



Rocklin Swim Team
Mavericks Handbook

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INTRODUCTION

Welcome to the Rocklin Mavericks!

Our USA Swimming competitive group under the non-profit Rocklin Swim Team (RST) organization is our Rocklin Mavericks with club code ROC.

RST started in 1996 as a small recreational summer league team. The continuous growth of RST sparked an interest for developing swimmers through the long haul to compete at higher level competitions through high school and beyond. As a result, the RST Board of Directors founded its competitive year-round program in March of 2015.

The team offers year-round competitive program for swimmers ages 18 and under. The USAS region for the team is Sierra Nevada Swimming Incorporated, a non-profit local government organization of USA Swimming.

MISSION

Our RST mission is to provide the culture, training, and development for swimmers of all ages and abilities to become all that they choose to become. Our RST vision is to create a world-class aquatics program in the City of Rocklin where dreams are achieved, challenges are conquered, and swimming is fun.

TEAM PHILOSOPHY

The team's coaching goal is to help shape swimmers to become vibrant self-motivated people, and secondly, our philosophy is to provide the environment, culture, development training and inspiration that encourage each swimmer to become all that they choose to become.

RST's coaching goal is to support swimming careers throughout high school and beyond. In addition, we support the idea for each swimmer to emerge from swimming having mastered the important life skills needed to be successful beyond the pool. We believe that it is important for every coaching staff member to acknowledge the fact that every athlete(s) are people first, and swimmers second. The team coaching staff recognizes, embraces, and supports the different developmental phases of our swimmers, from age group through young adulthood. Our program is progressive and adapts training to best meet the needs of swimmers at each level. The underlying foundation of our program is built upon core values that include: a hard work ethic, goal setting, tenacity, not being defeated by failure, joy found in effort, good sportsmanship, personal responsibility, health, striving for personal excellence and the value of the journey.

SAFE SPORT

USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention

program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

Rocklin Swim Team is proud to be certified as a Safe Sport Club. We are committed to raising awareness of and preventing abuse in the sport of swimming. We believe that all swimmers should enjoy a fun, healthy, safe environment in the sport of swimming.

USA Swimming [Deal with a Safe Sport Concern](#) or Text anonymous tips to 888-270-SWIM (7946).

Contact U.S. Center for SafeSport to make a report. Use the [online reporting form](#), call 833-5US-SAFE (587-7233), or find more information at www.uscenterforsafesport.org.

PRACTICE GROUP STRUCTURE

After each new swimmer's evaluation by coach, swimmer(s) will be placed in the most appropriate group. While the groups are primarily set up by age, other factors will be considered when determining the swimmer's practice group placement. Practice group placement is at the sole discretion of the team coaching staff.

MAVERICK PRACTICE GROUPS

- Grey – Age 5-10, Practice 5 times per week.
- Blue – Age 8-12, Practice 5 times per week.
- Juniors – Age 10-14, Practice 6 times per week + Dryland.
- Pre-Senior 1 – Age 11-15, Practice 6 times per week + Dryland.
- Seniors – High School+, Practice 6-8 times per week + Dryland. Group Changes

Whether or not a swimmer is ready to move up to the next group is at the coaches' discretion. Move-ups are based on several factors, including (but not limited to): age, skill level, maturity, attendance, swim meet participation, and commitment level. If you have questions regarding your swimmer's move-up, please contact your swimmer's coach. They will be happy to discuss your swimmer's progress and the move-up goals and requirements. Most move-ups are done at the beginning of the Fall session, or at the beginning of a session; however, every move-up is case-by-case.

DRYLAND

We are fortunate to have Coach Noah, an experienced Personal Trainer with a Physical Therapy background to run dryland for our Mavericks.

Dryland Days require proper athletic attire. This includes a shirt, shorts, and running shoes.

BASIC SWIMMING INFORMATION

COMPETITIVE STROKES

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all the competitive strokes at varying distances depending on the age group of the swimmer. In addition, the individual medley (IM) events require the competitor to swim all four strokes in the following order butterfly, backstroke, breaststroke, and freestyle.

RELAYS

Other swimming events include relays, which consist of a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly, and freestyle (medley relay). The coaching staff decides all relays, including the relay orders and participants.

SWIM SEASONS

The swim year is divided into two seasons. The winter or “short course” season runs from early September to March. The meets are typically held in a 25-yard pool. The summer or “long course” season runs from late March to early-August. These meets are generally held in 50-meter pools (Olympic size).

Coach Andrew will announce special practice times for the summer that will include training in a long course 50-meter pool.

LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by USA Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Age group classifications are not offered at every swim meet, it is the swimmer’s age on the first day of a meet which will govern the swimmer's age for the entire meet.

Within each age group, there are different nationally recognized levels of achievement based on time. All swimmers begin as “C” swimmers. As they improve, they advance from “C” to “B”, “BB”, “A”, “AA”, “AAA”, and ultimately “AAAA”. USA Swimming (www.usaswimming.org) publishes the times required for each ability level each year. This permits fair, yet challenging, competition on all levels.

SWIM MEETS

MEET SIGNUP PROCEDURE

At the beginning of the season the Rocklin Swim Team swim meet schedule will be posted in Team Unify (TU) listing all the meets the team will attend.

Meet registration can be found at: <https://ome.swimconnection.com/> and it is each family's responsibility to check the accuracy of their own entries. Please notify the Head Coach or your athlete's group coach if you have concerns about your entries or would like assistance in selecting the events for your swimmer.

Each family enters their swimmer into the specified meet and chooses what events the athlete will swim. Be aware that some meets have qualifying times required for meet entry. You select which meets and days that you will attend and pay online to complete meet entry. Scratching events is typically not allowed, but in some cases with the approval of the coaching staff, an athlete may be allowed to scratch an event.

If you decide not to attend a meet you have signed up for you will need to notify the Head Coach.

All Mavericks are encouraged to attend all the selected meets each year (about one per month).

OFF SCHEDULE SWIM MEET POLICY

It is discouraged to attend meets that are not on our meet schedule. Training plans are designed around the posted meet schedule and attending off schedule meets can interfere with an athlete's progression. The team athletes should only attend the meets listed on the team meet schedule. It is against USA swimming rules to attend a swim meet without a coach present. The team coaching staff will not attend or enter athletes in off schedule meets.

MEET ATTIRE

We are an ARENA team. Our team suits and gear may be purchased through Elsmore. Information can be found on our website under "Team Store & Suits" tab. Although team suits are not required (a solid blue or black suit is permissible), all swimmers must race in an RST cap.

We are adopting new meet attire standards for 2024. This includes (beginning long course season) wearing RST attire to the meet. Saturday: RST Shirt. Sunday: RST Shirt of your choice.

RST Shirts will be ordered and delivered to all swimmers in the spring.

Tech suits are only permissible for high school swimmers and should be limited to championship meets.

GENERAL MEET INFORMATION

RST Team Tents will be provided for swimmers as often as possible, and we encourage swimmers to sit together. Please give priority to swimmers (over parents) when tent space is limited.

Swimmers must check-in when they arrive at the meet prior to warming-up. If swimmers do not check-in, they will not be seeded in their events (unless the meet is pre-seeded). Swimmers should also see their coach before and after every event.

Swim meets often move quickly. Swimmers should be sure to check on the event and heat as the meet progresses.

Each swimmer should make sure that he or she has the proper equipment for each meet

- Suit, goggles, towels (one for each event)
- Team cap
- Warm clothes for cold days and evening meets. A sleeping bag for warmth and to rest on
- Snacks and drinks--make them healthy!

VOLUNTEER REQUIREMENTS

Our team is required to provide timers and certified officials at swim meets based on the number of swimmers our team has entered in the meet. If you have swimmers entered in the meet, you are expected to sign-up to be a timer or official. No exceptions. If you cannot be a timer, it is up to you to find someone to cover your shift or fulfill your obligation.

Our swimmers may not be able to swim in finals or receive awards if we fail to meet our requirements.

The timer and official requirements will be emailed to the team once received them from the Meet Director. Timer and official sign-ups will be online on the Team page of our website. Parents will be assigned timing shifts if all shifts are not filled and/or they do not sign up to take a shift. Swim meets cannot run smoothly without Parent/Guardian participation and help.

If all timing shifts are not filled before sign ups close, families with swimmers registered that did not work a timing shift at the most recent previous meet will be contacted and expected to commit to fulfilling one of the available open timing shifts

If your swimmer is not attending a meet, you are not required to volunteer.

ANNUAL VOLUNTEERING NON-PARTICIPATION PENALTY

As a member of our team, family participation is vital to our program's success. It is important to note individual commitment by contributing your time improves our program and eliminates a small number of parents doing all the work. When you register your swimmer for our team, you will agree to assist with the volunteer requirements for the team.

For families that repeatedly fail to volunteer a fine of \$250.00 per season will apply.

CHAMPIONSHIP MEETS

Sierra Nevada Swimming Championships

At the end of each short course (spring) and long course (summer) season, a championship meet is sanctioned by Sierra Nevada Swimming, the governing body of swimming in the state of California. These meets have qualifying times which can be found on our website.

SWAGR and Far Western Championships

SWAGR (Southwest Age Group Regional Championship) is held each spring following JO's. These cuts are more challenging than JO cuts, but are by specific age (for example, there are cuts for 11- and 12-year-olds, rather than 11-12 cuts).

Far Western Championships are one level of difficulty beyond the SWAGR Meet. Your coach will discuss these meets directly with the qualified swimmers.

Speedo/USA Swimming Sectional Championships

This is a high caliber regional team championship meet. The team's swimmers meeting qualifying time standards for this meet travel to different locations throughout the West to compete against the best swimmers in the region.

Prelim/Final Meets

Championship Meets use a format that differs from a normal meet in that the swimmer must swim the event in the prelim session in order to qualify for the finals session. A swimmer is only eligible to score points or win awards if they are in Finals or Consolation Finals. If a swimmer places among the top 8 (in an 8 lane pool) after their morning swim they then qualify to swim in the Championship finals in the evening session. Some meets also swim a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, they qualify to participate in the Consolation finals in the evening session.

In the evening finals session, the Consolation heat swims first followed immediately by the Championship heat. During the prelims, the results are usually posted within 1/2 hour of the conclusion of the event. If a swimmer does not wish to swim in a final swim they may "scratch" the event and not be penalized. This must take place within a half hour of the posting of the preliminary results. Therefore, within approximately 1 hour of the end of an event, a swimmer should know if they have made finals.

A swimmer should never leave the meet without making sure if they are a finalist or an alternate. United States Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are barred from participating in the remainder of the meet (individual events and relays).

Circle Seeding is used only in the prelims of Championship meets in events that have "prelims & finals". This affects only the top 24 seeded swimmers (8 lane pool) which compete in the last 3 heats. All other heats are regular seeding. Circle seeding goes like this: The fastest seeded swimmer will be in the last heat in lane 4. The second fastest swimmer will be in the second to last heat lane 4. The third fastest swimmer will be in the third to last heat lane 4. The fourth fastest swimmer will be in the last heat lane 5 and so on.

The coaching staff must approve all scratches. If an athlete qualifies for finals, they are expected to swim unless there are extraordinary circumstances for which they would need to leave the meet.

TEAM COMMUNICATION

EMAIL

Rocklin Swim Team primarily communicates via email. We email general information, reminders, and updates. Please make sure we have your current email. Contact us if you would like an email address to be removed or added to our email database.

WEBSITE

You can find additional information such as Meet Schedule, Qualifiers, Safe Sport Information on our website. www.rocklinswimteam.org

SOCIAL MEDIA

Don't forget to follow us on social media: [Facebook](#); [Instagram](#)

QUESTIONS & CONCERNS

We encourage you to reach out with questions, concerns, and compliments. Open communication is always appreciated.

We do request that you do not interrupt the coaches during practice time for conversations. Please email your coach to set up a time before or after practice.

FINANCIAL TERMS AND CONDITIONS FOR PARTICIPATION

NEW MEMBER REGISTRATION FEE

Those joining the team will be charged a non-refundable New Member Registration Fee of \$150 per swimmer capped at 2 per family.

All new swimmers will receive an RST Cap and 2 RST t-shirts as part of this fee.

MONTHLY DUES

Monthly dues are credited-debited from your Team Unify account on the first business day of each month as agreed in the payment obligation form.

WITHDRAWALS

Notice of withdrawal for any reason except Medical must submit a “30-day Notice to Quit” via email to registrar@rocklinswimteam.org. Should you fail to submit a 30-day Notice of Intent to Quit, the monthly dues for the month of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to the Rocklin Swim Team and are payable upon termination of participation.

USA SWIMMING REGISTRATION

An annual USA Swimming membership registration fee is required of all swimmers. This provides liability insurance for your swimmer as they train and compete, as well as when they participate in a sanctioned team event. USA Swimming governs competitions, keeps a database of all swim times, and provides athletes with educational materials and information about the sport. The USA Swimming registration is a non-refundable fee. Families register or renew their swimmer(s) annual membership with USA Swimming (our Region is “Sierra Nevada”, and our team code is “ROC”).

PARENT CODE OF CONDUCT

- I will set the right example for our children by demonstrating sportsmanship and always showing respect and common courtesy to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will volunteer my time to help support the Rocklin Swim Team.

Failure to adhere may result in disciplinary action and/or termination of club membership.

ATHLETE CODE OF CONDUCT

- I will always respect and show courtesy to my teammates and coaches.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will attend all team meetings and training sessions unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will try my best.

Failure to adhere may result in disciplinary action and/or termination of club membership.

COACH CODE OF CONDUCT

All Mavericks coaches are certified USA Swimming coaches. To be certified, they must complete a criminal background check, be certified in CPR and First Aid, complete Safety Training for Swim Coaches, and complete an Athlete Protection Training course.

Per USA Swimming:

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.

- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.

ROCKLIN SWIM TEAM PHOTOGRAPHY POLICY

There has been much talk about whether it is safe to have images taken of children participating in sports. While the great majority of images are appropriate and are taken in good faith, it is a fact that images can be misused, and children can be put at risk if common-sense procedures are not observed.

Registration with the Rocklin Swim Team grants permission for the us to use the photos and videos during business in all promotional materials, i.e. our website, Facebook page, flyers, notice boards, etc. Compensation is not given for the use of photos or video.

All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs should not be taken in locker-rooms or bathrooms.

Please notify the club in writing if you do not wish to have photos/videos published of your swimmer or family.

LOCKER ROOM MONITORING POLICY

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

The following is a description of our practice facilities to allow athletes and their families to plan their use. We practice at Whitney High School and Rocklin High School. These locations have a locker room that could be shared with students.

Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, we will check on the athlete's whereabouts. We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. If this is necessary, parents should let the coach or administrator know about this in advance. If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach, or an administrator know beforehand that he or she will be helping the athlete. Rocklin Swim Team has staggered practices, with different groups arriving and departing at different times. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. We do not post staff, coaches, parents, or other adults inside or at the doors of the locker rooms and changing areas. We will make occasional sweeps of these areas when someone feels it is warranted.

USE OF CELL PHONES AND RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area: 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.