



## Whittier Riptides Swim Team Introduction

Welcome to the 2023 swim season. Our team is a member of the Frederick Summer Swim League (FSSL) which consists of 17 neighborhood-based teams that are broken into 4 divisions. The Whittier Riptides are assigned to division 4 this season.

## Swim Team Goals

The mission of our team is to provide a recreational and competitive opportunity for swimmers to improve overall health and fitness, develop and improve basic swim stroke techniques, experience teamwork and team spirit, and most of all make friends while having fun.

## Team Background and General Information

The team exists as a non-profit 501 (c) (3) organization. The team conducts all activities at the Greenleaf Pool which is owned and operated by the Whittier Community Association on behalf of the Whittier Community. As such, all members, and their families, of the Whittier Riptides Swim Team are bound to abide by the pool rules and regulations set by the community association. An official copy of these guidelines is available on the team website. Please be aware that not adhering to these published guidelines could jeopardize the team's arrangements for the use of this facility as well as a swimmer's opportunity to remain on the swim team.

The team's main source of income is the per swimmer annual registration fee along with any fundraising activities, including but not limited to 50/50 raffles, home meet concessions, sales of team spirit wear, and a few corporate-sponsored donations. All of the team's income will be used to run the team and to ensure quality coaching throughout the season.

The team depends heavily upon the swim families' active participation in the form of volunteering for various jobs necessary to run the team as well as smooth swim meets. It can take as many as 100 volunteers just to stage and run a single meet. Without your help, the team would not be able to function. As such, when you commit to the team, you also commit to supporting the team through volunteering a minimum of 8 hours assisting at various team-sponsored activities including swim meets (*volunteer hours required will be calculated based upon the number of swimmers registered. Typically, this will be between 8-10 hours per family*). If this commitment is not met in full, you will be charged a fee of \$150.00. There will be no prorating or partial fees this year. Your credit card on file will be used to collect this fee and will be done so about 1 week after our season ends. At any time, you can see your volunteer hours on your TU account, but also you can ask to see your hours on the teams log. This is your responsibility to keep up with your hours. Remember everyone is a volunteer and no one gets paid

other than our coaches. Please note, the goal is NOT to collect your money... we need your time and dedication to the team.

The Whittier Riptide Swim Team is run completely by volunteers. This year we have 3 families that will serve as the team representatives and a treasurer that will maintain our budget. These full-time volunteers share the responsibilities of many tasks needed to keep the team up and running within a budget. As a part of the Frederick Summer Swim League, reps attend monthly meetings from Oct. to March to organize the league schedule, rules/guidelines, purchase ribbons and start-up materials as well as organize the training of coaches and officials. The reps then work to find and hire coaches, organize each meet, find volunteers to run each meet efficiently, and are responsible for making sure all decisions are made in the best interest of the entire team. These positions are year-long term. Please notify team reps of your interest in learning more about these positions.

This handbook attempts to address many of the common questions parents and swimmers may have regarding their obligations and participation with the team. All of this information and more can be found on our team website. Please feel free to visit the website or email the team reps directly. You can reach us through the contact us button on the website.

In any given season, the Riptides swim team can have 100 or more swimmers in various age groups, as well as numerous parents, volunteers and league representatives. In order to ensure each swimmer, their families, the FSSL, volunteers and spectators have a positive and fun season, it is necessary to have team policies and expectations. All Whittier Riptides swimmers and their guests (whether family or friends) are expected to read, understand, and adhere to such policies and expectations. All questions and concerns should be directed to the team reps.

## Swim Team Registration and Fees

The Whittier Riptides Swim Team registration fees can be found below. Swimmers will not be permitted to attend practices or team functions until the online registration is completed and all fees paid. As part of the registration, each family is required to agree and complete the FSSL waiver and Riptides code of conduct. The Riptides code of conduct is a document for families to read and agree to together. It explains the pool regulations and policies each swimmer is to adhere to as well as behavioral expectations for during practices and meets. Swimmers that have difficulty following the code of conduct could be asked to leave the team or violations of this code will jeopardize swimmers' eligibility on the team.

### 2023 Season Registration Fees

\$125 for each swimmer

### 2023 Family Discount

\$40.00 per swimmer credit for the 3rd, 4th, and 5th swimmer in a family.

Registration begins Saturday, April 15th, 2023, and will remain open through Wednesday, May 31st, 2023. Late registration will then continue until Saturday, June 3rd, 2023. Please note that there will be a per-family late fee of \$25.00 for late registration. Registration fees are the primary source of revenue for the team and your early registration helps to pay startup expenses for the season.

## Swim Team Eligibility

The Riptides Swim Team is open to any swimmer in Frederick County between the ages of 5 thru 18 as of June 1st, 2023. Team members are permitted at the pool during practices, meets, and social events and are not permitted to swim for leisure during, prior to, or after practices or meets. This includes the large pool as well as the baby pool. Violations of this policy will jeopardize the swimmer's eligibility on the team.

Swimmers must be capable of swimming the length of the pool (25 meters) using the freestyle stroke. Coaches will work with younger swimmers to develop strokes and competency in the water, but please remember we are a competitive swim team, and **the coaches are not providing swim lessons**, only stroke and technique development.

## Refunds

New to the team swimmers have 2 weeks to make sure they are able to swim competitively. A refund of the registration fee can be made to any swimmer leaving the team prior to June 14th, 2023. There are no refunds for any reason after the team roster is sent to the league (Friday, June 15th, 2023).

## Pool Usage

During team practices, meets and team events, ONLY registered Whittier Riptides Swim Team members are permitted in the pool. Parents/guardians and siblings are permitted and encouraged to attend practices but must be seated in designated seating along the outside seated area of the pool deck or in the grassy area around the pool deck. Parents/guardians and siblings are NOT permitted in the main pool or baby pool during practices or meets. The pool deck must remain open during practice sessions and meets. It is solely for the use of swimmers, coaches, and officials. Parents are expected to remain in the designated areas during practices and meets and also are expected to monitor siblings so they do not interfere with practices or meets. Lifeguard chairs are for lifeguards only. Violators will be asked to leave the pool area during practices and meets.

## Practice Information

Practice is an essential part of any competitive team. The team expects swimmers to attend practices, actively participate and respect the coaching staff. Unexpected absences are bound to happen but if you know in advance of an absence, please communicate with a coach.

All swimmers are expected to come to practice on time and ready to swim. We ask each swimmer to come prepared with swimsuit, goggles, caps, towels, and sunscreen. We will have a few goggles and caps available for sale on deck at practices and meets. Coaches will cancel practice for extreme cold, thunder and/or lightening so check your emails prior to practice.

Parents are welcomed and encouraged to attend all practices. Parents are expected to remain in the designated areas during practices and meets and also are expected to monitor siblings, so they do not interfere with practice or meets. Coaches are available to speak with parents before and after practices but not during. During practice, our coaches are coaching and keeping our swimmers safe so please touch base at other time.

## Preseason

May 31<sup>st</sup> – June 3<sup>rd</sup>

M-Th evening

10 & Under	7:00 pm – 7:45 pm
11 & Up	7:45 pm – 8:45 pm

## Season Schedule (In school)

June 5<sup>th</sup> – June 16<sup>th</sup>

M-Th evening

10 & Under	7:00 pm – 7:45 pm
11 & Up	7:45 pm – 8:45 pm

June 19<sup>th</sup> – July 21<sup>st</sup> (Out-of-School)

M-W-F morning

10 & Under	9:00 am – 9:45 am
11 & Up	9:45 am – 10:45 am

T-TH evenings

10 & Under	7:00 pm – 7:45 pm
11 & Up	7:45 pm – 8:45 pm

No Practice June 19<sup>th</sup>, July 3<sup>rd</sup> & July 4<sup>th</sup> – Swim Practice Resume July 5<sup>th</sup>

Practice during the week of July 24<sup>th</sup> – 28<sup>th</sup> will be held for those swimmers eligible for All-Stars only, the exact practice times are TBD

## Meet Information

Meets are held on Saturdays. The Riptides participate in 4 dual meets and one divisional meet. We are hosting 2 of these meets at our pool this year. One of our meets is out-of-division meets. All swimmers are expected to participate in meets. Swimmers that achieve All-Star times during this season will be eligible to swim qualifying events in the All-Star Meet which is held the Saturday after the divisional. All-Star time standards can be found on the FSSL website.

Families are welcome to bring a canopy, chairs, coolers, etc... All meets will have a concession stand open with breakfast, lunch, snack foods, and drinks. Remember this concession stand is a teams' source of fundraising funds. Supporting our fellow teams shows Riptide Pride and Sportsmanship. Please be courteous of community parking arrangements and signs.

Coaches will email arrival times (warm-up time) to all swimmers a night or two prior to the meet. All swimmers are expected to check in with a coach upon arrival. Please be sure to have your swimmer arrive in plenty of time for you to set up and prepare them for warm-ups. Coaches need to know ASAP of any swimmer that is unable to make a committed meet event.

Parents are expected to declare their swimmer for each meet no later than midnight on the Tuesday prior to the meet. NO swimmer will be able to participate in a meet if this declaration does not happen. There will be NO exceptions. Swimmers who commit but do not show up will be scratched from

competition at that meet. To declare your attendance, go to the Riptides website and use the events tab. Click on the “attend this event” button and indicate whether or not your swimmer will be attending that event. You may also indicate your event choices but please note that the coaches make the final decision and will notify you of this prior to the meet

If you wish the coaches to decide you may leave all boxes empty or write “Coaches Choice” in the notes section.

Meets typically begin at 8:00 am with warm-ups around 7:00 am so we expect swimmers to arrive about 6:45 am to prepare themselves. Our meet schedule is as follows:

- June 17<sup>th</sup> Dearbought Devil Ray vs Whittier (Away)
- June 24<sup>th</sup> Brunswick vs Whittier (Away)
- July 2<sup>nd</sup> BYE
- July 8<sup>th</sup> Whittier vs Urbana Blue Crabs (Home)
- July 15<sup>th</sup> Whittier vs Landsdale Lightning (Home)
- July 22<sup>nd</sup> Divisional @ Landsdale Lightning (Away)
- July 29<sup>th</sup> All-Stars@ TBD

Please remember as part of your registration process, you committed to provide a minimum of 8 volunteer hours supporting meets or social events. If this commitment is not met fully by July 22<sup>nd</sup>, then your credit card will be charged a fee of \$150.00.

## Volunteer Positions

The WRST runs completely on volunteers. For a full list of positions and descriptions, please click on this link.

## Swim and Spirit Wear

We are continuing with our same Riptides swimsuit. We keep the same suit pattern for at least 2 consecutive years. We found our current suit is of good quality, good fit and priced reasonably. Our suit and spirit wear are sold by Pools, Patios, and Porches of Frederick. Pools, Patios, and Porches will be on deck on Thursday, June 1<sup>st</sup> from 7 pm to 8:30 pm anyone that needs to try on suits however there is a direct link on our website to purchase items at any time. You can also go to the store directly during regular business hours to order any spirit wear or swim gear.

## Team and Individual Pictures

Charles Studios will be taking our Team and individual pictures on Tuesday, June 20<sup>th</sup> (rain date Thursday, June 22<sup>nd</sup>). Individual pictures are from 7:00 - 7:30 pm and the team picture will be taken at 7:30 pm. Please be prompt and wearing your team swimsuit.

## Website

Please be sure to visit our website often to familiarize yourself with all there is to offer. We keep our calendar up to date with all practices and events. Under the “Documents” tab you will find many important links from our handbook and code of conduct to the FSSL league rules and regulations as well as stroke and turn official guidelines.