



OLYMPUS AQUATICS
OFFICIAL SWIM TEAM
HANDBOOK
2016-2017

www.olympusaquatics.com

September, 2016

NOTES**Olympus Aquatics Contacts**

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Q: My child no longer wants to be on the team. Who do I need to notify?

A: You must formally withdraw from the team so that you will no longer be charged for the monthly or quarterly Swim Fees. You must submit the Olympus Aquatics Withdrawal Form, and notify either the Head Coach or the Registrar, letting them know the date of your child's last day.

Q: Are we still responsible for the fundraising obligation even if we don't participate in any meets?

A: Yes. The fundraising obligation is due for all groups except Pre-competitive, Novice, Returning College and Flex, whether or not swimmers participate in meets.

Q: Are we still responsible for the fundraising obligation even if we only take lessons?

A: No.

Q: Can I write a check for the obligation instead of fundraising this amount?

A: Yes.

Q: What are the different ways I can fulfill our obligation?

A: Fund raising opportunities are provided throughout the year and the cash value will be credited to your obligation. You will be given more information regarding the cash value of items prior to each fundraiser. Credit can only be given for monies received. Unpaid commitments will not receive credit until paid in full.

OLYMPUS AQUATICS CLUB

Welcome to the great sport of competitive swimming and Olympus Aquatics. We believe members of Olympus Aquatics enjoy one of the greatest and most rewarding athletic experiences available.

Olympus Aquatics is a licensed USA Swimming club that offers year-round training, lessons, and competition. Olympus Aquatics provides swimmers novice to elite with local, state, and national level competitive opportunities. Individuals are grouped according to age and ability level to promote successful progression and development. Through personal achievements in swimming, individuals develop self-discipline, confidence, sportsmanship, and greater physical conditioning. Olympus Aquatics swimmers build friendships and a life-long appreciation for aquatic fitness.

Our members learn the value of hard work and dedication and develop the moral and ethical qualities necessary to become productive members of our community. By teaching self-discipline, respect and goal-setting skills, we are instilling a sense of pride in our members that is carried with them into the community. Although Olympus Aquatics is proud to have State Champions and Nationally Ranked athletes, we are just as proud of the swimmers who reach less prestigious goals. Obtaining a first "B" cut, making a relay team, or simply making it to the end of the pool without stopping are recognized as significant achievements by our coaching staff. Swimmers enjoy the benefits of team comradery and sportsmanship without having to sit on a sideline, warm the bench, play right field, or be the last pick.

This handbook outlines the responsibilities and policies of the team. Please take time to read this handbook and become familiar with competitive swimming and Olympus Aquatics.

Thank you for joining Olympus Aquatics!

MISSION STATEMENT

Olympus Aquatics' mission is to educate individuals of all ages on the benefits of an aquatics based active lifestyle, challenge and improve physical health, while providing a safe avenue for personal development.

VISION STATEMENT

Our vision is to be among the best swimming clubs in the country by providing our community with great learning opportunities, great training opportunities, great relationships, and the greatest most rewarding total athletic experience possible.

TEAM STRUCTURE

Olympus Aquatics (OA) is a 501 (C) (3) non-profit corporation created to provide aquatic programs to participants of all levels and abilities in the greater Salt Lake area. The team is directed on a daily basis by the head coach and the assistant coaches. The head coach was hired by the Board of OA, and it is the responsibility of the head coach to hire the assistant coaches with the approval of the Board of OA. All policies of the swim team must adhere to the overall vision, goals, and policies of OA.

In addition, there is an OA Parent Association which supplies necessary administrative and financial support for the team. All swim team members who are 18 years of age or older and parents of swimmers under the age of 18 are automatically members of this group. The purpose of the OA Parent Association is to provide the volunteer leadership necessary to perpetuate the program's success. Responsibilities of this group include the planning and execution of various team functions, events, fundraisers, equipment purchase and maintenance. OA welcomes your involvement and participation. Please contact a member listed on the accompanying Contact Information page to express your interest in volunteering.

OA is a member of the Utah Local Swimming Committee (LSC) which is a subdivision of USA Swimming. USA Swimming is the national governing body for amateur competitive swimming in the USA. USA Swimming is responsible for selection of the USA National

FREQUENTLY ASKED QUESTIONS

Q: At what point do I become obligated to pay the Quarterly Swim Team Dues and Annual Participation Fees?

A: One day of swimming in a quarter, constitutes an obligation to pay the entire quarter's fees. Daily attendance is taken by the coaches and will be used to verify each quarter's billing obligation. For your convenience, quarterly payments can be divided into three evenly divided monthly installments. Quarterly fees will be prorated for new swimmers, but new swimmers must pay at least the first monthly installment of the quarterly swim team fees and the full annual participation fee within 10 days of their first practice, or the swimmer will not be allowed to swim. Need based scholarship applications to cover team fees are available upon request.

Q: If my child decides not to swim on the team any longer, how do I get my meet fee money back?

A: Families are responsible to pay all entry fees in which their swimmer(s) has been entered. Once the meet entries have been sent to the host team, the entry fees are non-refundable if the swimmer cannot participate.

Q: What happens if I do not pay my fees?

A: If for some reason you are not able to pay fully one or more of the swim team fees, please contact either the Head Coach or the Registrar to make arrangements. If your fees are not paid in a timely manner and you have not made other arrangements, your swimmer(s) will not be allowed to participate on the team. In addition, notification of non-payment will be sent to USA Swimming, blocking attachment to any other USA team until fees are paid in full or other payment options have been arranged with the team Registrar. Also, remember that need based scholarship applications are available upon request.

Q: What and where are "Drop Boxes"?

A: All payments to Olympus Aquatics may be deposited in the drop boxes located at the Olympus High School Pool.

VOLUNTEER OBLIGATION

Parent(s) are required to volunteer a minimum of 36 hours per year (September 1 through August 31) at a rate of ≥ 9 hours per quarter in service to Olympus Aquatics. Additional hours may be required for special events. New Members joining after September 1st will be responsible for a prorated number of service hours (three hours per month) beginning with the swimmer's first day of practice. Meet volunteers must sign up online on the event page and must also "sign in" and "sign out" on the volunteer list at the meet to receive credit for total hours worked. Other volunteer hours outside of meets should be documented and submitted to the Volunteer Coordinator to receive credit. Volunteers play a crucial role in the success of our program and keep costs down; moreover, it is a great way to make friends and have fun. Uncompleted hours at the end of each quarter will be billed at \$10 per hour. Any member family unable to fulfill their volunteer hours may choose to "Opt out" by paying \$360 per membership year.

NEED BASED SCHOLARSHIPS

The board, staff, and coaches of Olympus Aquatics believe that swimming should be accessible to everyone. Olympus Aquatics may be able to offer an aquatic scholarship based on financial need. Please contact the board president or head coach if you or someone you know would like to be considered.

All Checks are to be made payable to:

******* Olympus Aquatics *******

Payments may be deposited in the drop box at the pool or mailed to:

**Melissa Stringham
1917 East 3780 South
Salt Lake City, Utah 84106**

Teams, which compete at the Olympics, World Championships, and other international competitions. OA athletes may compete in local, regional, and national USA Swimming meets as well as locally organized novice programs.

FACILITIES

Olympus Aquatics is proud to call Olympus High School home. The new eight lane state of the art pool was completed in 2014.

Olympus High School Pool
4055 South 2300 East
SLC, Utah 84124

TRAINING GROUPS

Olympus Aquatic's group lessons and training programs are designed to complement each other and provide a swimmer with goal oriented progression. Initial group placement is determined by a swimmer's age, ability, personal objectives and attendance.

Age Group One

Schedule: 4:00 PM – 5:00 PM, Monday – Friday (Olympus)

AG1 Objective: Introduce young swimmers to competitive swimming and training. Focus on learning correct stroke mechanics, teach proper training habits, lane etiquette, sportsmanship, and make swimming fun.

Prerequisites:

- Ages 12 and Under.
- Swimmers must be able to swim the length of the pool in each of the four competitive strokes; freestyle, backstroke, breaststroke, and butterfly.
- Swimmers must be able to safely perform a shallow entry dive.
- Recommended attendance to three or more workouts per week.
- Recommended attendance to one or more meets per month.
- Must be registered with USA Swimming.

Age Group Two

Schedule: 4:00 PM – 5:00 PM, Monday – Friday (Olympus)

AG2 Objective: Prepare swimmers for competitive opportunities. Develop swimmer's aerobic base, further refine stroke mechanics, and introduce competition specific intensities.

Prerequisites:

- Ages 14 and Under.
- Swimmers must be able to swim the length of the pool in each of the four competitive strokes; freestyle, backstroke, breaststroke, and butterfly.
- Swimmers must be able to safely perform a shallow entry dive.
- Recommended attendance to three or more workouts per week.
- Recommended attendance to one or more meets per month.
- Must be registered with USA Swimming.

Age Group Three

Schedule: 5:00 PM – 6:30 PM, Monday – Friday (Olympus)
10:00 AM – 11:30 AM, Saturdays (Olympus)

AG3 Objective: Develop swimmer's aerobic base, endurance, and race pace intensity. Develop competitive techniques and prepare swimmers for LSC Championships.

Prerequisites:

- Ages 10 to 14
- Age 10 must meet the NAG 'AAA' Motivational Time Standard.
- 11-12 must meet the NAG 'A' Motivational Time Standard.
- 13-14 must meet the NAG 'BB' Motivational Time Standard.
- Recommended attendance to four or more workouts per week.
- Recommended attendance to one or more meets per month.
- Must be registered with USA Swimming.

Age Group Four

Schedule: 5:00 PM – 6:30 PM, Monday – Friday (Olympus)
8:00 AM – 10:00 AM, Saturdays (Olympus)

AG4 Objective: Develop swimmer's aerobic base, endurance, and race pace intensity. Refine competitive techniques and prepare swimmers for Zone / LSC Championships.

Prerequisites:

- Ages 10 to 14

INACTIVE ACCOUNT

In the event that a swimmer is temporarily unable to attend OA meets or training due to unforeseen conditions, a hold may be placed on the account. A monthly charge of \$20 will be assessed to maintain the swimmers current registration with Olympus Aquatics and USA Swimming. This must be arranged 30 days prior to the billing period (quarterly / monthly). A credit will not be provided.

ANNUAL PARTICIPATION FEE

All swimmers must pay an Annual Participation Fee. For new swimmers, this must be paid within 10 days of your child's first practice. This fee covers the mandatory USA Swimming Registration Fee, one Team swim cap, one Team t-shirt, and an Administrative/Supply Fee. The Annual Participation Fee is non-refundable.

FUNDRAISING OBLIGATION

The swim team incurs over \$25,000 in expenses each year in addition to those mentioned above. These expenses include equipment storage rental, coaches' expenses (USA registration, education, certification, team shirts, banquet meals, etc), meet fee subsidies, social events, awards and other projects voted worthy by the Board and Parent's Association. To offset these expenses, we must FUNDRAISE.

To be fair for all families, **the Board has created a policy that requires each family to cover a specified Minimum Fundraising Obligation of \$100 per year per family. This will be prorated for seasonal members.** This fee can be paid personally or easily be raised through the fundraising opportunities made available throughout the year. All money raised will be used to benefit OA and fulfill the needs of the team.

Fundraising credits are not refundable as cash. If you leave the team without paying your fundraising obligation to-date, your account balance will be applied to your obligation and we will seek reimbursement for any additional amount owed.

Remember to bring a cooler with drinks and food. Most of the time the host team has a concession stand where food and drink can be purchased, but this is not always the case, and the choices they have may not be what your swimmer likes to eat.

Bring items that are light, but filling like:

Water/Gatorade	Power bars
Cut up fruit/vegetables	Slices of lean ham or tuna
Bagels, whole wheat crackers	Peanut butter sandwiches

Good hydration is critical for swimmers at all times, but it is particularly important at meets, whether indoors or out. Please encourage your swimmer to drink water before, after and throughout the meet.

Do not give your swimmer:

Sodas or dairy products high in fat
A huge meal before competing
Fatty, spicy or high fiber foods
Candies or items with a lot of sugar

Make sure that the swimmers eat a good meal the night before so they have plenty of energy the next day. At Championship meets or meets with prelims and finals, make sure your swimmers eat a good meal and get plenty of rest before returning for finals.

TEAM DUES AND BILLING

This fee goes toward the coaches' pay, operational costs, and pool rental. OA must make commitments for our pool contracts and staff months in advance. Swim team fees will be billed quarterly or monthly with a year commitment. Team dues are based on our annual budget. Team breaks and holidays are already taken into consideration. No discounts will be given for team breaks or holidays. Fees are considered late if your payment is received after the 20th of each month. A late fee of \$10 will be assessed to late payments. If dues are not paid by the 15th of the following month (45 days), swimmers(s) may not be allowed to practice or attend meets. The full monthly fees apply whether a swimmer is present one day or all days during the month; rates are not pro-rated.

- Age 10 must meet the NAG 'AAAA' Motivational Time Standard.
- 11-12 must meet the NAG 'AA' Motivational Time Standard.
- 13-14 must meet the NAG 'A' Motivational Time Standard.
- Required attendance to four or more workouts per week.
- Required attendance to one or more meets per month.
- Must be registered with USA Swimming.

Senior Group One

Schedule: 2:00-4:00 PM, Monday – Friday (Olympus)
8:00 AM – 10:00 AM, Saturdays (Olympus)

SG1 Objective: Introduce senior swimmers to competitive swimming and training. Focus on learning correct stroke mechanics, proper training habits, lane etiquette, and rules of competition.

Prerequisites:

- Ages 15 and Over
- Recommended attendance to four or more workouts per week.
- Must be registered with USA Swimming.

Senior Group Two

Schedule: 2:00-4:00 PM, Monday – Friday (Olympus)
7:00 AM – 8:30 AM, Monday & Wednesday
(Olympus- Summer Only)
8:00 AM – 10:00 AM, Saturdays (Olympus)

SG2 Objective: Develop swimmer's aerobic base, endurance, and race pace intensity. Refine competitive techniques, stroke mechanics, and prepare swimmers for LSC Championships.

Prerequisites:

- Ages 15 and Over
- Recommended attendance to four or more workouts per week.
- Recommended attendance to one or more meets per month.
- Must be registered with USA Swimming.

Senior Group Three

Schedule: 2:00-4:00 PM, Monday – Friday (Olympus)
8:00 AM – 10:00 AM, Saturdays (Olympus)

SG3 Objective: Develop each swimmer's competitive techniques, aerobic base, endurance, and race pace intensities for National

and Collegiate level training and competition. Prepare swimmers for State, Sectional, and National Championships.

Prerequisites:

- Ages 15 and Over
- Required attendance to five or more workouts per week.
- Required attendance to one or more meets per month.
- Must be registered with USA Swimming.

National Team (NT) – The National Team is Olympus Aquatic's highest level swimming group. Participation at this level is by invitation only. NT swimmers are actively preparing for competition at the national level and/or college swimming. NT swimmers are subject to elite level training and conditioning. Swimmers are expected to meet training requirements including: diet and nutrition, goal setting, dry land workouts, attendance and punctuality minimums, as well as demonstrate good decision making and sportsmanship.

Requirements:

- Invitation from Head Coach.
- Must punctually attend a minimum of 6 - 9 swim workouts per week.
- Swimmers are required to attend season championship meets as well as local, state, and national meets.
- Must sign letter of commitment with Olympus Aquatics.
- Must be currently registered with USA Swimming.
- Ages: 15 and up.

Location: Olympus High School Pool

Masters (M) – Masters is designed to accommodate all levels of adult swimming from novice to elite. Coaches on deck provide structured practices and technical feedback. Swimmers are grouped by ability and challenged accordingly.

Requirements:

- Must be able to swim two lengths of the pool unassisted.
- It is recommended that swimmers consult with their physician when beginning a new exercise routine.
- No minimum attendance required.
- Must be currently registered with United States Masters Swimming.
- Ages: 18 and over.

Location: Olympus High School Pool

WHAT TO BRING TO A SWIM MEET

For swimmers:

- At least 2 towels
- 2 caps
- 2 pairs of goggles (tinted for outdoor, sunny meets)
- 2 suits
- Water Bottle
- Chair
- Sharpie
- Sunscreen/ chap stick
- Always bring a light windbreaker or sweatshirt sweatpants, and shoes. Sometimes it gets chilly for the swimmers while they are waiting for their events.
- Money to buy a heat sheet (a heat sheet is a program that has the order of the events and other important information such as in which lane your swimmer is going to swim etc) Heat sheets sell anywhere from \$2.00-\$12.00 depending on the size of the meet.
- iPod, book to read, playing cards, homework, etc. (sometimes there is a lot of waiting between events.)

For parents:

- Sunglasses
- Pain relief
- Water bottle
- Blanket
- Cooler
- Pen to write your child's time
- A highlighter to mark OA swimmers' events and lane assignments on the heat sheet
- A sharpie. Some swimmers like to write their event and lane numbers on their arms to make sure they are in the right place at the right time.
- Portable folding chairs (sometimes there are bleachers for parents and swimmers to sit down, but the bleachers are not always large enough or in the best location)
- An umbrella or poncho for protection from the rain. Remember swimming is not cancelled for rain unless there is lightning.

AGE GROUP SWIMMING

Swimmers will compete against other swimmers of the same age and gender. Age is determined by how old the child is on the first day of the meet. Competition is separated into the following age groups: 10 and under, 11-12, 13-14, and the Senior Group of swimmers 15 and older.

TEAM EQUIPMENT AND APPAREL

Suits: ALL swim team members are to wear an OA team suit to all competitions. Ideally, this suit will have our team logo affixed to the front of the girl's suit and back of the boy's suit. A plain black suit will suffice in lieu of an actual team suit. Boys may wear either a brief or jammer style of suit in the appropriate color and brand. In addition, only team caps should be worn by swimmers at meets.

Additional team apparel and equipment: Team apparel may be ordered from our online team store or through our Gear/Apparel Coordinator (see contacts page). Aquaholics provides additional gear and fittings.

Olympus Team Store: If you need to buy team T-shirts, team caps, required team equipment, or other items you may also contact the gear Coordinator. The team generally keeps a supply of caps on hand for immediate needs at practices and meets. **All team equipment may be ordered from our Team Store online at www.olympusaquatics.com.**

REQUIRED TRAINING EQUIPMENT (R)/OPTIONAL EQUIPMENT (O)

Gear	AG1	AG2	AG3	AG4	ST	NT	M
Goggles	R	R	R	R	R	R	R
2 Caps	R	R	R	R	R	R	O
Parachute	O	O	R	R	R	R	O
Rubber Fins	R	R	R	R	R	R	O
Water bottle	R	R	R	R	R	R	O
Mesh bag	O	O	O	O	O	O	O
Swim Paddles	R	R	R	R	R	R	O
Snorkel	R	R	R	R	R	R	O
Pull Buoy	R	R	R	R	R	R	O
Drag suit	R	R	R	R	R	R	O

Please Write Your Swimmer's Name on All Equipment!

LESSON GROUPS

Olympus Aquatics Group Lessons are structured learning environments, with limited enrollment size. Each class aims to group individuals of like age, ability, and maturity. Class instructors endeavor to engage all the students while ensuring that each and every individual makes progress toward the class objectives.

Stroke Development Group Swim Lessons (SD) – Develop the correct stroke mechanics of freestyle, backstroke, breaststroke, and butterfly. Swimmers may also learn a dive entry from the standard starting blocks. Strongly recommended for swimmers beginning swim team.

Class Size: 10

Requirements:

- Children who can swim the 25-yard length of the pool freestyle and backstroke.
- Ages: 5 - 12

Location : Olympus High School Pool

Intermediate Group Swim Lessons (INT) – Refines a swimmer's front crawl with rhythmic side breathing and back float with backstroke arms. Also may introduce swimmers to breaststroke and butterfly. Swimmers may learn a shallow dive entry from the pool edge. Strongly recommended for children interested in beginning swim team.

Class Size: 10

Requirements:

- Children who can swim the 25-yard length of the pool front crawl with side breathing and float on their back unassisted.
- Ages: 5 - 12

Location: Olympus High School Pool

Combination Group Lesson (CB) — This class teaches the fundamentals of competition, legal starts and turns, with additional focus on stroke development. Strongly recommended for Swim Team members and competitive swimmers.

Class Size: 12

Requirements:

- Swimmers proficient in freestyle and backstroke, with limited breaststroke and butterfly ability.

- Ages: 7 - 12

Location: Olympus High School Pool

Competitive Techniques Group Lesson (CT) — This class focuses on the high level competitive elements of swimming, starts, and turns, with a secondary emphasis on stroke refinement. Strongly recommended for Swim Team Members.

Class Size: 12

Requirements:

- Swimmers proficient in each of the four strokes and previous exposure to starts and turns.
- Ages: 7 - 12

Location: Olympus High School Pool

Private Lessons (PL) - A 30 to 60 minute 'One-on-One' learning experience with any coach or instructor. The goals and objectives of a private lesson may be uniquely tailored to each individual. Private Lessons may be scheduled directly with the coach or instructor of your choice. Prices may vary by instructor.

OLYMPUS CROSS TRAINING PROGRAM

The Cross Training program was developed by the head coach to better prepare athletes for the demands of aquatic sports. The program includes injury prevention, core and joint strengthening, and speed and power based workouts to increase performance.

Class Size: Varies

Location: Olympus High School

SIGNING UP FOR THE TEAM

The first step in signing up for the swim team is to attend a practice session with a coach. Based on ability and age, the coach will assign your swimmer to the appropriate group. Practice sessions are held Monday through Saturday at the Olympus High School Pool. Please see the team website (www.olympusaquatics.com) for current practice times.

Complete your registration and pay by signing up online at www.olympusaquatics.com within 10 days of your swimmer's first practice.

SWIM MEET ENTRY PROCEDURE

Swim meet attendance requires that a swimmer's registration with Olympus Aquatics and USA Swimming is current. Parents are responsible for registering their swimmers for meets and paying applicable meet fees. All meet registration should be completed online via the team website at www.olympusaquatics.com.

A meet schedule is announced in our email communications, and noted on our team web site. Please watch for announcements concerning meet dates, times, locations, qualifying times, and deadlines to sign-up for the meets.

Once a meet has been announced, a link for the meet information will be available on the team web site, and it will be your responsibility to sign your child up for the days of the meet and events that your swimmer(s) plan to attend. I understand that coaches may register swimmers for meets and I agree to pay the required meet fees unless I decline the registration by selecting "No" on the event signup page prior to the meet registration deadline. The coaches will decide the relay events for each swimmer. In some cases, the swimmer's coach may contact you to make event suggestions or recommendations.

Any changes to this sign-up form must be made no later than the deadline noted on the sign-up site. **NO CHANGES WILL BE MADE AFTER THE ENTRY HAS BEEN SENT TO THE HOST TEAM!**

TYPES OF MEETS

There are several types of meets in which OA competes:

- * Timed Finals - all swimmers swim selected events once.
- * Prelim/Finals - all swimmers swim once in a preliminary race and the top 8 to 24 may return to compete again in finals held later that afternoon or evening.
- * Championship -- usually held in the prelim/final format. Swimmers and coaches focus all season on their championship meet, and training is designed for each swimmer to "peak" at their respective meet (State Championships, Far Westerns, Zones, etc.)

No swimmer should miss their state championship meet!

Competition: Generally, OA will attend 1-2 meets per month. Swimmers are encouraged to strive for personal bests and pursue qualifying times for Championship meets.

Local End of Season Championship Meets may include**:

- State Championships.
- The Beehive Finale for non-qualifiers.

For qualified swimmers, Regional Meets may include**:

- Far Western Championships
- Sectionals
- Futures
- Junior Nationals
- Grand Prix Arena Championships
- National Championships

* AKA "High School Season"

** Parents and swimmers not attending meets should notify coaches one week in advance of meet entry deadlines.

April 1 to August 31: Long Course Season

Typical Competition Pool: 50 Meters

Training: OA shall provide long course pool training times.

Competition: Generally, OA will attend 1-2 meets per month.

Swimmers are encouraged to strive for personal bests and pursue qualifying times for Championship meets.

Local End of Season Championship Meets may include**:

- Long Course State Championships
- Far Western Championships
- Western Zone Championships
- Sectionals
- Futures
- Junior Nationals
- Grand Prix Arena Championships
- National Championships

** Parents and swimmers not attending meets should notify coaches one week in advance of meet entry deadlines.

Breaks and Holidays

OA shall take training breaks of one to two weeks at the conclusion of each season. Parents and swimmers are encouraged to coordinate vacations to minimize time out of the water. In addition, many holidays are observed. The fee schedule takes these breaks into account and credits will not be issued.

USA SWIMMING REGISTRATION

Olympus Aquatics competes under the rules of USA Swimming. Therefore, USA Swimming memberships are mandatory for those wishing to practice and/or participate. Your USA Swimming membership is a secondary insurance policy for your swimmer during practice and swim meets. OA will collect your annual USA Swimming Fees and submit athlete registrations directly to Utah Swimming.

Registrations must be renewed each fall and returned with your annual participation fee. The annual participation fee includes the USA Swimming registration fee, so no additional check is necessary for USA Swimming registration.

If you are transferring from another USA Swimming team, please make sure to let us know, so we can provide you with the form to transfer your child's USA Registration in lieu of the standard USA Registration forms. Also, swimmers must swim unattached for a period of 120 days from your last swim meet with your previous team. Unattached status does not affect your swimmer in any way other than their inability to score points for OA or be part of an OA relay team.

PARENT COMMUNICATION: EMAIL AND E-NEWSLETTERS

There is a lot of information that need to be communicated to parents each month – invoices, schedule changes, meet reminders, etc. The fastest, cheapest, easiest way for us to let you know about all these things is via email. Please make sure that we have your current email address on file. E-mail is also the best way to contact the coaches, staff and Board members.

PARENT COMMUNICATION: TEAM WEBSITE

In addition to email, team information is posted on the swim team web site at www.olympusaquatics.com. Please become familiar with this site as well as the USA Swimming web site, www.usaswimming.org, and the Utah Swimming web site, www.swimutah.com. Links for these sites are found on the team web site.

COACHES' RULES

All organizations need rules and a certain amount of discipline if they are to be a success. A Swim Team is no exception. At the discretion of the coaches, a swimmer may be dismissed from a swim practice or meet if his/her behavior warrants such an action. All rules will be explained to your child when he/she begins practicing with Olympus Aquatics.

COACH/PARENT RELATIONSHIP

Parents have an important role in providing a supportive atmosphere for swimmers and the coaching staff. Parental involvement and encouragement are essential ingredients in a successful swimming program. Have a positive attitude and remember that swimming is only a small part of life, not the central focus.

The coach has the responsibility and authority for conducting swim practice, maintaining discipline, and motivating swimmers. Parents should not interfere in these matters. They should bring concerns to the coach before or after practice, or contact the head coach by phone or e-mail. Do not tell your swimmers that you have a concern prior to speaking with a coach.

If you have a pressing problem with your child's swimming, you should resolve that problem directly with the coach, as soon as possible, rather than discussing it with other parents or swimmers. If you wish to contact a particular coach, please leave a message with our head coach. Remember, no program is perfect. Olympus Aquatics reserves the right to refuse membership based on any swimmer or parent's behaviors that are incongruent with our mission.

Suggested Parent / Coach Guidelines:

- If parents do not respect the OA coaching staff, the children of those parents will not believe in their coaching.
- Avoid contacting the coach with minor problems. They generally resolve themselves.
- Do not discuss problems with the coach during swim practice or at swim meets. If you want to speak to a coach regarding your child, please see the coach before or after

practice, or make an appointment to meet with them.

Parents are asked not to interrupt coaches during practice.

- Problem resolution is a part of growing up. Let your swimmer try to resolve the problem first.
- Be polite; do not raise your voice or use foul language.
- Please send a note to the coach if leaving practice early or arriving late.
- Parents must be careful not to push swimmers too far too fast. It is better to have them develop at a slower, less pressured rate, than to have them "burn out" or to start to dislike swimming.

Discipline and workout performance is a swimmer-coach matter and should be handled in that manner. The coach will bring any problem to the parents' attention if required. Parents should try to show a healthy interest in their child's participation in swimming and avoid comment on stroke and training performance.

If you ever have a question or problem concerning your child's swimming, please contact our head coach.

BULLYING

Bullying of any kind is unacceptable at Olympus Aquatics and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. OA is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

SWIM MEETS

SEASON SCHEDULE

Each year is divided into two training and competition seasons with short breaks in between. Meet schedules may vary slightly from year to year.

September 1 to March 31: Short Course Season*

Typical Competition Pool: 25 yards

Training: Swimmers often continue to train with their club teams in addition to competing for their high school team.