



2023-2024 Parent Handbook





NEVADA DESERT MERMAIDS
11700 W. Charleston Blvd. Suite 170-378
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www.desertmermaids.org

TABLE OF CONTENTS

ABOUT THE NEVADA DESERT MERMAIDS	3
OUR MISSION	3
GOALS	3
CLUB STRUCTURE	3
<i>COACHES' RESPONSIBILITIES</i>	3
<i>BOARD OF DIRECTORS RESPONSIBILITIES</i>	4
<i>PARENTS' RESPONSIBILITIES</i>	4
SCHEDULE AND TRAVEL EXPECTATIONS	4
ILLNESS REPORTING EXPECTATIONS	5
ILLNESS POLICY	5
VOLUNTEER/PARTICIPATION OPPORTUNITIES	6
COMMUNICATION	6
<i>SWIMMERS' RESPONSIBILITIES</i>	6
MANDATORY ETIQUETTE	6
GENERAL PRACTICE EXPECTATIONS	7
PROGRAMS OFFERED: 1) RECREATIONAL AND 2) COMPETITIVE	7
1.) RECREATIONAL PROGRAM (Approximately 3 hours a week)	8
2.) COMPETITIVE PROGRAMS	8
Novice/Intermediate (Approximately 6~12 hours a week)	8
Elite Mermaids	8
FEES AND DUES MEMBERSHIP & INSURANCE FEES	11
MEMBERSHIP CHANGES AND CANCELLATIONS	11
MONTHLY DUES STRUCTURE	11
LATE FEES	11
EXTRA ROUTINE FEES (Elite Mermaids)	12
FUNDRAISING	12
MEET FEES & TRAVEL EXPENSES	12
SERVICE HOURS	13
EARACHES	14
WHAT SHOULD BE IN YOUR POOL BAG FOR PRACTICE	14
TIPS	14



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ABOUT THE NEVADA DESERT MERMAIDS



OUR MISSION

NDM strives to provide a safe and secure environment in which individual athletes can aim to reach their personal best. To promote teamwork and team spirit, while instilling life-long skills of discipline, commitment, pride, respect, self-esteem and positive self-image.

GOALS

- Create a positive learning environment that promotes individual and team improvement to achieve success in each swimmer's and team's division.
- Provide each athlete an opportunity to improve their swimming and synchronized swimming skills to the highest level of their natural ability.
- Help athletes through sport to develop a healthy lifestyle and enjoy team camaraderie.
- Support each athlete's academic achievement through performance.

The Southern Nevada Desert Mermaids does not discriminate against its coaches, swimmers, parents, governing board or community of participants based on race, ethnicity, religion, gender, sexual orientation, gender identity, age, disability or national origin. Artistic swimming is a global sport that spans people of all walks of life, and our club strives to create opportunities for all.

CLUB STRUCTURE

The club has four divisions of responsibility:

- 1- Board of Directors
- 2- Coaches
- 3- Parents
- 4- Swimmers.

*Each has separate goals and yet all must work together to provide team spirit and promote the club's mission.

FOUR DIVISION RESPONSIBILITIES

COACHES' RESPONSIBILITIES

Head Coach

- To work/collaborate with the board of directors to set and achieve goals for the club.
- To manage all coaches by developing their coaching, interpersonal and communication skills.
- To make fair decisions for team, solo and duet routines in relation to members of these groups with assistant coaches.
- To select music and choreography along with assistant coaches.
- To ensure that swimmers are progressing through their routines as expected and if not, develop an improvement plan to bring them to the expected level.
- To promote good club communication between coaches, swimmers and parents.

Assistant and Team Coaches

- To work with the head coach in making plans.
- To be on time, start on time and end on time for all practices.
- To be prepared with written plans for practices and meets.
- To be a positive motivator and reinforce good behavior.

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- To be a reliable and good role model for the swimmers.
- To provide the swimmers with appropriate tools, strategies and opportunities to develop their skills to their full potential.
To treat all athletes fairly.

BOARD OF DIRECTORS RESPONSIBILITIES

- To make financial decisions such as yearly budgets, annual financial obligations, coaches' salaries, etc.
- To choose a direction for the entire club and implement committees to fulfill its goals.

The board of directors consists of four (4) executive members and up to three (3) members at large. Parent liaisons (one parent from each team), can be present at the beginning of each board meeting to bring concerns to the board, however parent liaisons do not have voting rights. Elections for new members take place at the Annual General Parent Meeting of the membership in September. Board meetings are held monthly. Anyone can attend the board meetings with prior notice to the board. Your ideas to enrich the program of the club are always welcomed.

PARENTS' RESPONSIBILITIES

SCHEDULE AND TRAVEL EXPECTATIONS

- Practices MUST start and end on time.
 - How can we make this happen?
 - Swimmers should arrive **10 minutes** early
 - Swimmers must be ready at the beginning of the practice time
 - Parents must ensure that the swimmer arrives 10 minutes early and that they are picked up on time.
Do not expect the coach or other parents to act as a "sitter".
 - Parents - Contact the team coach ASAP if an emergency arises and you will be late dropping off or picking up.

****Please discuss with your swimmer the importance to be ready and prepared to start practice on time. The goal is to utilize the entire practice time in a more efficient and productive manner.**

- ***Please walk your swimmer to and from the pool when dropping off and picking up. This is for your swimmer's safety.***
On rare occasions, our pool time is canceled. Though the head coach or team parent works hard to notify everyone, sometimes a situation may occur where adequate advance notice may not be possible.
- Arriving on time to meets is IMPERATIVE. This includes having your swimmer at the pool at the time designated by the coach and for land drills. If the meet is taking place out of town and your swimmer is to meet the team at the pool upon arrival, please plan your departure from Las Vegas carefully to ensure that she arrives on time. Arriving late due to lack of planning is unacceptable and interferes with the proper preparation/practice time of the team. Not arriving on time may jeopardize the swimmer's participation in the meet.

It is a common occurrence for the coaches to have land drills or expectation meetings the first night when traveling out of town for a meet. Your swimmer MUST be present for these as well, as important information and changes occur at these. In many instances these are organized impromptu and therefore all the swimmers are highly encouraged to stay in the same hotel.

While we understand that in some instances the swimmer may have other lodging accommodations (such as family), they are still REQUIRED to attend the land drills and meetings as scheduled by the coach. Not attending land drills or meetings is unacceptable.

- The Age Group Youth and Junior teams are REQUIRED to stay in team rooms in the hotel designated by the Travel Manager/Coordinator. The only exception is for those 12 and under, who are recommended to stay with parents. These



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teams will also be assigned team cars to ensure that they travel as a team and that they arrive to and from the pool together and on time.

ILLNESS REPORTING EXPECTATIONS

- If your swimmer cannot swim for physical/medical reasons but can attend practice to observe and participate in land drills, he/she should bring a note so the coaches will know they should not swim (a text message is acceptable. Please reach out to the coach prior to the beginning of practice). Please refer to the "Illness Policy" in this handbook. Remember, no one is immune to "goofing off" and the coach cannot always tell the difference between imaginary tummy aches from real ones. The swimmer will be asked to get in the water if she does not have a note or if prior parent communication with the coach did not take place.
- If your swimmer has undergone a medical procedure or has a medical condition that may be exacerbated by any of the training, please notify the coach immediately. This is imperative to ensure that considerations and precautions are taken with your swimmer. It is your responsibility as the parent to notify the coach and/or board member.
- If your swimmer is absent due to illness 2 or more days, a doctor's note will be required before they can return to regular practice.
- Swimmers older than 13 years old should be able to verbally communicate with the coach (and/or chaperone if traveling) when an injury has occurred or if it pertains to their mental health.

ILLNESS POLICY

It is hard to know when an athlete should stay home from practice and when they should attend. We feel that you as parents are the best judge of that. Here are a few guidelines that may be helpful. AGAIN, you are the best judge as to when your child CAN or CANNOT swim.

1. If your child is out of the water for any injury, notify the coach, so a modified training plan can be designed to accommodate the athlete's injury. Conditioning needs to be maintained for other parts of the body while an injury is repairing. (e.g. shoulder injury - athlete can condition legs) If a physician is restricting athlete activity, a doctor's note needs to be given to the coach explaining athlete's restrictions.
2. If your child has an ear infection, notify the coach, so a modified training plan can be designed to accommodate the athlete. Typically, the athlete will condition legs, keeping the head dry and ears covered.
3. If your child has a head cold, has no fever, and feels good enough to go to school, coaches prefer the athlete attempt to swim. It is sometimes painful to be under water. Notify the coach, so a modified training plan can be designed to accommodate the athlete.
4. If your child has a fever, is cranky and achy, leave your swimmer at home; the swimmer's physical condition is weak. The body is trying to fight off infection and does not need the added stress of physical conditioning. Your swimmer is better off resting in bed.
5. If you want to know if your swimmer should come to the pool and observe, contact athlete's coach or parent contact. The team coach will know exactly what the team is doing that night and how important it is for the swimmer to attend practice.

From time to time, we will be having dry land practices. There are certain aspects of the sport that are improved faster on land than in the water. Time out of the water can be beneficial to teach and drill the routines. Please notify the team coach if your swimmer will not be attending practice. This gives the coach an opportunity to modify training plan if necessary.



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VOLUNTEER/PARTICIPATION OPPORTUNITIES

- There are many opportunities to get involved with the team. All parents are expected/required to participate in the work of the club. Please refer to the required "Service Hours" section in this handbook. Both you and your swimmer will get more out of the club if you join too.
- When bringing snacks for the snack table, please make sure to check, follow and respect the snack nutritional choices provided by the coaches. Acceptable choices for the snack table will be posted as part of the job sign-up of the team event.

COMMUNICATION

- Team communication will be conducted via e-mail and the WhatsApp application.
 - WhatsApp is utilized in order to create group messages. Utilizing the application ensures that all group message members receive all messages regardless of whatever mobile platform they use (Android or iOS).
 - If you currently do not have the application, please install it on your phone so you can be added to the respective team group.
 - WhatsApp is the main mode of communication during meets, allowing the coach to provide the team with the latest schedule updates and other important information.
 - ****Please DO NOT use the group message to notify the coach that your swimmer will be late or absent. For those circumstances, please text the team coach directly. ****
 - CHECK YOUR E-MAILS on a regular basis. A lot of information is e-mailed as necessary.
 - Email contacts:
 - Head Coach: coach@desertmermaids.org
 - Board: board@desertmermaids.org
- Positive and constructive parent comments are welcomed and encouraged.
 - If you wish to discuss your swimmer's performance or have other questions, please contact the coach assigned to your swimmer's team to set up a time for a conference. Include in your request the topic of the conference so that the coach can prepare and answer your questions completely.
 - **Due to limited coaching time and expensive pool costs, coaches are not able to talk with parents during practice. Parents are asked to not be on deck during practice and to refrain from approaching the coach during practice times.** This is to ensure that practice time is not utilized answering questions that can be addressed during a scheduled conference. It is not appropriate to interrupt coaching time to discuss your swimmer when an entire team is waiting for the coach's direction. Please be considerate of this fact.
 - Saturday practices observations must be approved by the coach in advance.
- If there is a concern with the swimming program, contact the head coach as soon as possible. If there is a concern with the club organization, contact a board member.
- If you feel that an issue has not been resolved to your satisfaction, please contact the head coach to arrange a time convenient for both parties to discuss the issue further.
- Parents can communicate directly with a board member, or with the whole board of directors, in regards to concerns about the team.
- Parents will agree to support and promote the Parent Code of Conduct. The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring and Good Citizenship.
- Please ensure all communication is always conducted in a respectful and professional manner.

SWIMMERS' RESPONSIBILITIES

MANDATORY ETIQUETTE

- No food or gum will be allowed on deck. Drinks are allowed.
- Land workout expectations



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- Wear hair pulled back in a ponytail
- Wear shorts or leggings
- Cell phones /electronic devices will not be allowed on deck (even if you arrived early for practice)
- As athletes you are expected to walk on deck with pride.
- **Arrive at the pool 10 minutes early**
- Swimmers are responsible to have all equipment ready for practice when practice begins. Equipment includes: cap, goggles, and nose clip(s). At certain times of the year, swimmers will also be asked to bring additional swim equipment for strength training.
- Standard grooming expectations:
 - Keep fingernails and toenails, clean and short
 - Keep skin free of any writing, drawings, etc.
 - Do not wear jewelry
 - Maintain proper grooming standards as per your coach

GENERAL PRACTICE EXPECTATIONS

- Swimmer's equipment should have their name on it.
- Swimming equipment should be held on the body or suit throughout practice. Nose clips, caps or goggles should not be placed on the deck to be picked up later. These items are easily stepped on and broken. This is a safety issue.
- Nose clips often fall off newer swimmers. When they fall off, a great deal of time is spent looking for them underwater. If this happens to you on a regular basis, put your nose clip on a string attached to your suit, or purchase a nose clip that has a strap on it.
- Learn to put on your own cap.
- Dress appropriately for the weather.
- Contact your team coach, if you are unable to come to practice.
- All belongings should be put into your swimming bag before you get into the pool. They should be in order for when you need them. The towel should be on top.
- Make sure you leave the pool with what you brought with you. To help you do this, always put your things in the same place in the pool and keep your things together. When you leave, look around your area for items that may have jumped out of your bag.
- Swimmers take responsibility for their own progress and improvement with the sport. If a swimmer is unhappy with how she is progressing, it is her responsibility to talk to her team coach or the head coach.
- Swimmers will honor and support NDM by adhering to the team's Athlete Code of Conduct.





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PROGRAMS OFFERED: 1) RECREATIONAL AND 2) COMPETITIVE

1.) RECREATIONAL PROGRAM (Approximately 3 hours a week)

- Our recreational program introduces swimmers of all ages to the fundamentals of the sport of synchronized swimming.
- These swimmers will not compete but will have opportunities to swim in exhibitions and water shows that may be scheduled during the time they are training.
- This program is designed to ensure that swimmers interested in moving up to the next levels have the basic skills down to be able to accomplish their goals.



2.) COMPETITIVE PROGRAMS

Novice/Intermediate (Approximately 6~12 hours a week)

- This team is a yearlong commitment. Swimmers must be committed to the club for the whole season – starting in October and ending in September. The month of July is optional.
- Swimmers are required to attend practices unless there are extenuating circumstances approved by the coach in advance. Synchronized swimming is a team sport and as such requires the participation of all team members.
- This is a mid-level age group competitive swimming team. Swimmers in this group will learn all age group specific figures required during competition.
- Every swimmer is required to learn the team routine.
- Swimmers may be selected to swim in a solo or duet in addition to the team routine.
- Swimmers will be trained to compete at the local and regional meets.

Age Group Youth and Junior Divisions (Approximately 12~18 hours a week)

These teams are a yearlong commitment. Swimmers must be committed to the club for the whole season – starting in October and ending in September.

- These are advanced competitive age divisions; swimmers in these levels have learned everything in the intermediate class.
- Work on compulsory and figure skills will continue.
- Swimmers will be trained to compete at the regional and national meets.
- Every swimmer is required to learn the team routine.
- Swimmers may be selected to swim in a solo or duet in addition to the team routine.
- Swimmers are required to attend practices unless there are extenuating circumstances approved by the coach in advance.
- Synchronized swimming is a team sport and as such requires the participation of all team members.
- A swimmer in the junior division must be 15 -18 years of age to compete.
- They must have the commitment shown by the performance and dedication from the age group level in order to compete. The head coach will discuss this with each swimmer and parent.



Elite Mermaids

This level of training will be offered to swimmers that are interested on taking their swimming to a higher level. Mermaids for this group will be selected by the Head Coach.



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- The following will be REQUIRED/MANDATORY for swimmers in this category:
 - Attendance to camps/clinics offered during school breaks such as Thanksgiving, Christmas and Spring Break (Additional fees apply)
 - Adherence to meal plan provided by the coaches
 - Adherence to personal workout designed by the coaches
 - Overall health and weight checks
 - Be accountable for independently working on stretching and extensions
 - Take training seriously and work like an “Athlete”
 - Have excellent time management skills to accommodate school, practice and competitions. Swimmers will not be allowed to miss practice to complete homework due to lack of planning.
- Elite Mermaids may be selected to participate in National Team Trials (Additional fees apply)
- Swimmers will be expected to have additional hours of private practices



TEAM AND ROUTINE STRUCTURE

The Nevada Desert Mermaids is a year-round sports club. Swimmers in the Novice, Intermediate, Age Group and Junior levels sign commitments for each year. We have two (2) months of endurance training and swimmer evaluations; those months are August and September. During these months all swimmers will be training together during the same time so that the entire coaching staff can work with the swimmers to make sure that each of them are placed on team based on skill and age. Extra routines will be evaluated at the same time during this training period. Competitive training and team movement starts October 1st and runs through June 30th. The competitive teams take the month of July off for summer vacations and rest after the end of the competitive season. Endurance training months are not optional as this is the time coaches evaluate all swimmers for the upcoming season. It is strongly encouraged to plan family travel time during the month of July.

Teams are comprised of four (4) to eight (8) swimmers. Most beginner swimmers initially swim with a team only and the other events are added as the swimmer gains more experience. Exceptions are sometimes made when there are not enough beginner swimmers to make a complete team. Then they may swim as a duet or a combo to be able to participate in meets. Swimmers are grouped by age and ability by the coaches.

The music and routines assigned to each swimmer are determined by the coaches. It takes many painstaking hours to choose and edit the music for each routine. There is much to consider when assigning routines, such as ability and body type. Each girl may be assigned one, two, or three routines. Additional fees apply to additional routines.

Guidelines for team and extra routine selection:



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- Decisions are made to produce the best competitive results.
- Decisions take into consideration the entire group and club, not just one or two individuals.
- Some of the criteria for determining ability are subjective.
- Selection criteria include: LTAD program, competitive results, attendance, attitude, physical conditioning (flexibility, strength, cardiovascular fitness), potential, coach ability, extension, routine swimming skills (eggbeater, synchronization, match ability, vertical and horizontal height) and swimming proficiency.
- Team routine and figures are typically the athlete's primary focus. Extra routines are extra, unless a solo or duet is the athlete's primary routine.





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FEES AND DUES MEMBERSHIP & INSURANCE FEES

All swimmers pay for the first month of practice upon registration, with a refund issued to cover the prorated amount depending on the weeks of practices missed in the month. Billing will continue at the turn of the month, recurring on a monthly cycle typically processed on the 1st. Members interested in paying for the full season upfront may choose to do so and receive a 5% discount. Only personal checks are accepted, and registration is processed manually by communication with the club president or treasurer (i.e. please do not register via our website).

Competitive swimmers pay an annual fee of \$105 to the United States Artistic Swimming Association, Inc. (USAASI). It establishes each swimmer as a member of the national association, USAAS provides participating teams with a discounted insurance plan to cover all swimmers at practices and meets (USAS annual registration covers from October 1st to September 30th). This registration is separate from our club and completed through a dedicated link found on our registration page.

Recreational level swimmers pay an introductory registration of \$55*, which covers the swimmer for a 1 year period with USA AS or they may opt to pay the Full Annual Fee. The Annual fee cannot be prorated (USAAS Annual Registration covers from October 1st to September 30th). *A portion of the annual fee is sent to the West Coast Association.

MEMBERSHIP CHANGES AND CANCELLATIONS

Membership changes and cancellations MUST be communicated to a.) your team coach and b.) via email to board@desertmermaids.org. Failing to do so may result in monthly dues being charged to your account. Competitive team cancellations will be subject to review and contractual obligations.

MONTHLY DUES STRUCTURE

Please visit the following link for the current fee schedule and weekly time commitment per team:
<https://www.gomotionapp.com/team/reczsdndm/page/parent-info/payment>

*****The first AND last month fees of each competitive season (October and June) are due October 1st*****

NDM officers a multi-swimmer discount of 10% multi-swimmer, applied on the recurring membership dues for all additional members on a single account. A \$20 registration discount for additional swimmers will also apply.

There are typically no additional charges for extra practices. There will be no make-up sessions for practices canceled due to bad weather, holiday or the unavailability of the pool facilities. See the Financial Agreement for a list of items included in your monthly fees.

LATE FEES

All dues are payable to NDM on the 1st of each calendar month. The payment will be automatically deducted. However, if the payment is declined by any reason, it is your responsibility that the payment is still made on time. The payment will be considered late if it is not received by the 10th of the month. A late fee of 10% will be assessed to the swimmer's account.

When a payment is not received by the end of the month, two (2) months fees become due on the first Saturday of the second month. The swimmer will not be allowed in the water and the parent/responsible party will be called to come for the swimmer. Please make timely payment in order to avoid any interruption in your athlete's training.

FORMS OF PAYMENT ACCEPTED

The only accepted form of payment for membership dues is automatic bill pay. You will be required to provide a credit card or debit card for on-demand transactions or monthly dues, though credit card processing incurs a fee of \$0.30 plus 2.95% of the total amount. The addition of a checking account (ACH direct debit) is highly recommended to avoid the credit card transaction fees, automatically processed at the start of each month for the balance due on the account.



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Note: Payments are broken down in monthly installments as a courtesy to the families. However, parents are responsible for the full amount per season as outlined in the Financial Responsibility Agreement document.

NDM's budget is based upon all swimmers paying monthly dues all year in order for expenses to be met. Should a swimmer resign from the team with coaches' approval and financial obligations met and then rejoin at a later time, new member fees will apply along with any missed months that were not paid. In rare circumstances, an exception to the dues rule might occur, but it must and can only be approved by the board and head coach.

EXTRA ROUTINE FEES (Elite Mermaids)

Document related: Financial Responsibility Agreement

As an elite mermaid, swimmers have the opportunity to swim a solo routine or duet routine as well as swimming on a team. Additional routines are determined by the coaches. Additional routines, any routine other than a team routine, are an additional charge. These charges are due to additional coaching time required to spend.

This approximate charge is as follows: Solo Routine / Duet Routine \$55

Extra routine fees are due monthly beginning October 1st. They are not due during the two (2) training months. A family can elect to prepay the extra routine fees in full by November 30th for a 5% discount.

FUNDRAISING

Document related: Financial Responsibility Agreement

The Nevada Desert Mermaids is a non-profit organization. Our only sources of income are from monthly dues, fundraisers and sponsorships of the team. We depend upon all parents and swimmers to help with these fundraisers. The Nevada Desert Mermaids are only as successful as the commitment from the swimmers and parents.

Each team member is required to participate in three (3) mandatory fundraisers by donating time and minimum specific dollar amounts needed to be raised. Some of our fundraisers are: Bowling, Painting, Synchro-Thon, Water Show, etc. We understand that not all parents/swimmers will be able to participate in these fundraisers; however, you are still obligated to participate financially by making a donation to the NDM's General Fund. Each fundraiser is given a donation minimum value that each swimmer will need to either raise or donate. This creates an equal share for all swimmers. Additional fundraising is strongly encouraged. For those swimmer(s) who raise funds above the minimum requirement for the event, a percentage of the monies earned will be split; 25% credit on swimmers account and 75% to the team. This applies to the Synchro-thon fundraiser only. Participation raising additional funds above what is required may be used to off-set swimmers' expenses such as monthly dues or team room and travel fees.

- NDM Spring Recital: All team athletes are required to purchase five (5) tickets at \$12 each; each additional athlete in the same family are required to purchase two additional tickets. These are yours to use and distribute to family, friends and other community members. Sharks & Mermaids and Rec team members will each receive three free tickets per family.

MEET FEES & TRAVEL EXPENSES

Each swimmer is responsible for their own travel expenses at all meets that they are competing in. All entry fees for competitive meets are included in the monthly dues with the exception of National or Qualifying only meets. Those fees are billed to only the swimmers that will be competing in those meets. The required fundraising throughout the year covers all of the coaches' travel expenses. The swimmers' dues do not cover this expense. If there is a shortfall in fundraising the coaches' travel expenses are equally split for that meet by all athletes. Example: If there are 5 swimmers going to a meet then each swimmer would pay 1/5 of the coaches' travel expenses.



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Swimmers in the 13 And Older Age Group and Junior will be booked in team rooms and team cars. It is a team building experience for each of these girls. The cost of the room is equally split with each of these swimmers' families.

Team travel dues will be invoiced two (2) weeks before travel.

****Payments for the entry fees and any travel expenses, if applicable, are due to NDM prior to the meet.**

CHAPERONES

A designated parent chaperone will be required for all swimmers traveling without parents to assist with meals and transportation. This includes the AG Youth and Junior teams, each of which will designate a chaperone for each event. **However, the ultimate selection and approval of the chaperone is the coach's responsibility.** Any parent on the team may be required to be chaperone throughout the competition season, but are encouraged to discuss and designate among team parents. This is not the sole responsibility of one family or parent, the benefits of which should be equally shared among others. Benefits include travel expenses covered by the club, as summarized below. More information to help chaperones prep and manage their trip may be found [in this document](#).

Chaperone's responsibilities include but are not limited to:

- Complete SafeSport training
- Register for Athlete Safety membership via USAAS
- Ensuring the swimmers adhere to the schedule provided by the coach
- Help with hair, make-up, costume changes, etc.
- Transport swimmers to and from the pool
- Coordinating swimmers' meals with other team parents
- Be available to assist the coach on deck, help with hair and make-up
- Ensure the swimmers have water and snacks available as necessary
- Be responsible for the meal money and keep receipts

The chaperone's travel expenses will be covered by the team parents as follows:

- 1) Meet within driving distance – No expenses will be covered as the majority of the team parents travel and can help at all times. ****An exception will be made if a limited number of team parents travel****
- 2) Meet outside of driving distance – Expenses covered will be: 1) airfare, 2) lodging and 3) the share of the rental car/van as they will be utilizing the car/van to transport the swimmers. Parents are not allowed to ride in either the coaches or team rental vehicles.
 - Airfare and room reservations will be coordinated through the team's travel manager at the same time coaches' travel is being coordinated.

The free SplitWise app is recommended for logging all expenses and easily dividing them among their parents following the event.

SERVICE HOURS

A parent for each swimmer must commit to volunteer for the club a minimum number of service hours per season. This amount will vary depending on how much your child swims for the club. For example, parents from the recreational team are asked to help for one event per season, while an Age Group Competitive Swimmer swimming multiple routines may require 20-25 hours.

There will be multiple opportunities throughout the season to fulfill this requirement. Each event will be given a minimum service hours allocation and the service hours will be tracked to ensure compliance.





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For example:

- Synchro-Thon (our annual Swim-a-Thon) will count for two (2) hours.
- Each mandatory parent meeting will count as one (1) hour.

Here are the approximate mandatory service hours requirements per team:

- Intermediate (10U/11U): 6 hours
- 12U/13B: 10 hours
- Age Group/Option B: 15 hours
- Age Group with multiple routines: 20 hours

A fine of \$20 will be charged per hour not completed. Please discuss with a Board Member if you have concerns.

EARACHES

Prevention for earaches: drops should be placed in the ear after swimming. The doctor recommends a rubbing alcohol (drying agent) and half teaspoon of white vinegar to prevent bacterial growth.

WHAT SHOULD BE IN YOUR POOL BAG FOR PRACTICE

1. Goggles
2. Nose Clip (can never have too many)
3. Cap
4. Swimsuit
5. Towels
6. Sweats, top and bottom (seasonal)
7. Parkas or Jacket (seasonal)
8. Hat (knit hat, towel or hooded top to cover wet hair to keep in body heat – seasonal)
9. Shoes, boots, flip flops
10. Snacks (i.e. fruit, juices, water, whole grain crackers; not candy)
11. Water Bottle
12. Music



TIPS

- Be sure to put your swimmer's name on all items
- In the best interest of our swimmers, the coaches insist that swimmers bring proper attire to change into upon exiting the pool during the winter months.
- Pool bags should be packed and checked before leaving for the pool as well as before going home to make sure nothing has been forgotten.

Note: This Parent Handbook is for every family to be used as a reference. If ever you, as a parent, have any questions, please feel free to contact a Board member to discuss any issues or concerns you may have. Remember that we are all parents volunteering our time. We all try our best to look out for the best interest of all of our swimmers. You are encouraged to get involved and volunteer.