



WELCOME TO THE RANCHO SAN DIEGUITO SWIM TEAM!

All of the Coaches warmly welcome you to RSD Swim Team. RSD Swim Team has provided an excellent, competitive, progressive, and positive swimming experience since 1986. We prepare all of our swimmers for success at every level in a highly motivational environment. Please carefully read through the information to become familiar with our team's policies and procedures.

About RSD

The Rancho San Dieguito Swim Team was established in 1986. From the start, the Boys & Girls Club of San Dieguito's Pardee Aquatic Center has been our community's leader in providing a safe place for children and adults to enjoy swimming. We have always been open to the entire community for swim lessons, recreational swimming, lap swimming, and a variety of other aquatic programs, such as our RSD Swim Team.

RSD Swim Team is known for its great coaching staff and its positive "family" atmosphere. Our professional coaches are all certified members of USA Swimming and the American Swim Coaches Association. They are dedicated professionals, who are committed to promoting the sport of swimming by emphasizing stroke development, work ethic and character development.

We have accomplished a lot during our team history of over 20+ years. Our swimmers have represented our team in many local competitions such as Junior Olympics. We have also competed nationally in Junior Nationals, U.S. Senior Nationals and the U.S. Olympic Trials. Our swimmers have earned millions of dollars in college scholarships to over 40 universities. We have a group for every swimmer, from the beginner all the way up to nationally ranked swimmers.

We strive to promote the health and self-esteem of our members through the pursuit of excellence in swimming. We are dedicated to providing a positive environment to develop the education and character of our members.

RSD Mission Statement

Rancho San Dieguito Swim Team strives to develop the health and self-esteem of our members through the pursuit of excellence in swimming. We are a values-based team committed to promoting the ideals of respect, integrity, leadership, quality, teamwork and excellence to our athletes both in and out of the pool. We are dedicated to providing a positive environment to cultivate the education and character of our athletes by offering a foundation, and an avenue for long-term athletic and personal success.

Boys & Girls Club of San Dieguito Mission Statement

The Boys & Girls Club of San Dieguito is an organization dedicated to providing POSITIVE activities to develop the education, health, self-esteem, and character of youth.



Lines of Communication:

Our lines of communication are always open. We will do our best to provide you with up-to-date and accurate information in a timely manner. Schedules, calendars, news and all general information regarding our team can be found on our website www.rsdschwimming.org. Our website will also enable parents to utilize the free "On Deck Parent" app which will allow you to keep your account info updated, track your swimmers' progress, check meet results, be up-to-date with team news, and much more. Team email blasts will continue to be our primary form of communication to inform you of all important upcoming events or requirements. Questions regarding billing, LOA, termination or general account info should be directed towards the team administration. Coaches should not be disrupted while on deck, please refrain from interrupting them during practice. Please email any individual questions or concerns to the appropriate coach, appointments may also be made. Do not call or text coaches on their private cell phones. Coaches contact info can be found on the website.

Head Coach & Aquatics Director: Joe Benjamin jbenjamin@bgcsandieguito.org

Aquatics Team Manager: Paul Mazzarelle pmazzarelle@bgcsandieguito.org

Head Age Group Coach & Billing: Brandon Staley bstaley@bgcsandieguito.org

RSD Newsletter

We have a monthly newsletter that includes information regarding swim team news, swim meet updates, swim meet deadlines, and other upcoming announcements. Each month we will email the newsletter to all team members. You may find a downloadable version of the current newsletter on the team website.

Our Website

For schedules, meet information, calendars, team newsletter and additional information please visit www.rsdschwimming.org.

USA-Swimming Registration

The RSD Swim Team, the coaching staff, and athletes are registered with USA-Swimming. Membership provides additional insurance for all swim team practices, activities, events and competitions. USA Swimming Athlete Registration is required for all team members. Regardless of meet participation or not.

USA Swimming Registration Instructions

- Complete "Athlete Registration Form"
 - Have an RSD coach sign-off on the age verification form—first time applicants only
- Turn-in completed "Athlete Registration Form" and check to the RSD swim office
 - Place in "Paul" mailbox
 - Make checks payable to "San Diego Imperial Swimming" (Not RSD)
- RSD will submit forms and payment every two weeks to San Diego Imperial Swimming

* Members joining September 1 through October 1 will receive instructions for team-wide bulk registration. Applicable members will be billed for the USA registration electronically and will not complete the instructions above.



Descriptions of Practice Groups

Practice Groups are organized in two tracks; development and competitive and subdivided into blocks by age 12 & Younger and 13 & Older; each track has a built-in progression for swimmers to advance when they meet qualifications for the next group (following our move-up/age-up schedule). A summary of the groups can be found at the end of this document.

Group Move Ups

Step 1. Progress Check

Progress checks will be offered as a workout at the level and intensity of the next practice group, during their regularly scheduled practice. Progress check dates will follow the posted schedule and will be announced in the monthly newsletter with a primary day, as well as one designated make-up option. Only official progress check sets implemented by coaches on the designated days will be considered valid for move-ups. Swimmers will be evaluated on how mechanically sound they are in their strokes, as well as their speed and ability to perform on intervals without sacrificing their technique. Swimmers must meet the practice attendance requirements of the next group and meet attendance will also be taken into consideration. Subjective criteria that will be up to the coaches' discretion will include maturity, as well as attitude and work ethic in determining whether or not the athlete can handle the elevated workload. Progress check set intervals will be dynamic, constantly evolving and potentially changing from quarter to quarter with the progression of the team. Coaches will also take care to preserve the integrity of the group size so that coach to swimmer ratios are maintained, allowing for the most productive environment possible.

Step 2. Visits

Swimmers who have passed the progress check and coaches criteria will often be given visits for one month as a transition period.

****Receiving coaches reserve the right to defer the move-up to a later date if deemed appropriate****

Step 3. New Group Placement

The swimmer and parents will be notified by the end of the month to confirm if they have qualified for the next group. The new group placement will start at the beginning of the month and any monthly billing changes will be effective on the first of the month.

Advancement from Age Group Track to Senior Group Track

To maintain social continuity within our practice groups, 13-year-old swimmers in our Age Group practice groups will be selected to move into an appropriate level Senior Group. These "age-ups" will follow the posted move up schedule.

****Swimmers will not automatically move groups on their thirteenth birthday****



Team Uniform

As part of our annual registration fee; all swimmers receive an apparel package with team suit, cap, and tee. RSD Swim Team members are expected to wear the RSD team uniform at all swim meets; which includes specific swimsuits, RSD team caps only, and proudly wear RSD team shirts, warm-ups, etc. Our swimsuit guidelines are below.

Practice Suits Practice suits must be conducive to training: should not create any distractions or require any adjustments throughout a rigorous workout, and must be respectful of the Boys & Girls Club and RSD's atmosphere and culture.

Competition Suits (3 Categories)

CAT 1 – All Non-Championship USA Swim Meets & RSD Club Meets	
	Brand & Style – suit must be Navy and/or Red
Male	Speedo: Endurance Jammer
	Speedo: Endurance Brief
	Speedo: Aquablade Jammer
Female	Speedo: Endurance (any style of straps)
	Speedo: “The One”
	Speedo: Aquablade

CAT 2 – Championship USA Swim Meets (must be a Trials/Finals format)	
	Brand & Style – suit must be Navy and/or Red; Black is also approved for tech suits only
Male	Speedo: Endurance Jammer
	Speedo: Endurance Brief
	Speedo: Aquablade Jammer
	Speedo: “Tech Suit” of your choosing ➤ swimmer must be age 13 and older at competition
Female	Speedo: Endurance (any style of straps)
	Speedo: “The One”
	Speedo: Aquablade
	Speedo: “Tech Suit” style of your choosing ➤ swimmer must be age 13 and older at competition

*Note: swimmers qualified for a “Tech Suit” may ONLY WEAR THE TECH SUIT AT SPECIFIED CHAMPIONSHIP SWIM MEET. Tech suits will not be worn at non-championship USA swim meets without prior coach approval. See your coach for more info.

CAT 3 – Olympic Trials	
	Brand & Style – any color!!
Male	Speedo: “Tech Suit” style of your choosing
Female	Speedo: “Tech Suit” style of your choosing



Swim West is our exclusive Team Dealer.
Visit the retail store or [click here](#) for the online store
<< passcode: gorsd (case-sensitive)



Apparel Pick-up:

The RSD Team Package: cap, tee, and suit will be collected at Swim West.

This apparel package is available at our team dealer, SwimWest. Instructions for apparel sizing/ordering/pick-up can be found using the Google Doc here: [SwimWest Apparel](#)

PARENT CODE OF CONDUCT

As a parent of a swimmer and member of Rancho San Dieguito Swim Team, you 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.
- Encourage our Team Values: Respect, Integrity, Leadership, Quality, Teamwork, Excellence
- As a parent, you 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. Parents must stay in the bleachers during workouts.
- Demonstrate good sportsmanship by conducting yourself in a manner that earns the respect of your child, other swimmers, parents, officials and the coaches at meets and practices.
- Maintain self-control at all times.
- Know your role.
 - Swimmers – Swim
 - Coaches – Coach
 - Officials – Officiate
 - Parents – Parent
- Understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- Enjoy the involvement with the Rancho San Dieguito Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
- During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

****Should you conduct yourself in such a way that brings discredit or discord to Rancho San Dieguito Swim Team, or USA Swimming, you voluntarily subject yourself to disciplinary action. RSD maintains the right to terminate any membership with or without cause in the interest of our vision, mission, and objectives****



Billing

Payment is due on the 1st of the month. Auto-payments will be processed on the 1st, check or cash payments must also be received by that date. Late payments submitted after the 15th of any month will incur a \$10 late fee.

*Siblings receive a \$10 discount per month

All RSD swimmers will see an Annual Registration Fee. Current team members will be billed on September 1, yearly. New members will be billed the first month they join.

\$100 Annual Registration Fee includes RSD team cap, team tee, and team suit

Scholarship Applications

Scholarships are available for those who qualify. RSD follow the school lunch program model. If you qualify for reduced or free school lunch, then then you will qualify for reduced monthly dues.

For more info please contact: Paul Mazzarelle at pmazzarelle@bgcsandieguito.org

Leave of Absence (LOA) and Termination:

If your child is going to miss or stop swimming for an extended period of time, you must notify the billing office by emailing bstaley@bgcsandieguito.org at least 7 business days prior to the billing which takes place on the 1st of every month. Refunds will not be given after payment has been received. There are two options: leave of absence or termination. By requesting a leave of absence, you are reserving your child's place on the team. LOA must be approved by aquatics billing. A swimmer may be absent for up to 2 months on LOA and the monthly rate is reduced by 45% during this time. This payment will hold a swimmer's spot on the team. If you decide not to pay the LOA fee your child will not have a spot on the team and will be placed on a waitlist upon return. If your child will be taking an LOA for two or more months, they will need to be evaluated by their coach before they return.

Swim Meet Sign-Up

All USA swim meet entries are done online, on our website. Upcoming meet sign-ups can be found on the home page of our website rsdswimming.org. Please look at this "Meet Sign-Up" explanatory PDF if you are having trouble signing up for a meet. All parents are required to volunteer at meets that your swimmer is participating in.

RSD Club Meet entries are turned in at the pool office (no online option).



Volunteer Sign Ups

Volunteer shifts will be required for all families attending a USA swim meet. Depending on the timing requirement assigned to RSD (as determined by the host team), each family can expect a 1- to 2-hour timing shift at each session you have a child competing. Families of first-time swimmers or families with working officials are exempt (but we could use your help if available!).

Available Positions: Along with the timing shifts, we are adding additional important jobs. Signing up for one of the new jobs replaces the obligation of signing up for timing shift.

Family Volunteer Details:

On approximately the Wednesday before a meet, we will email online sign-up with specified jobs and time slots. Families will have the opportunity to select their desired job or timing shift on a first-come-first served basis. We will ALWAYS have enough jobs available for each family to sign up. The family sign-ups will close at Midnight Thursday. RSD Staff will assign remaining time slots with families that have not signed up. The final timing assignments will be posted Friday afternoon prior to the meet.

Family Buy-Out (Single Event):

Families who are unable to fulfill a required timing shift for any reason (scheduling conflict, too busy, parent not attending, etc.) now has the option to “buy-out” of your shift for \$25 per session. A specific link will be available to buy-out with a deadline that corresponds to the timing shift signup deadline (typically Midnight on the Thursday before the swim meet).

Family Buy-Out (Additional Options):

1. 6-month volunteer buy-out option: \$300
2. 12-month volunteer buy-out option: \$500

Missing Timers:

If a timing shift is missed a fee of \$25 per missed session will be billed to families that do not fulfill their timing obligation. The fee will be assessed within one week following the last day of the meet. There will not be a fee for families that do not attend a registered day (i.e., athlete illness and family does not attend the meet).

Time-Block Changes:

The duration of the timing shifts selected by families (and those assigned by RSD Coaching staff) are subject to change based on the final number of buy-outs. We anticipate shifts will vary from swim meet to meet but will be approximately one hour in length.

THE PRIMARY OBJECTIVE OF THE FAMILY SWIM MEET VOLUNTEER POLICY IS TO SHARE EQUALLY THE REQUIRED TIMING/OFFICIATING REQUIREMENTS SET BY THE HOST TEAMS.

Be a great teammate! – we strongly recommend families who have swimmers competing in the last events of the day to select the latest time slot. You will be there anyway and this will help other families from potentially having to stay and time when their child/ren are already finished racing for the day.



Job Details:

1. Timer: Will serve as designated timer/recorder during competition.
2. Canopy Delivery: Will collect canopies at pool the day before and deliver/set-up at swim meet. Volunteer must be willing to arrive early to secure the desired spot for RSD. A larger vehicle/truck will be needed to transport canopies.
3. Canopy Return: Will stay until the end of the meet and tear-down and return canopies to BGC on a weekday following the swim meet. A larger vehicle/truck will be needed to transport canopies.
4. Substitute Timer: Will fulfill a timing shift if a parent no-shows and we have an empty chair, we may have multiple substitutes depending on the number of swimmers entered in the swim meet. Substitute must be available for the entire session. If you are not needed as a substitute for a particular session, you will still receive credit for completing your shift.
5. Volunteer Manager: Primary role is confirming that we have “butts in seats” and securing a substitute if a timer no-shows. The volunteer manager is also responsible for communicating missing timers to designated RSD staff at the conclusion of the meet. The volunteer manager will also serve as the last option substitute if the substitute pool is exhausted.
6. Working Official: Current USA certified USA Swimming official.
 - a. Becoming certified to officiate at swim meets is highly encouraged for parents of swimmers at all levels. All costs incurred for certification will be reimbursed by RSD, and 50% off of dues will be offered for one child in the family, and 25% off of dues for each subsequent children the family
 - b. (minimum requirement of officiating 3 meets per season).

RSD Lesson Policy

The Coaching staff at RSD acknowledges that some swimmers and parents may want some private one-on-one time with our coaches to help stroke and other technique improvements. We understand the need for this, and we are supportive of families discussing and fulfilling this need with our coaches. However, we do require that any private lessons are done with certified coaches on the current Rancho San Dieguito swim team staff. Lessons taken outside of RSD swim team are not permitted and can result in dismissal from RSD. This policy is in the best interest of our athletes to insure that they are not receiving confusing or conflicting information from multiple sources. It also empowers our coaching staff as it provides them with more opportunities to work positively with our swimmers and build relationships based on trust and confidence. We are serious about this policy and if we find out that swimmers have been doing lessons outside of RSD, we will have no choice but to suspend and/or dismiss the swimmer from the team.

Addendum

In an effort to provide our members with additional private lesson opportunities, while adhering to our team policy, we are providing the following additional alternative: Personal technique sessions with RSD Certified Instructors are available to RSD Swimmers at Swim Labs, Encinitas. RSD has partnered with Swim Labs to create a curriculum that closely adheres to RSD teaching guidelines and philosophies. This curriculum ensures that the certified instructors from Swim Labs that will administer the lessons to RSD Swimmers have met our criteria, use the same language, and share technical philosophies. Contact Mason Bailey at Swim Labs.



USA Swimming Safe Sport/MAAPP

Safe Sport and MAAPP are programs in USA Swimming designed to protect athletes, coaches, and parents that are involved in USA Swimming programs across the country. As a USA Swimming member club, RSD is dedicated to the safety of our athletes, coaches, and parents. As such RSD upholds the policies laid out by USA Swimming in this regard.

If you have any questions regarding Safe Sport or MAAPP you can check out the Safe Sport section of our website or reach out to Brandon Staley at bstaley@bgcsandiego.org

Best Practice Guidelines recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Coaches should not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
4. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
5. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
6. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
7. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
8. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
9. Coaches should avoid having athletes that are their favorites. They should also avoid creating a situation that could be perceived as them having favorites.
10. Gift-giving, providing special favors or showing favoritism to individual athletes is strongly discouraged.

Current Athletes 18 years or older

Every current USA Swimming adult athlete member is required to annually complete Athlete Protection Training. As athletes turn 18 years old, they will have 30 days after their birthday to complete the training. Members can find the training on the USA Swimming LEARN platform or on the RSD Website under the Safe Sport section.

Safe Sport Training for Swimmers or Families

While not required, it is strongly encouraged for all RSD swimmers and families to take the FREE Safe Sport training available through the USA Swimming Website. The link can also be found on the RSD Website under the Safe Sport section.



GROUP	DESCRIPTION	EQUIPMENT	ATTENDANCE/ SWIM MEET REQUIREMENTS Will be updated with a return to normal (non-covid) practice schedule
Corvina (weekend only)	This group is for swimmers who can swim backstroke and freestyle and are learning to master the mechanics of butterfly and breaststroke. Age: 12 & Under	Cap Goggles Speedo Fins	Attendance Requirement: Minimum: 2 practices/week Competition Requirement: Participation in club meets is encouraged at this level. —
Zebra Shark (weekend only)	This group is for swimmers who can swim backstroke and freestyle and are learning to master the mechanics of butterfly and breaststroke. Age: 12 & Under	Cap Goggles Water Bottle Speedo Fins	Attendance Requirement: Minimum: 2 practices/week Competition Requirement: Must attend at least 2 USA swim meets per season
Leopard Shark	This group is for swimmers who can confidently swim all four of the competitive strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique. Competition at swim meets is encouraged. Age: 12 & Under	Cap Goggles Water Bottle Speedo Fins	Attendance Requirement: Minimum: 2 practices/week Competition Requirement: Must attend at least 2 USA swim meets and successfully complete the USA Swimming IMR program
Red	This group is for swimmers with competitive knowledge of the four strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique. Swimmers in this group are required to attend swim meets. Age: 12 & Under	Cap Goggles Water Bottle Speedo Fins	Attendance Requirement: Minimum: 3 practices/week Competition Requirement: Required to attend USA swim meets and successfully complete the USA Swimming IMX program
White	These swimmers participate in monthly swim meets and continue to improve stroke technique while building endurance and conditioning. Swimmers in this group are required to attend swim meets. Age: 12 & Under	Cap Goggles Water Bottle Speedo Fins Snorkel Running Shoes	Attendance Requirement: Minimum: 3 practices/week Competition Requirement: Required to attend USA swim meets and successfully complete the USA Swimming IMX program
Blue	This group is for motivated, goal oriented swimmers who want to be the best they can be in competitive swimming. Workouts integrate endurance, speed, and stroke technique. This is a competitive group with training and competition criteria. Age: 12 & Under	Cap Goggles Water Bottle Speedo Fins Paddles Snorkel Running Shoes	Attendance Requirement: Minimum: 4 practices/week Competition Requirement: Required to attend USA swim meets and successfully complete the USA Swimming IMX program
Senior Silver	The introductory senior group that focuses on stroke technique development, building endurance, conditioning, and competition. Age: 12 & Over	Cap Goggles Water Bottle Speedo Fins Snorkel	Attendance Requirement: Minimum: 3 practices/week Competition Requirement: Participation in meets is required at this level; minimum 3 per season, —



Senior Gold	The beginner to novice senior group that focuses on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into our competitive senior levels. Age: 12 & Over	Cap Goggles Water Bottle Speedo Fins Snorkel	Attendance Requirement: Minimum: 3 practices/week Competition Requirement: Participation in meets is required at this level; minimum 3 per season.
Senior Red	The introductory competitive group at the senior level focusing on improving technique, building endurance and preparing for competition. Age: 12 & Over	Cap Goggles Water Bottle Speedo Fins Running Shoes Flashlight	Attendance Requirement: Minimum: 4 practices/week Competition Requirement: Participation in meets is required and encouraged at this level; 1 per month.
Senior White	The intermediate senior group that focuses on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels. Age: 13 & Over	Cap Goggles Water Bottle Speedo Fins Paddles Snorkel Running Shoes Flashlight	Attendance Requirement: Minimum: 5 practices/week Competition Requirement: Participation in meets once per month is expected.
Senior Blue	The competitive senior group focusing on building endurance, conditioning, and stroke skills while emphasizing competitive success at high school and local/regional competitions. This group prepares swimmers to move up to the Senior Championship Prep group. Age: 13 & Over	Cap Goggles Water Bottle Speedo Fins Paddles Snorkel Running Shoes Flashlight	Attendance Requirement: Minimum: 5 practices/week Competition Requirement: Participation in meets once per month is expected.
Senior Championship Prep	The advanced senior group focusing on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and the Championship group. Age: 13 & Over	Cap Goggles Water Bottle Speedo Fins Zoomers Paddles Snorkel Running Shoes	Attendance Requirement: Minimum: 6 practices/week Competition Requirement: 1-2 per month and minimum of 4 13-14 JO qualifying time standards
Senior Championship	Swimmers in this group are competitive and committed swimmers with championship results and qualifying times for local and regional competitions. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming. Age: 13 & Over	Cap Goggles Water Bottle Speedo Fins Zoomers Paddles Snorkel DragSox Running Shoes	Attendance Requirement: Minimum: 8 practices/week Competition Requirement: 1-2 per month and Sectional Qualifying times
National	Swimmers in this group are competitive and committed swimmers with USA Swimming regional/national qualifying times. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming. Age: 13 & Over	Cap Goggles Water Bottle Speedo Fins Zoomers Paddles Snorkel DragSox Running Shoes	Attendance Requirement: Minimum: 8 practices/week Competition Requirement: 1-2 per month and Sectional Qualifying times