



**Arkansas Marlins**  
SWIM CLUB

@armarinsswimclub

# Arkansas Marlins



Est. 2023





# Page of Contents

<b>1</b>	<i>Mission Statement &amp; Core Values</i>
<b>2</b>	<i>Codes of Conduct</i>
<b>3</b>	<i>Our Values</i>
<b>4</b>	<i>Team Policies</i>
<b>5</b>	<i>Team Polisies, cont.</i>
<b>6</b>	<i>Swim Parent Tips</i>
<b>7</b>	<i>Contact Lists</i>
<b>8</b>	<i>2023 - 2024 Season Information</i>

# Mission Statement & Core Values

The Marlins Swim Club is committed to providing a fun, challenging, and supportive environment where swimmers of all ages and abilities can learn and grow. We believe that swimming is a lifelong sport that can offer many benefits, both physical and mental. Our goal is to help our swimmers develop into healthy, well-rounded individuals who are prepared to succeed in both swimming and life.

Our Core Values are:

- **Fun:** We believe that swimming should be fun! We want our swimmers to enjoy the process of learning and improvement, and we create a positive and supportive environment where they can do just that.
- **Growth:** We believe that swimming is a great way to challenge oneself and reach one's full potential. We provide our swimmers with the opportunity to train with experienced coaches and compete against other swimmers of similar ability.
- **Healthy Athletes:** We believe that it is important for swimmers to be healthy both physically and mentally. We provide our swimmers with access to qualified coaches, trainers, and other resources that can help them reach their fitness goals.
- **Well-rounded Individuals:** We believe that swimming can help swimmers develop into well-rounded individuals. We offer our swimmers opportunities to participate in community service projects, leadership training, and other activities that help them develop their character and skills.
- **Community:** We believe that swimming is a team sport, and we want our swimmers to feel like they are part of a community. We encourage our swimmers to support each other, both in and out of the pool.
- **Life Skills and Communication:** We pride ourselves on teaching our swimmers life skills and communication, which will help them succeed in both swimming and life.

**Quincey Johnson**  
HEAD COACH

*“Two things have happened since I started swimming with the Marlins. I am embracing my true smile and am really happy every day.”*

*-Crimson D.*



# Codes of Conduct

## Swimmer

With the size of our team and our practice schedule we try to maximize the teaching time we have with the swimmers. In order for us to achieve our best as a swim team, we have established the following swimmer conduct policy.

1. The pool is only open to swimmers that are scheduled to be in the water for practice.
2. Swimmers need to listen to their coaches. Practice time is not play time. If swimmers are diving under water or distracting other swimmers, neither will achieve their best.
3. Swimmers and their families are required to adhere to all Facility Rules governing the swim area. This includes no running on the deck and no outside beverages allowed in the pool area.
4. All swimmers and parents are expected to obey the directions of the lifeguards. They are on duty to provide for everyone's safety.
5. After a swimmer's practice time is over they need to walk around the pool deck to their parents. They are not to swim or wade across the pool.
6. The pool deck at either end of the pool is closed during practice. This area is open to coaches and other authorized personnel only.
7. Swimmers not adhering to this policy will be asked to leave the pool area.
8. Swimmers that repeatedly violate this policy will be asked to leave the team. If a swimmer is asked to leave the team, registration fees will not be refunded.

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## Parents

It takes the involvement of all parents for our swim team to run smoothly and be successful. This requires that parents make sure their child adheres to the swimmer conduct policy.

1. Parents and families are required to adhere to all Facility Rules governing the swim area. This includes no running on the deck and no outside beverages other than water allowed in the pool area.
2. Everyone is expected to obey the directions of the lifeguards. They are on duty to provide for everyone's safety.
3. The pool deck at either end of the pool is closed to parents during practice. This area is open to coaches and other authorized personnel only.
4. At swim meets, families are expected to follow the rules and procedures sent to us by the host team.
5. Parents must volunteer to work part of each swim meet they attend.



# Team Policies

## 1. Volunteer Policy

- **Volunteer Hours:** All parents of swimmers on the Arkansas Marlins Swim Club are required to volunteer a minimum of 15 hours during the season.
- **Fines:** If a parent does not meet the minimum volunteer requirement, they will be fined \$25 per hour.
- **Donation Option:** Parents who do not want to volunteer can donate an additional \$375 to the team instead.
- **Volunteer Opportunities:** There are a variety of volunteer opportunities available, including:
  - Timing meets
  - Running concessions
  - Setting up and breaking down the pool
  - Helping with fundraising
  - Other administrative tasks
- **Contact Information:** If you have any questions about the ARMS volunteer policy, please contact the ARMS office at [qej@qejllc.com](mailto:qej@qejllc.com).

## 2. Fundraising Requirement

- **Fundraising Goal:** The Arkansas Marlins Swim Club Foundation, Inc (ARMSF) fundraising goal is to raise \$400 per family per year.
- **Minimum Contribution:** The minimum contribution per year per family is \$200 per semester.
- **Billing:** Families will be billed the balance of their fundraising commitment in June and December.
- **Fundraising Activities:** ARMS will hold a variety of fundraising activities throughout the year, including:
  - Swim-a-thons
  - Bake sales
  - Sporting events
  - Sponsorships
- **Fundraising Use:** All funds raised will be used to support the ARMS's programs and services, including:
  - Swim team expenses
  - Pool rental
  - Equipment improvements
  - Scholarships
  - Team community events
- **Fundraising Compliance:** ARMS is committed to fundraising compliance. All fundraising activities will comply with all applicable laws and regulations.
- **Additional Information:**
  - Families who are unable to meet the minimum fundraising commitment may be eligible for a hardship waiver.
  - Families who do not meet their fundraising commitment may be asked to leave the ARMS.
- **Contact Information:**
- **If you have any questions about the ARMS fundraising policy, please contact the ARMS office at [qej@qejllc.com](mailto:qej@qejllc.com).**
- **Thank you for your support of the Arkansas Marlins Swim Club Foundation, Inc!**



# Team Policies, continued

## 3. Cancellation Policy

- **30-day Written Notice Required:** To cancel your or your child's participation on the Arkansas Marlins Swim Club, you must provide written notice to the ARMS office at least 30 days prior to the date you wish to cancel. You may do this by email, mail, or fax.
- **Non-refundable Fees:** Registration fees are non-refundable.
- **Prorated Fundraising Commitment:** Your fundraising commitment will be prorated for the duration of time your child is on the team. For example, if you cancel your child's participation after 6 months of the season, you will be responsible for \$200 of your \$400 fundraising commitment.
- **Exceptions:**
  - **Medical Emergencies:** If your child is unable to participate on the team due to a medical emergency, you may be eligible for a freeze of your training fees.
  - **Hardship Waivers:** If you are experiencing financial hardship, you may be eligible for a hardship waiver for your fundraising commitment. Additionally, you may apply for assistance through our Foundation.

### Contact Information:

If you have any questions about the ARMS cancellation policy, please contact the ARMS at [qej@qejllc.com](mailto:qej@qejllc.com).

# Swim Parent Tips

**Swim Suit Care** – Do NOT wash your team swimsuit. It will shorten the life span and fade the suit. As soon as possible rinse the suit in cool water and let it hang to dry. Do not wring the water out of the suit with excessive force. Don't use detergent. Don't put in a washing machine, even on gentle/hand wash cycle. Don't place them in a dryer. It is preferred that the swimsuits be used only for swim meets.

**The File Folders** – While a lot of communication is sent via e-mail and social media, sometimes there are things that need to be picked up, like swim meet ribbons. There are several plastic file boxes that will be out at most evening practices after our meets start. Always check your family's folder to see if you have something in there for you or your swimmer.

**Practice** – There are several goals during the practice. Our coaches work on endurance, strokes, turns, and starts. This is a building process and there are times that we can't work on all these aspects of swimming at once. If you have questions or concerns, please ask the team parent rep or head coach.

**Practice Schedule** – We realize that the practice schedule can be difficult with work, multiple swimmers, schedules, etc. Feel free to pick the time that works best for you. If you have multiple swimmers in different age groups you can have them all swim in the same practice session.

**Meal at Food Sponsors After Meets** – We try to reward our sponsors by frequenting their establishments. As part of this we schedule a meal at one of our food sponsors after our home meets. The schedule rotates among the different sponsors. We will announce during the meet where we intend to eat. This is optional to attend.

**Platinum/Gold/Silver/Bronze Swimmers** – There are four classifications of swimmers, Platinum, Gold, Silver and Bronze. Every new swimmer and every swimmer that changes age groups begin in the bronze division in every event. For a swimmer to become Platinum, Gold or Silver they have to swim a certain time at a meet. These time guidelines are posted on our website.

**Strokes must be performed correctly.** At each meet there are stroke and turn judges that will disqualify a swimmer if they perform a stroke or turn incorrectly. If your child is disqualified do not confront the judge; remember they are volunteering their time. They do not have a bias. As with most officiating different officials have different levels of tolerance in what they see as a disqualifying event. Here are some things to remind your swimmer:

- Both hands must touch the wall at the same time for Breaststroke and Butterfly
- With Breaststroke the swimmer must use a frog kick
- With Butterfly the swimmer must use a dolphin kick
- Volunteer jobs – It takes a lot of volunteers to run a swim meet. As part of signing up your child to swim, we also need a commitment from every parent to do his or her part in running the meet. Please look at the different volunteer opportunities and see what areas you can volunteer to perform.

**Swim Events** – There are a total of five possible events: Freestyle, Breaststroke, Butterfly, Backstroke, and Individual Medley (IM). The IM consists of swimming one lap of each of the four different strokes. At each meet a swimmer can only swim in four events. We handle the meet signups online. By the deadline on the website you must select which events your child will swim. If you do not select we will assume your child will swim all but the IM.

**Swim Meets** – Swimmers need to eat a lot of carbohydrates the night before the meet, such as pasta. The morning of swim meets warm-ups begin before the meet. The warm up time varies at each meet. Make sure your swimmers rest during meet, do not let them burn up their energy running around during their down time. Also watch what they eat during the meet. Fresh fruit is the best option, even then not too much.

Swim meets are a little hectic and often pretty crowded; there are a lot of parents and swimmers at the meet. Most families bring chairs and sun shelters (if the meet is outdoors) and set them up for the meet (an advantage of being on the setup crew for our home meets is that you can setup your area the night before). Listen to the announcer on when to report to Clerk of Course. Your swimmer needs to go to the Clerk with caps on and goggles in hand.

Also each facility has its own set of rules. These will be communicated before the meet. If the meet is at an indoor pool you may want to bring extra towels, a sweatshirt or hoodie, and long pants to keep your swimmer warm. Warm muscles make for a faster swimmer.

**Warm Ups** – It is critical that swimmers come for warm ups before the meet. This gets the muscles loose and warm. There is an obvious difference in a swimmer's performance by missing warm ups.

**Swim Caps** – The Maumelle Marlin Swim Team will provide a swim cap to each swimmer. If it becomes damaged you may purchase a new one. Also, if you have a swimmer with long hair, you may want to purchase a Lycra cap to wear under the latex or silicon cap. This will reduce the amount of hair pulling that happens when the cap is removed. If you need help in learning how to put on the cap ask some of the parents that have been around. It takes a little bit of getting used to doing.



# 2023 - 2024 Season Information

2023 - 2024 Swim Season Information

REGISTRATION IS NOW OPEN!

2023 - 2024 Fees

\$70 Annual Registration Fee per Swimmer

Mini Marlins: \$110 per month

Level 1: \$115 per month

Level 2: \$120 per month

Level 3: \$125 per month

High School Conditioning: \$115 per month

Recreational Fitness: \$60 per month

Masters: \$55 per month

20% off per swimmer for each additional sibling

\*Bulk payment of six months = 5% discount of total

\*\*Bulk payment of twelve months = 10% discount of total

Swim Suits

Purchasing a team swimsuit is not required. We will have Marlins team suits for sale soon. Swimmers may also purchase a suit close to our team colors (purple/teal) from Splashwear Aquatics.

Meets & Schedule

While swim meets are not required they are encouraged! They are an incredible social environment, a safe place to see the improvements from all of the hard work that each athlete has put in, and all around lots of fun! If you are unsure if a swim meet is right for your family please speak with your coach.