influence medical treatment? Explain					
Physician:		Office Phone:		Clinic Name:	
Medical Insurance Company:		Policy Number:		Group Number:	

AGREEMENT

FOR YOUR RECORDS | PLEASE READ

ACKNOWLEDGEMENT

I acknowledge that I have read and understand all requirements/expectations as outline in WEST Coast Aquatics 2020/21 Team Information Packet. I acknowledge that I have read and understand all requirements/expectations as outline in the WEST Coast Aquatics Handbook.

REGISTRATION & PAYMENT

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Annual Fee Schedule. I understand that training fees are payable in 11 monthly installments (or annually, quarterly) and are due by the 1st of each month. A \$50.00 late fee will be assessed after the 12th of the billing month. All fees are due in accordance with the fee schedule as set by the Board of Directors.

I understand that my team registration fee of \$250 is due with registration and is non-refundable. Team registration fee includes USA Swimming registration, 3 team t-shirts, a cap, and administrative costs.

I understand that WEST offers a special opportunity to run Olympian Clinics throughout the season and that the cost of this program is \$100, which is due with registration and is non-refundable & required.

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.

AUTOMATIC BILLING AUTHORIZATION

Monthly bills may be paid automatically with your debit or Visa / MasterCard credit card. Billing statements will be sent via email on the first of each month. **It is MANDATORY that ALL families MUST register with a debit or credit card** If you do not want to pay using this card, you must pay the balance of your account with cash or check prior to the first of the month.

I authorize WEST Coast Aquatics to automatically debit from my bank account or charge my Visa/MasterCard on the 1st of each month any and all fees owed to WEST Coast Aquatics.

MANDATORY VOLUNTEERING

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Volunteering Program. I understand that I must fulfill my volunteer commitments to remain in good standing with the team. If I do not meet the required number of hours by August 1, I understand that I will be billed at \$20 / unfulfilled hour. In the event of resignation from the team I am responsible for paying all unfulfilled hours.

HOSPITALITY FEE

Each family is required to pay a \$10 hospitality fee per WEST-hosted swim meet away from WEST to offset costs associated with providing a hospitality room for coaches and meet officials. I understand that I will be billed \$10 prior to each WEST-hosted meet away from our home pool. This fee is not contingent upon my athlete's participation in the assessed meet.

MANDATORY FUNDRAISING

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics' Fundraising program. I understand that the annual Swim-A-Thon® in April is WEST's major fundraiser and that my athlete's participation is required. I understand that any fundraising requirements not met by the end of May will be included on my June 1st statement, and that I will pay these fees whether my swimmer(s) participated or not. In the event of resignation from the team I will still be responsible for my fundraising requirement in full.

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 prorated within a month. I understand that all volunteering, fundraising, and training fee obligations must be satisfied in-full prior to resignation as outlined above,

including the early termination fee of \$300.

If medical leave of absence is required, continued payment of training fees is required to hold space on the team.

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.

ALLERGEN & MEDICATIONS

WEST personnel are not trained to dispense or administer medications. If you or your swimmer require the use of a medication, then you and/or your swimmer are responsible for being trained and ready to use such medication without the involvement of WEST personnel.

MINOR ATHLETE ABUSE PREVENTION POLICY

I acknowledge that I and my swimmer have read and understand WEST's MAAPP.

TEAM POLICIES

I acknowledge that I and my swimmer have read and understand the following team policies at WEST: WEST Swim Team Travel Policy, WEST Swim Team Electronic Communications Policy, WEST Anti-Bullying Policy, WEST Locker Room Policies, WEST Swimwear Policies

PARENT CODE OF CONDUCT

I, the Parent 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 CODE OF CONDUCT

I, the swimmer, 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.

COVID-19 WAIVER

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

WEST Coast Aquatics cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating, you voluntarily assume all risks associated with the exposure to COVID-19 and forever release and hold harmless from: USA Swimming, WEST Coast Aquatics, and each of their officers, partners, directors, agents, employees or other representatives from any kind of liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up and claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participating in this program

I will sign and return the WEST Handbook Acknowledgement Form (Page. 42 WEST Handbook) on or before the first day of practice to complete registration..

PRACTICE SCHEDULE

FOR YOUR RECORDS

The practice schedule reflects normal practice times for the months September - June. All practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Close-toed, supportive footwear must be worn (cross trainers are best—no clogs, sandals, etc.). Practice schedules will be adjusted to accommodate swim meets, local high school meets, championships, special events, and holidays and announced on a weekly basis.

Summer Schedule: Practices will increase once school is out to maximize pool availability for competitive team swimmers. Non-competitive swimmers will be recommended to swim Summer Team. Schedules will be determined on an annual basis based on enrollment numbers and communicated to parents prior to the end of school.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Non - Competitive Groups							
Weekday PreComp	6:00 - 6:30pm (M/W)	6:00 - 6:30pm (T/H)	6:00 - 6:30pm (M/W)	6:00 - 6:30pm (T/H)	X	9:00 - 10:00am	X
Weekend PreComp	X	X	X	X	X	9:00 - 10:00am	9:00 - 10:00am
SwimFit	M/W/Sat 2:30 - 4:00pm (spring only) 6:00 - 6:30pm	T/H/Sun 2:30 - 4:00pm (spring only) 6:00 - 6:30pm	M/W/Sat 2:30 - 4:00pm (spring only) 6:00 - 6:30pm	T/H/Sun 2:30 - 4:00pm (spring only) 6:00 - 6:30pm	2:30 - 4:00pm (spring only)	M/W/Sat 9:00 - 10:00am	T/H/Sun 9:00 - 10:00am
Competitive Team Groups							
Embark	5:45 - 6:45pm I	5:45 - 6:45pm II	5:45 - 6:45pm I	5:45 - 6:45pm II	6:30 - 7:30pm (ALL)	1:00 - 2:00pm (ALL)	X
Explore	6:45 - 8:15pm I	6:45 - 8:15pm II	6:45 - 8:15pm I	6:45 - 8:15pm II	6:30 - 7:30pm (ALL)	12:30 - 2:00pm (ALL)	X
Discover	6:30 - 8:30pm I	6:30 - 8:30pm II	6:30 - 8:30pm I	6:30 - 8:30pm II	6:00 - 8:00pm (ALL)	12:00 - 2:00pm (ALL)	X
Challenge	6:15 - 8:30pm	6:15 - 8:30pm	6:15 - 8:30pm	6:15 - 8:30pm	7:00 - 9:00pm	10:00am - 12:00pm	X
Accelerate	6:00 - 8:30pm	6:00 - 8:30pm	6:00 - 8:30pm	6:00 - 8:30pm	7:00 - 9:00pm	10:00am - 12:30pm	X
Senior	5:00 - 7:00am 4:00 - 5:00pm	5:00 - 7:00am 3:15 - 4:00pm	5:00 - 7:00am	5:00 - 7:00am 4:00 - 5:00pm	5:00 - 7:00am 3:15 - 4:00pm	6:00 - 9:00am	X
Senior Elite	5:00 - 7:00am (I) 3:15 - 6:00pm	5:00 - 7:00am (II) 3:15 - 6:00pm	5:00 - 7:00am (I) 3:15 - 6:00pm	5:00 - 7:00am (II) 3:15 - 6:00pm	5:00 - 7:00am (all) 3:15 - 6:30pm	6:00 - 9:00am	X