



Competitive Swim Program Handbook 2025-2026

This handbook is designed to provide general information about our program and team policies. All parents should review this handbook prior to the start of each season.

MISSION STATEMENT

The Wiregrass Aquatics Club was founded as a non-profit 501(c)(3) incorporated organization to promote the sport of competitive swimming on and around Fort Rucker. We believe that competitive swimming provides not just a lifelong fitness activity, but also teaches valuable life skills, such as discipline, determination, responsibility, leadership, teamwork, and sportsmanship. We seek to promote these skills and foster lifelong fitness through competitive swimming activities in the Fort Novosel area. The Wiregrass Aquatics Club is committed to providing a safe environment for all participants and maintains protection policies and guidelines to protect our swimmers in accordance with USA Swimming Standards.

ABOUT THE TEAM

We are a year-round USA Swimming team that competes in both the short course and long course seasons. The team is managed by a volunteer Board of Directors. There are two seasons (short course and long course) which we compete in a variety of different meets: Dual Meets, Mini Meets, Invitational meets, USA Championship Meets, Qualifying Meets and National Meets.

The year is broken up into two seasons and meets are offered respectively each season:

Short Course Season: Late August / September through March

Long Course Season: April through August

*Short Course Season will be held both the Flynn Outdoor Pool and PFC Indoor Pool facility depending on when MWR closes the outdoor pool. Due to school being in session during this season you can anticipate practices to be in the evening approximately 1730-1900.

*Long Course Season will be held in the Flynn Outdoor Pool Facility. Length of season may be affected due to water temperatures being above 85 degrees F and air temperatures being above 95 degrees F(USA Swimming Safe Standard for Competitive Swimming). Due to pool temperature restrictions you can anticipate early morning practices (0600-0845).

Registration will be conducted for each season separately (\$50 per season). If you join the team during an already ongoing season you will still be required to pay the \$50 (no pro-rating of seasons). If there is only a few weeks left of an ongoing season and you do not want to pay the \$50 registration fee then we recommend you wait until the new season begins to attend practices.

COACHES

Coaches are tasked with developing and implementing training programs for our swimmers, handling training safety concerns in and around the pool, responding to swimmer issues during practice (attitudes, injuries or other safety concerns) and handling all meet entries. All Coaches are required to be USA Swimming certified and up-to-date on all required training, certifications and background checks. For questions relating to swim performance, practice concerns, or meet entries, parents may email the coach.

Coaches are not available for questions during practice or meet times. Parents should request a meeting via email the coach to address any concerns.

WAC BOARD OF DIRECTORS

The Board of Directors is responsible for handling all administrative functions of the team to further our club's mission. These volunteers are required to be registered through USA Swimming and complete the required background checks and Athlete Protection Training. Board of Directors commit to volunteer for one year and at a maximum of 2 years. Board members are responsible for contracting coaches, coordinating with Fort Rucker DFMWR and managing the pool and coach coverage. They also handle all inquiries regarding membership, dues, billing, registrations, and all general team or practice questions.

The Board hosts two General Member meetings bi-annually in August before the start of Short Course Season and in the Spring before the start of Long Course Season. There are also mandatory quarterly Board Meetings to discuss all administrative actions completed and continue with future plans for the team. All parents are encouraged to attend and participate. Parents of team members are voting members of the club and receive one vote per family.

Board positions include:

- President
- Vice President
- Secretary
- Treasurer/Assistant Treasurer
- Membership Director
- Fundraising Coordinator
- Publicity Director

Other committees may be designated by the board on an as needed basis and will be comprised of volunteer parents that have accounts in good standing.

VOLUNTEERING

Parent volunteers are critical to an efficient, well-run team and we need the assistance of every swim family! Volunteers are needed throughout the year to assist with team events, meets, newcomers briefs and fundraising.

FUNDRAISING

While a portion of each swimmer's registration fee and monthly fee is earmarked for coaching costs, facility costs and equipment, the team may also be required to participate in other fundraisers that pay for coach travel costs to meets. These events will be mandatory and are intended to be simple and fun ways to support the program and build team camaraderie. Examples of fundraising events completed are: WAC-a-thons (swim laps for money), Raffle Fundraisers and Gift Card Fundraisers. If you do not wish to participate in any fundraisers you may pay-out with a one time annual (for both seasons) charge of \$500 (\$250 per season) to your account. All fundraising activities are tracked electronically for participation.

COMMUNICATION

Website: <https://www.teamunify.com/team/sewac/page/home>

Please check our Team Unify website frequently! This is the best source for accurate and updated information regarding meets, account balances, invoices, payments, meet results, record breakers, newsletters, etc. Team Unify emails and text updates will contain important team information, please ensure you are receiving these communications.

Email and Texts: Team info will be sent out via our Team Unify software to families, please ensure your email and current cell phone number are updated in this site.
sewacteam@gmail.com

Facebook: Wiregrass Aquatics Club (this is the outward facing FB group)

<https://www.facebook.com/WiregrassAquaticsClub>

Wiregrass Aquatics Club Members Only (this is where internal team information will also be posted)

<https://www.facebook.com/groups/717477400617384>

Parent Meetings: Will be held at least twice a year (before Short Course Season and before Long Course Season starts). These meetings provide an opportunity to get face-to-face time with the coaches, obtain info right from the board members, get updates on team activities, ask questions and vote on team issues.

TEAM UNIFY

As mentioned above, our website is the best way to get the most accurate and up-to-date information. If you are new to the team, you will receive an email with log-in instructions – returning family log-in information remains the same as last season. On our website you will find the Team Handbook, schedule, event sign-up, qualifying times, personal account balances, invoices, and many other links to important information. Many of the Team Unify website functions are available through Team Unify's TEAM UNIFY app, though some tasks will need to be done on the website. To Download the app:

<https://www.teamunify.com/swim-team-management-software/swim-app/>

PROGRAM FEES

REGISTRATION FEE (Per Season Fee): \$50 per swimmer per season

Swimmers may join The Wiregrass Aquatics Club at any time of the year. Registration can only be done after your child has been evaluated by the coach. Evaluations are done by appointment only. (See "Join Us" Tab on our website for evaluation information.) After your evaluation, your swimmer has a two week temporary status to make sure the team is the right fit prior to your first monthly payment being due. Your initial registration to the team covers your child's team registration fee, a team swim cap, and team T-shirt. There are two seasons per year (Long and Short Course Seasons and a \$50 per season registration fee is required per swimmer).

A USA Swimming membership fee is in addition to the team registration fee and this membership is mandatory in order to be on the team as USA Swimming is our governing body. This is an annual registration that you must keep current to stay on the team.

MONTHLY FEE:

After the initial evaluation, the coach will place your child in a swimming level (Bronze, Silver, or Gold) that is appropriate to their skill level and have them swim in a lane with other swimmers at the same skill level. As your swimmer's skill level improves, the Coach may move them up to swim at a more advanced level with more advanced swimmers. The monthly fee will be based on your swimmer's level and charged to your account on the 1st of every month. If your account hasn't been paid by the 5th of the month, then you will be charged a \$25 late fee and your swimmer cannot attend practices or meets until the account is back in good standing. If your child is moved to a higher level during the course of the month that has been paid for already, the next higher level fee will be charged the following month (ie: child moved from Silver to Gold on 15 May, 1 June you will be charged for Gold level swimmer). There is a 30% discount on the additional child enrolled from the same immediate family.

MONTHLY TEAM FEES

Bronze	\$85
Silver	\$100
Gold	\$100
Masters	\$25

MEET FEES:

Each meet will have its own set of fees (athlete surcharge, facility surcharge and per event entry fee) and they are all different. Depending on how many events your swimmer participates in you can expect to pay \$50-120 in meet fees. These fees will be charged to your account in the week prior to the meet and will be due in full by the day before the meet, as the team is required to pay these fees, up front, to the hosting pool before our team can enter the water.

Local meets are mandatory while travel meets are only encouraged due to travel costs (hotel, meals, gas).

If the meet is outside of the local area (Dothan, Andalusia, Troy, Ozark) there will be a minimum of 10 swimmers needed to commit, in order for our team to participate and each swimmer will be charged a travel fee of \$25 that will be put toward the Coach's travel costs (hotel, gas and meals).

If any swimmers have to attend a meet without our Coach, there will be specific instructions put out to those parents who will be attending. The coach will also coordinate with the meet organizers and possibly another coach to help look out for our swimmers while at the meet.

BILLING INFORMATION

Payments are only made through automatic drafts via credit card or ACH on the 1st of each month through the Team Unify site. If dues aren't paid by the 5th of each month, a \$25 late fee will be applied.

If a swimmer attends a practice/meet/clinic one day out of a month, the member's account will be charged

for the entire month. Exceptions may be made in cases of financial hardship or significant family emergency but you must contact the board and coach at sewacteam@gmail.com immediately.

If a swimmer has decided to leave the team for any reason, 60 days notice must be given on the team email sewacteam@gmail.com by a parent/guardian that signed them up on the Team Unify site. If 60 days notice has not been received or a swimmer has attended a practice anytime into the next month, the account will be charged for that month. This includes PCS's, ETS's, stopping for another team or school sport, and long duration vacations. When your swimmer returns to the team you must re-register your swimmer and a \$50 fee will be charged to the account.

Billing and Automatic payments are managed through your TeamUnify Account. Monthly invoices will be sent by email at the end of each month and recently account activity can be found in your TeamUnify account. You can access your account: <https://www.teamunify.com/team/sewac/page/home> – sign in and choose “My Account” and then “My Invoice/Payment.”

To Manage Electronic Payments – Detailed instruction for the two types of e-payments are below. Credit or Debit Card transactions will incur a 3% transaction fee, EFT payments have no associated fee.

Monthly Auto Payment

To automatically draft your payments for you on the first of every month from either a credit card or bank account:

- Go to <https://www.teamunify.com/team/sewac/page/home>
- Sign in
- Go to My Account > Setup Auto Pay
- Click the "Current Payment Method" drop down and select either **Automatically charge BANK ACCOUNT below** or **Automatically charge CREDIT CARD below**
- Click the **Edit** link to the right of the "Bank Account on File" or "Credit Card on File" field
 - Fill in the bank account or credit card details
 - Click **Save Changes**

Account On Demand Payment

To make a payment at any time you choose via a credit card:

- Go to <https://www.teamunify.com/team/sewac/page/home>
- Sign in
- Go to My Account > Setup Auto Pay

***In cases of financial hardship, please contact the Treasurer at Sewacteam@gmail.com*

Please note: If your account is past due, you will be suspended from club participation and will not be able to participate in practices, meets, spirit wear orders or other club activities until your account is paid in full.

USA SWIMMING MEMBERSHIP

As a USA Swimming club, all of our athletes are required to be USA Swimming members. Beginning in 2025, families must process their USA Swimming Membership directly through the USA Swimming website via a unique team website. In addition to providing insurance coverage for our club and support for the Board and Coaches, there are other benefits of USA Swimming for the athletes. USA Swimming

maintains an extensive Times database, training advice and resources, as well as the opportunity to enter the nation's most prestigious events. Along with all the above, members receive:

- Opportunity to qualify for and compete in USA Swimming sanctioned meets- Zones to Olympic Trials!
- [New member welcome kit](#)
- Eligibility to participate in local and national swimming camps
- Ability to track your times and improvement through our extensive [times database](#)
- Excess accident and liability insurance
- Motivational programs such as [Age Group Top 10](#), [Scholastic All-America](#) and more

USA SWIMMING FEES

- **Premium** (valid for the year)- **\$82**
- **Individual Season** (valid for 150 days from registration)- **\$50**
- **Flex** (12 & under ONLY and only up to 2 swim meets)- **\$30**

USA SWIMMING REGISTRATION

STEP 1: Create a Login

Request Team Link from Membership Director. This link is unique to our team, so that your swimmer is correctly registered for Wiregrass Aquatics Club. Please do not share this link with anyone else.

After clicking the link, you will first have to create a new login: ◦ Click 'Login'

- Then Click 'Create Login'
- After you enter your email address, it will email you a verification code.
- Find that verification code in your email (it will be from the account: swims@usaswimming.org)
- Then create your username and password.

STEP 2: Register Your Swimmer

After you have created your Username and Password, you will then be taken back to the login page. Use the username and password you just created.

When you login this time, it should confirm that you are registering for our team.

After you click 'continue' it will ask you who you are creating the membership for. You will select 'the membership is for someone other than the logged-in user'

Then select whether the swimmer has ever been USA swimming registered before (are you renewing or a new member?).

If you are renewing your swimmer's registration, you will be able to look your swimmer up with their name and birthdate.

Follow the prompts, filling in your swimmer's information.

USA SWIMMING SAFE SPORT PROGRAM

USA Swimming is committed to fostering a fun, healthy, and safe environment for all of its members. For that reason, we have in place a detailed [Code of Conduct](#). Safe Sport also provides policies, education, a

reporting structure, and tools that are intended to serve our members as we work together to maintain this environment. For information on USA Swimming Safe Sport policies, please see:

<https://www.usaswimming.org/safe-sport>

TRAINING GROUPS

Coaches perform initial assessments to place swimmers in the practice group most appropriate to their swim development and conduct periodic assessments to review practice group assignments. The practice group explanations below are general guidance for parents to consider but are not an exhaustive list of all factors considered when placing swimmers. Swimmers may be moved up or down at the discretion of the coach based off of skill, motivation and attitude during practices and meets.

Bronze

Swimmers can compete 25 yards in a pool and are working on freestyle and backstroke with good stroke mechanics. Body position and head position are key for entrance into this group. Swimmers receive detailed instruction on starts, turns, the four competitive strokes and other competitive elements. Most of the swimming is drill based with a minor emphasis on aerobic training.

Silver

Prior competitive experience encouraged. Swimmers can complete 50 yards of each stroke with proper stroke mechanics. Proficiency in all four competitive strokes is required. Swimmers will receive challenging technical workouts with an increasingly more aerobic workload than prior training group.

Gold

Prior competitive experience encouraged. Swimmer can complete 200 yards of continuous freestyle and IM. Proficiency in all four strokes is required. Swimmers receive challenging technical drills with a large emphasis on aerobic swimming. Practice is more rigorous as it prepares swimmers for high levels of competition both in State and National level competitions.

PRACTICE SCHEDULE:

In case of inclement weather, you will be notified via email and/or text through our TeamUnify account or member's facebook page or chat, of closings and/or changes to the schedule. Weather notices will generally be made by 3:30pm, but we may occasionally have last minute changes that are beyond our control.

Short Course Season will be held during the school year which will require practices to be in the late afternoon/early evenings and are located at the PFC indoor pool.

Long Course Season will be held during the summer and due to water temperatures and air temperatures in the Flynn outdoor pool, practices will be held in the early morning, typically starting around 6:00 am -8:45 am in order to be compliant with USA Swimming Safe Sport Rules. When pool temperatures reach 85 degrees F and the air temperature reaches 95 degrees or higher, it is no longer safe to conduct competitive swim training in the pool and practices shall be cancelled

PRACTICE RULES AND REGULATIONS:

- ALL swimmers and families MUST adhere to Fort Novosel FMWR SOP's and Army Regulations with regard to team activities. Families are asked to remember that guests are not permitted to swim in the Rucker pools. Pool privileges are extended to WAC Swimmers during established practice times only.
- No running.
- No jumping in the pool without the coach's approval. Swimmers should not be playing in the pool prior to the start of practice.
- Swimmers should be on deck and ready to swim when practice begins. This means use the bathroom, lay out their gear and water bottle, and put on their cap and goggles before practice time! "Early" is on-time and "On Time " is late!
- No sitting on kickboards.
- No pushing or horseplay. (This includes dunking head under water while coach is giving instructions and doing handstands during practice)
- No wearing of fins on deck. Fins should be put on while sitting on the edge of the pool or in the water.
- Swimmers must ask permission from their coach before they get out of the pool.
- Swimmers are required to have a water bottle or sports drink (no glass bottles or soda). Getting drinks from the water fountain is disruptive, but allowed if they forget a bottle. Also, swimmers must drink enough fluids during the day to prevent dehydration. This will help prevent headaches, nausea, dizziness and cramps.
- Parents are responsible for their swimmer's behavior and safety prior to the start of practice per FMWR guidelines. During practices and meets, parents are not permitted on deck. They should watch practice from the observation deck or the outside patio. Deck chairs are reserved for MWR patrons utilizing the lap lanes. Spectators that are unable to climb the stairs to the observation area are asked to claim a chair on the opposite side of the pool, away from the practice area.
- No swimmer aged 12 or under should be dropped off or left unsupervised at the pool prior to the start of practice. Parents or a responsible adult of swimmers aged 12 & under must remain on the property of the pool for the duration of practice.
- Swimmers are NOT to wait outside the practice facility for parents to pick them up. If parents are not present when practice ends, swimmers will wait in the PFC lobby or Flynn Office. Parents are asked to arrive to pick up children no later than five minutes after the end of practice. If a parent is late to pick up a child, that parent will receive an incident report and could be charged for the extra pay of the Coach after normal swim hours. On days when the weather is questionable, we encourage parents to stay nearby in case of a weather call during practice.
- After the first warning, if a swimmer violates any of the rules they will be told to get out of the pool and their parents will be asked to take them home. Swimmer safety is an issue that the Waves take seriously. An incident report will be filled and the swimmer will not be allowed to return to the pool until the coach says otherwise.

- Swimmers and Parents are required to adhere to our team's [Code of Conduct](#) at all times.

PRACTICE EQUIPMENT:

It is mandatory that each swimmer maintain their own swim gear. For new swimmers, we maintain a small stash of kickboards, pull buoys, fins and paddles at the pool for swimmers to use until they are able to accumulate their own gear. Below is a list of the gear required for each group:

Bronze	<ul style="list-style-type: none"> · Goggles (2 pairs) · Swim Cap · Swim Fins · Junior Size Kickboard · Junior Pull Buoy · Mesh Equipment Bag · Water Bottle 	<ul style="list-style-type: none"> · Appropriately sized Paddles · Extra Cap · Thermal swimwear (optional)
Silver and Gold	<ul style="list-style-type: none"> · Goggles (2 Pairs) · Swim Cap · Swim Fins · Junior Size Kickboard · Junior Pull Buoy · Mesh Equipment Bag · Water Bottle 	<ul style="list-style-type: none"> · Appropriate sized paddles · Snorkel · 2 Tennis Balls · Extra Cap · Thermal swimwear (optional)

Please label equipment to avoid loss and confusion with other swimmers!

Full descriptions and details for each item are on located in the New Swimmer Guide

TEAM GEAR:

Team suits orders are coordinated once a year. These are optional for swimmers. If swimmers prefer to select their own suit, we suggest a navy or navy and white suit for competitions. Swimmers are required to wear the official team cap, which will be given to them at their first meet. Additional caps may be ordered through Spirit Wear orders.

Please note: the official team suits are intended for competition and should not be worn for practice.

A selection of team spirit wear and other accessories will be available for purchase once per year during a group order. Each registered swimmer receives one swim cap and one shirt with their team membership. Details will be provided at the beginning of the season.

MEETS

The coach and board carefully select the meets that the team will attend as the opportunity arises. They will provide as much notice as invitations and opportunities allow. Parents can review the meet schedule and all relevant details on our TeamUnify site. Coaches will provide notes on which age groups are eligible to attend the meets. Unless specifically noted, swimmers do not need to have a minimum qualifying time to participate in the meets. Most of our travel meets are 2-3 hours away. Swimmers are encouraged to attend as many meets as they are able – they are FUN team events and offer the swimmers a chance to celebrate their accomplishments.

During all meets, coaches are on deck with the swimmers. Coaches will send out arrival times for each session's required warm-ups. Swimmers should remain on deck from the start of warm-ups until the end of the session, or until the end of their last race. Parents are not permitted on deck or in the locker rooms during meets per USA Swim Safe Sport policies.

Heat sheets, which contain each swimmer's specific event information, are generally available by the evening before each meet, but this may change depending on the meet organizers. This information can also be found on the Event page for Team Unify and in the OnDeck App.

Travel: There will be meets scheduled throughout the course of the year. Due to our location, many will require a 2-3 hour drive. Depending on the session times, many families choose to spend the night in the local area. Occasionally, in an effort to keep these meets as "team" oriented as possible, we book a block of rooms for each travel meet. Blocked rooms often run at a lower fee due to the number of rooms that are booked. We will communicate booking information as the specific travel meets approach.

Meet Fees: Meet fees are billed to the swimmer's account the week prior to the meet.. A full explanation of each meet's fees can be found in the meet invitation on the team's event page. In general, families should expect to pay a surcharge for each swimmer entering the meet of \$10-20, plus an event fee for each event they enter (\$5-9 per event). The team also assesses each swimmer a Coaching Fee of \$25 to help offset expenses associated with coach travel for the meet. So, for a swimmer that attends a meet and swims five events, they should expect to pay between \$50- \$125, assuming the meet fees are within the ranges listed above. We encourage parents to review these fees before a meet and provide the coach with an entry limit if there is a budget you'd like to stay within.

What to Pack for Meets: Our Website and New Swimmer Guide has lots of suggestions for packing!

LSC Championships, Sectionals and Zones: In order to participate in these higher level USA Swimming Championship meets, swimmers will need to achieve a qualifying standard that is specific to their age and/or age group. The time standards for Southeastern Swimming can be found at https://www.teamunify.com/SubTabGeneric.jsp?team=szsslsc&_stabid_=25111 Sectionals and National time standards can be found here: <https://www.usaswimming.org/times/time-standards>

National Championships: Participation in these meets is by qualification only. Swimmers will need to achieve a time standard specific to their age and/or age group. National championship meets most times require significant travel.

Post-Season Meet Policy and Eligibility: The WAC Board is committed to fostering the growth and success of its post-season qualifying swimmers. "Post Season" refers to all Southeastern Swimming, USA Championship and USA National competitions and/or any other "championship" outlined and scheduled by the coaching staff. In order to qualify for each of these competitions, swimmers must meet the minimum qualifying time standard. These meets require significant travel and expense to both the team and the swimmer.

The WAC Board is committed to supporting its athletes and will make fundraising options and grants available to assist with some of the expenses.

SWIMMER CODE OF CONDUCT

As a Wiregrass Aquatics Club swim team member, I recognize and agree to the following Code of Conduct at all times while representing the WAC swim team.

I WILL:

- Always teach and practice good sportsmanship.
- Offer congratulations to my opponents, win or lose, and cheer for my teammates.
- Be humble in victory and courageous in defeat.
- Act and conduct myself with dignity and respect for others and the property of others. Respect all coaches on deck. This includes; Head Coach, Assistant Coaches, and Volunteer Coaches.
- Dress in a manner suitable to my position as a representative of the Wiregrass Aquatics Club.
- Be a positive role model to my teammates.
- Be a responsible goodwill ambassador between the sport of swimming and the public.
- Promote positive high team spirit and morale.
- Strive to do my best and encourage all team members to do the same.
- [Adhere to all team and facility rules.](#)

I WILL NOT:

- Behave in a manner that reflects negatively on my teammates, the WAC swim team or myself.
- Wear inappropriate attire.
- Use angry or vulgar language including swearing, name-calling or shouting.
- Have physical contact with another person in any angry or threatening way.
- Use or possess illegal chemicals or alcohol.
- Smoke while underage.

I understand that violating the Code of Conduct may cause me to be sent home from practice or a swim meet or dismissal from the team. This Code of Conduct remains in effect as long as I am a member of the Wiregrass Aquatics Club Swim Team.

PARENT CODE OF CONDUCT

As a parent of a swimmer and member of Wiregrass Aquatics Club, I will abide by the following guidelines:

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and practices.
- Maintain self-control at all times.
- Know my role:
 - Swimmers – Swim
 - Coaches – Coach
 - Officials – Officiate
 - Parents – Parent
- I understand that criticizing, name-calling, or use of abusive language or gestures directed toward the coaches, board members, other parents, officials and/or any participating swimmer will not be permitted or tolerated.
-
- Enjoy involvement with Wiregrass Aquatics Club by supporting the swimmers, coaches, and other parents with positive communication and actions.
- During competitions, questions or concerns regarding decisions made by meet officials will be directed to a member of our coaching staff. Parents address officials via the coaching staff only.
- I will support the coaches' decisions and if I have an issue will privately ask the coach
- [Adhere to all team and facility rules.](#)

I understand that violating the Code of Conduct may jeopardize my family's team membership. This Code of Conduct remains in effect as long as I am a member of the Wiregrass Aquatics Club Swim Team.

2025-2026 Wiregrass Aquatics Club Parent Contract

By signing this contract you are agreeing that you have read and will follow all rules and procedures outlined in the 2025-2026 Parent Handbook to include:

- Registration Fees for both the team and USA Swimming
- Monthly Fees based on level (Bronze, Silver, Gold) to include cancellation policy
- Understand that the coach determines swim level and may move them at any time
- Meet Fees (local and travel fees)
- Fundraising requirements
- Volunteering requirements
- Practice schedules and locations based on season
- Practice gear needed
- Swimmer Code of Conduct
- Parent Code of Conduct

This contract will remain in effect until the end of Short Course Season 2026.

Parent/Guardian Name (Printed)

Date Signed

Parent/Guardian Signature