



2019-2020

## Fontana Aquatics Club – Team Handbook

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# Welcome

The Fontana Aquatics Club (FAC) Board of Directors would like to welcome both new and returning swimmers and parents to the team. This handbook is designed to assist you in helping your child succeed in swimming. Remember, not every swimmer becomes an Olympian, or a world record holder, but everyone gains success from his or her own swimming experience.

Swimming is recognized as the number one recreational participation sport in the country today for children and adults. For those interested in a competitive swim program, FAC offers a year 'round age group program designed for swimmers ages 5-18. Swimmers are placed in workout groups based on their age & ability. We hope you will find our competitive swim program to be not only challenging, but rewarding and educational as well. Your child's experience in swimming has much to do with your positive support.

The coaches and board of directors are here to help our children develop their swimming strengths and abilities to do the best they can at all times. The Executive Board of Directors & coaches are all registered with USA Swimming. The entire board and coaching staff have passed USA Swimming background checks and Live Scan with the Fontana Police Department. The coaches are CPR & first aid certified along with, the Platinum and Gold group coaches being ASCA certified. The Executive Board of Directors consists of volunteer parents elected at the end of each season.

Parent support is necessary for our club to be successful.

Please visit our website [www.fontanaaquatics.org](http://www.fontanaaquatics.org) for more information and updates.

Thank You,

The FAC Board of Directors and Coaches

## **Mission of the Fontana Aquatics Club**

To empower youth to reach their athletic and life goals through competitive swimming, building a sense of community, integrity and team commitment.

## **Vision Statement**

FAC strives to be the premier swimming club in the Inland Empire. We recruit the best coaching staff available to guide our youth in practicing the principles of stroke refinement, endurance, nutrition, fitness, and sportsmanship. We have parent volunteers that have the best interests of our swimmer's goals and character always in mind. We want to instill in every member a sense of belonging through our commitment to team-work, celebration of individual accomplishments, community involvement, team-building social activities and embracing diversity across all lines.

## **Board of Directors**

<b>President</b>	Tracy Garcia, (909) 559-7744
<b>Vice President</b>	Stacy Lewis
<b>Secretary</b>	Mike McCarthy
<b>Treasurer</b>	Reina Nunez
<b>Fundraising</b>	Richard Sanchez
<b>Head Coach</b>	Renata Martinez
<b>Member at Large</b>	Miguel Orellana

## **Coaches**

<b>Head Coach</b>	Renata Martinez, (626) 222-5063
<b>Assistant Coaches</b>	Jamie Glover Jennifer Espinosa Tyson Ormonde Brenda Pellerin

# Group Descriptions

## **Bronze 10U (Ages 10 and Under)**

- An introductory training group with a technique focused approach to building the 4 competitive strokes, turns and racing starts. Athletes also learn the fundamentals of a workout and a meet environment with emphasis on learning.
- Practice M-F 4:30-5:15pm
- Swimmers attend 1-5 practices each week, team intra-squad meets and at least 1 away meet per season
- Time goals: White, Red

## **Bronze 11-12 (Ages 11-12)**

- An introductory training group with a technique focused approach to building the 4 competitive strokes, turns and racing starts. Athletes also learn the fundamentals of a workout and a meet environment with emphasis on learning.
- Practice M-F 6:00-6:45pm
- Swimmers attend 1-5 practices each week, team intra-squad meets and at least 1 away meet per season
- Time goals: White, Red, Blue

## **Silver (Ages 9-10)**

- An advanced training group for 9- and 10-year old's. Swimmers must be USA Swimming legal to a high level in all four competitive strokes, and be able to do a flip turn, open turn and racing dive from the blocks. Having swim team experience is strongly advised. Stroke technique and race patterns are emphasized, endurance and overall fitness is improved as we build the concept of team unity and support.
- Practice M-F 4:30-6:00pm
- Swimmers attend 3-5 practices per week and a minimum of 1 meet each month.
- Time goals: Red, Blue, WAG, JAG, JO's

## **Gold (Ages 11-12)**

- The Gold group continues the work on stroke technique, but we add race strategy and overall stroke balance. Swimmers develop swimming skills, as well as life skills through athletics. Goal setting and achievement are taught and monitored in this group. Swimmers must demonstrate maturity and commitment.
- Practice M-F 4:30-6:30pm
- Swimmers attend 5 practices per week and all recommended meets.
- Time goals: Blue, WAG, JAG, JO's

### **Pre-Senior (Ages 13 and Over)**

- Pre-Senior group is a challenging environment for swimmers to develop competitive swimming skills. Swimmers will concentrate on stroke technique, training, endurance and speed work.
- Practice M-F 6:45-7:45pm
- Swimmers train 1-5 days a week, meet participation is encouraged.
- Time goals: White, Red, Blue

### **Senior (Ages 13 and Over)**

- Swimmers will concentrate on training, endurance and speed work.
- Practice M-F 5:15-7:15pm
- Swimmers train 3-5 days a week and attend all recommended meets, minimum 1 per month.
- Time goals: Red, Blue, JAG, JO's

### **Senior Elite (Ages 13 and Over)**

- Senior Elite group is designed for swimmers who have made a commitment to year round swimming and wish to excel in this competitive sport. Senior Elite swimmers will compete in the age group, senior and above level, and are expected to meet attendance and other requirements during the course of the season.
- Practice M-Sa ask for details
- Swimmers train 6-7 days per week and attend all recommended meets, minimum 1 per month.
- Time goals: JAG, JO's, Far Westerns, Sectionals, Junior Nationals, Futures, Nationals, Olympic Trials, Olympics

# Group Placement

There is a big picture that drives group placement decisions. Organization of training groups is based on the understanding that athletes need an engaging and fun environment, a knowledgeable and experienced coaching staff and a strong support network in order to progress in a way that will allow for successful long-term development. The coaching staff makes all group placement decisions.

Some of the most important factors driving group placement include:

- Commitment (practice attendance, meet participation, priority of the sport)
- Maturity (chronological age, physiological age, and emotional development)
- Training ability and technique.

Racing times are not a primary factor for group placement, although they may be an indirect factor as racing times translate to meet qualification and training needs.

Swimmers are placed in groups that best serve their developmental needs, as well as the needs of our team. If swimmers or parents have questions concerning group placement, they are encouraged to speak with their child's primary coach.

## Team Apparel and Training Equipment

The training equipment and team apparel outlined below are required items for all swimmers. Swimmers and Parents can order additional team items through the FAC Online Store. All required apparel is included in registration fee.

### Team Apparel

**Bronze** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Bronze** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Silver** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Gold** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Pre-Senior** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Senior** Team Suit, Team Cap, Team T-Shirt, Team Hoodie

**Senior Elite** Team Suit, Team Cap, Team T-Shirt, Team Hoodie, Team Parka

### Training Equipment

Families can order training equipment through the FAC online store. Swimmers bring training equipment with them to all practices. Swimmers will have a grace period of 2 weeks after registration to get all required training equipment, after the grace period is over swimmers without all required equipment will not be allowed to participate in practice until they get all equipment.

**Bronze** Equipment Bag, Kick Board, Pull Buoy, Long Fins

**Silver** Equipment Bag, Kick Board, Pull Buoy, Long Fins, Hand Paddles

**Gold** Equipment Bag, Kick Board, Pull Buoy, Long Fins, Hand Paddles, Snorkel

**Pre-Senior** Equipment Bag, Kick Board, Pull Buoy, Long Fins, Hand Paddles, Snorkel

**Senior** Equipment Bag, Kick Board, Pull Buoy, Short Fins, Hand Paddles, Snorkel

**Senior Elite** Equipment Bag, Kick Board, Pull Buoy, Short Fins, Hand Paddles, Snorkel

# **Practice Information**

## **Practice Attendance**

Swimmers in every group are encouraged to attend all practices offered. Excellent attendance enhances the entire competitive swimming experience. Consistent and uninterrupted training is necessary to create an opportunity for both short-term and long-term success. Swimmers may only swim with their assigned group, unless directed to swim with a different group by their primary coach.

## **Punctuality**

Swimmers should arrive 5-10 minutes before the start of all training sessions. Swimmers who have to arrive late must notify their primary coach in advance.

## **The Pool Deck**

The pool area is a classroom setting for coaches and swimmers. Please do not approach the coaching staff at any time during practice, unless there is an emergency.

## **Pool & Facility Use**

Swimmers and families must follow any and all facility policies. Please ensure that all equipment is labeled and that nothing is left behind after practices & competitions.

## **Equipment & Apparel**

Please see page 8 of the team handbook for an outline of all required training equipment and team apparel. Families can get training equipment through our team store.

All suits, caps, and goggles worn must be designed for competitive swimming.

For practice, FAC team caps must be worn by those with longer hair. Suits - boys wear a Brief/Speedo, girls wear a 1-piece suit. Suits worn should be plain black or blue, and competitive style goggles should be worn. (ex: Speedo Vanquisher or similar). For competition, a team cap and current FAC Team suit must be worn, and a current Team T-shirt.

Required training equipment can be ordered through our team store.

## Meet Information

FAC is part of USA Swimming and is in the Eastern Committee of Southern California Swimming. With USA swimming we compete in year 'round swim meets. We may also participate in dual meets, clinics & trophy meets throughout the year.

- In order to participate in meets, a swimmer must have a current USA Swimming registration card.
- Swimmers are divided by gender and age groups. Swimmers will compete in their age group based on their age on the first day of the swim meet.
- Swimmers are further divided by ability based on meet established times.
- A new swimmer with no established time begins in the White group "W".
- Once a time has been established, he or she will fall into one of the following groups: "W" White, "R" Red, "B" Blue, Invitational, Junior Olympics, etc.
- A "BRW" meet is open to swimmers of all ability levels.
- A "RW" meet is only open to those swimmers that meet those time standards.
- A "BR" meet is only open to those who have met those time standards. Same goes for Invitational, Junior Olympics and so forth.

Swimmers must be dive certified before competing, and it will be up to the discretion of the coach if the swimmer is ready to dive from the starting block at a competition.

The Southern California Swimming swim season is divided into two seasons: Short Course (SC) and Long Course (LC). Short Course is swum in a 25-yard pool and Long Course is swum in a 50-meter pool. Short Course season is typically September through March and Long Course is from April through August. Your swimmer's coach will suggest the appropriate meets for your swimmer. It is the parent's responsibility to sign up for the appropriate meets throughout the year.

The meet schedule is posted on the website. An email will automatically be sent out as soon as the meet becomes available to register. Members must sign up for meets online on our website. If you have any restrictions or comments regarding the meet, please put them in the notes section of the sign-up page. After you have declared attendance and selected your swimmer's events, your entry must be approved by your coach. Changes may be made at the discretion of your coach with or without prior notice. All approved entries are processed two weeks before each meet.

If your swimmer is signed up for a meet and you do not attend, there are no refunds for meet fees. Once a meet has been electronically sent to the meet admin, parents are responsible for the meet fees. All TeamUnify account balances must be paid in full prior to entering a new/additional swim

meet. Any new/additional meet entries will be denied by the Board Treasurer if you have any unpaid balances.

### **Meet Attendance and Events**

- Swimmers attend all recommended meets.
- The coaching staff decides which meets and events swimmers compete in.
- Swimmers typically attend 1-2 meets per month.
- If unable to attend a meet, families must notify the coaching staff via email within 24 hours of the registration becoming available.

### **Online Meet Entry Steps**

1. Go to [www.fontanaaquatics.org](http://www.fontanaaquatics.org)
2. Sign in with your email and password
3. Click on events tab
4. Find the event (meet) you wish to attend
5. Click on “Attend this event”
6. Click on the swimmer that will be attending
7. Document any comments/exceptions your coach needs to be aware of
8. A swimmer may swim a maximum of 4 events per day on most meets
9. Click on “Save Changes”, and then log out

To sign up for a job at any event, the same steps apply, other than the events. There will be specific instructions for each event.

**Your account must be current for your swimmer to be entered into a meet.**

### **Qualifying Time Standards**

- There are specific meets that have qualifying time standards.
- Swimmers must reach time standards to be eligible to compete in these meets.
- Meets with asterisks \*\* have very fast qualify times.

### **Championships/ team Effort Meets**

- These are typically the final meets of the season.
- Championship meets have qualifying time standards.
- Championships are team effort meets. All swimmers who qualify are required to attend.

## **FAC Apparel**

- Swimmers are expected to wear FAC apparel at all meets and practices. Equipment and apparel are outlined on the Team Equipment page in the Team Handbook (page 8).

At all home and away meets, the team will be sitting together and encourage all swimmers. There will be team canopies for the swimmers to also gather, and parents can set up their personal canopies by the swimmer tents to support team unity. We encourage all parents to also purchase and wear FAC apparel and/or our team colors.

## Parent Volunteering

Parent participation is vital to the operation of the team. FAC is a parent run organization and can only function with parent support. To ensure successful team fundraisers, team socials, clinics, parades, community service events, etc., our team counts on your participation. In order to participate in any team event, swimmers and parents have to be active members of FAC. Active member is a swimmer and parent registered for the current season.

### Meet Timing

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- When you sign up your swimmer for a swim meet, you are required to sign up for a timing position as well (usually 30 min.-1 hr.) until all positions are filled.
- Failure to check in for assigned timing position you will be charged \$50 no show fee.
- If all of our team required timing positions have been filled by our members, your swimmer will be able to participate in the meet, but you will be immediately assigned a timing position(s) the next meet your swimmer is entered in. During the meet you may be asked to take a timing slot due to the timeline or no shows. If you were not already signed up to time you will be the first one asked to fill in.
- To encourage team unity and to balance timing slots available, when you sign up for a timing position, please sign up during the time at which your child is estimated to swim. For example: don't sign up for an "am session" timing position if your swimmer is only swimming in the "pm session" (unless you want to stay and time for both sessions).
- At all swim meets it is the parent's responsibility to check in with the Timing Coordinator at the beginning of each session to sign-in on the job sign-up sheet. Timing slots signed up for online reflect approximate start and stop time but may need to be adjusted based on the meet admins actual timeline after the start of the meet.
- No show fee of \$50 will be charged to your Team Unify account if you don't check in for your assigned position.
- Do not leave your timing chair until you are relieved by the next timer. If you leave a chair vacant the meet will be stopped until a timer is found.
- A session is defined by a set of swim events. There is usually one session on Friday night (if it is a three day meet) & there are usually 2 sessions each on Saturday & Sunday. In general, these timing shifts are approximately 30 minutes to 1 hour long. As a team, if we do not fill our assigned timing seats at meets, we are fined by SCS (Southern CA Swimming) and it could affect our involvement in future meets.

## **FAC Hosted Meets**

FAC typically hosts 1 to 2 meets each year. Each home meet is 1-3 days, depending on the type of meet it is. A job sign-up email is sent out prior to each meet and all job descriptions for working at our home meets are posted on the website under events. Home meet “required participation” jobs include: snack bar help, as well as the positions required to operate the meet (i.e. set up, meet admin, timers, runners, check-in, announcer, set-up, break down, tear down, etc.). Each day of a meet, from set-up to tear-down, is typically a 15-17-hour day (5am-7pm).

Food items and donations, such as raffle baskets, are needed for FAC hosted meets. Notices are sent out via email prior to FAC hosted meets asking for donations.

### **Our team needs everyone’s participation!**

- All families need to sign up for no less than 5 hours per day of the meet, possibly more, depending on the size of the meet (whether your swimmer is swimming or not).
- At all swim meets it is the parent's responsibility to check in with the Timing/Job Coordinator at the beginning of each session to sign-in on the job sign-up sheet.
- You may be asked to fill in timing slots in addition to your required meet hours.
- If you are sick, have an injury or have any other reason that prevents you from attending a home or away swim meet, it is your responsibility to notify your coach and a board member.
- Alternate arrangements to fulfill the required hours needed to run the meet, must be made in advance or as soon as possible with a board member.
- If you don’t show up for any pre-scheduled job sign-up service/timing position you will be charged \$10/hour plus a \$50 no show fee. If you are not able to work a home meet you will be charged \$10 per hour of the required number of hours not completed.

## **Other**

- When you register your swimmer/s for a fundraising event, community service event, team social, clinic, parade, etc. please make sure you sign up for one of many volunteering positions available.
- If all of the required parent-participation positions have been filled, plan to sign up for the next off-deck event.
- If you encounter a problem and cannot fulfill your volunteer sign up let us know as soon as possible. If you cannot provide a substitute to your spot you will be charged \$10/hour.

# Communication

Communication is a very important component of our team.

## **Swimmer/Family**

Swimmers and families are expected to communicate clearly and as needed with the coaching staff. Whenever possible, swimmers are encouraged to communicate directly with their coach. Brief questions can be answered before and after practice. If you wish to discuss something in detail, please schedule a meeting with your child's coach.

## **Team Website**

Our team website is a resource for our team families. The practice & meet schedules can be found on the website.

## **Weekly Update**

A weekly update will be posted on the team website by Sunday evening each week. The weekly update includes the practice / meet schedule for each week and pertinent information and reminders about upcoming team events. Families are responsible for checking the update each week.

## **Email**

The coaching staff will use email to communicate with the team and with specific groups. Families will typically receive at least 1 email per month. Please notify the coaching staff if you are not receiving team emails.

## **Parent/Swimmer Meetings**

Informational meetings for swimmers and parents are held at the beginning of the year (August/September), and for parents throughout the year. All families should attend.

## **Parent Education**

Parent education with concern to competitive swimming is a very important aspect of the team. The coaching staff sends out recommended readings & videos throughout the year.

## **The Pool Deck**

The pool area is for coaches and swimmers. Please do not watch practice or approach the coaching staff at any time during practice, unless there is an emergency.

# Registrations and Dues

(Subject to change. See website for any changes)

## USA Swimming Registration

- \$70, subject to change (Must provide birth certificate). This provides the team & swimmer with insurance and is required in order to swim in USA Swimming meets. USA Swimming offers reduced fees for those on the School Lunch Program. Proof required with USA Swimming registration form.

## Team Registration

- Team Registration is collected at the beginning of the season (August) through online account on our website for returning swimmers and upon registration for new swimmers.
- Girls \$205 (Includes: Team Suit DiamondFit, Team Cap, 2 Team T-Shirts, Team Hoodie, Admin Fee).
- Boys \$175 (Includes: Team Suit Jammers or Briefs, Team Cap, 2 Team T-Shirts, Team Hoodie, Admin Fee).
- Returning swimmers will be credited \$20 loyalty discount from their registration package that can be used towards meet fees or other.

## Team Monthly Fees

- Monthly swim dues are due on the 1st of each month. On the 6<sup>th</sup> of the month, a late fee of \$25 will be charged through your Team Unify account. Your swimmer will immediately be suspended from all FAC activities until all dues and fees are current.
- Dues will not be prorated for any lost participation time such as weather, wind, heater problems, high school use, etc. The payment of monthly swim dues is a necessity for the club to continue services to all swimmers.
- All other monies owed are to be paid directly to the team through TeamUnify and are charged to the member's credit card on file. No cash or checks are accepted. Accounts are considered late on the 2nd of the month if the card is declined and a late fee of \$10 will be assessed. If your account is delinquent on the day of a meet deadline, your swimmer will not be allowed to attend that meet

**All registration fees, dues, meet fees & custom apparel fees are non-refundable.**

## New Dues Structure Effective August 2019

Competitive Groups	Monthly Membership	Annual Registration (at joining and every August)		
		USA Swimming	Admin Fee	Apparel
Bronze 10U	\$80	\$70	\$40	\$165 Girls/ \$135 Boys
Bronze 11-12	\$80	\$70	\$40	\$165 Girls/ \$135 Boys
Silver	\$90	\$70	\$40	\$165 Girls/ \$135 Boys
Gold	\$100	\$70	\$40	\$165 Girls/ \$135 Boys
Pre Senior	\$90	\$20/\$70	\$40	\$165 Girls/ \$135 Boys
Senior	\$110	\$70	\$40	\$165 Girls/ \$135 Boys
Senior Elite	\$120	\$70	\$40	\$165 Girls/ \$135 Boys
<b>Discounted packages</b>				
Family with 3 swimmers	15% OFF	\$70	\$40	\$165 Girls/ \$135 Boys
Family with 4 swimmers	20% OFF	\$70	\$40	\$165 Girls/ \$135 Boys
Family with 5 swimmers	25% OFF	\$70	\$40	\$165 Girls/ \$135 Boys
Leave of absence	50% OFF			

High School Rate	\$70			
Board Rate	50%	\$70	\$40	\$165 Girls/ \$135 Boys

## **FAC Scholarship Information and Guidelines**

We offer financial aid scholarships. We have a limited amount of scholarships available, which are offered on a first come, first served basis & need. Please see the details on the application, which can be found on the website.

The monthly swim dues will be reduced by 20%. Qualifying families with more than one swimmer on the team will have all swimmers in their family pay the reduced rate.

As a recipient of this award, your swimmer and family must show a commitment to the mission of FAC and competitive swim.

### **Requirements for an FAC Scholarship for Swimmer & Family:**

- Complete an FAC Scholarship application & submit all requested documentation.
- Your swimmer must attend ALL regular meets for the current season; family must time at every meet their swimmer attends.
- Your family must commit to timing at every meet your swimmer attends and be available to time more than once during a meet if the need arises.
- Your swimmer must maintain a 70% attendance average at practice throughout the season.
- Your swimmer must exhibit a positive attitude, commitment and be a role model at all times for their teammates.
- Your family must sign-up to participate/help in all team functions (meets, fundraisers, clinics, team socials, etc.).
- Your family must work a minimum of 6 hours each day of an FAC hosted meet, not including timing
- Monthly Dues are to be made on time to the City of Fontana; any late payment may be cause for revocation of the scholarship; after two late payments your scholarship will be revoked.
- Swimmer and Family must meet with a board member to go over the requirements of a scholarship recipient & sign all necessary paperwork.

The FAC Scholarship is established to support swimmers and their families who have demonstrated a commitment to their swim skills and swim career and have certain financial

hardships that make it difficult to pay for the cost of competitive swimming. This scholarship is intended to help you reach your swimming goals and fulfill the team's mission as a premier competitive swim team in the Eastern Committee and Southern CA Swimming.

## **Fundraising**

FAC is a 501(c) (3) non-profit organization. Our operating funds are generated from membership dues, fundraising events, swim meets and sponsorships. These funds are primarily used for facility fees, coaching salaries, equipment, travel expenses and team banquets. To do this we heavily rely on parent support. This support requires participation in all of our team fundraisers.

**For the 2019-2020 Swim Season**, each family will be responsible for the following fundraising:

- \$200 for first swimmer
- \$100 for second swimmer
- \$50 for each additional swimmer

Each family will be charged quarterly (Nov. 1, Feb. 1, Apr. 1, July 1) for any remaining fundraising amount due that quarter. (Ex.: Family has two swimmers; fundraising responsibility is \$300 per year. Each quarter this family would be responsible for \$75 in fundraising. If that family raises \$50 each quarter, their account would be billed the remaining \$25 each quarter).

We will offer multiple **fundraising opportunities** to help fulfill each family's responsibility. You can choose to opt-out of any fundraising activity and buy-out your share.

Information will be emailed out by a board member with details for each fundraising opportunity.

If for any reason you leave the team in the middle of the season, your cc on file will be charged for any quarters not yet billed in which the swimmer was a member of FAC.

You also have an option to buy out your fundraising. For more information please reach out to our board member currently in a fundraising position.

## **FAC Banquet**

Every August we host annual FAC Banquet. We celebrate the season with our swimmers and families. Swimmers are being recognized for their accomplishments and various rewards are presented. All swimmers that are on the team for at least 3 months will receive free admission and Banquet gift of appreciation, all additional guests will pay full banquet admission. Part of our banquet is also FAC Yearbook that you can order before the banquet. For more information about FAC Team Banquet please reach out to our board member currently in event coordinator position.

# Team Rules

(These rules may be amended at any time during the season by the FAC Board of Directors)

1. Swimmers must show respect for the coaches and their team-mates at all times. Good sportsmanship is to be practiced at all times.
2. Parents/Guardians and spectators must remain off the north side of the pool deck during practice. Also, for safety reasons, no parents are allowed along any edge of the pool. Coaches and lifeguards are the only persons allowed in the pool, along the edge of the pool, or on the north side of the pool/deck during practice. There is no sitting, waiting, or socializing behind the coach.
3. During practices and at all swim meets, girls must wear a “tightly-fitted” one-piece swimsuit; boys must wear jammers or speedo-type briefs. No rash guards, swim trunks, t-shirts, street clothes, or wetsuits may be worn. Team suits are required to participate in all home and away meets. Swimmers arriving at a meet without current team suit will not be allowed to participate in that meet.
4. During swim meets, ALL swimmers must wear a team cap. If a swimmer’s hair is below the jaw line, a swim cap must be worn at practice as well. Goggles must be worn for practices and meets.
5. Smoking and alcoholic beverages are not allowed on deck or at swim meets.
6. Glass containers are not allowed on ANY pool deck.
7. No running or horseplay on deck or in the pool.
8. Keep off all pool equipment: Lifeguard stands, lane lines, water polo goals, diving boards, slides, and any other pool equipment unless given permission by a coach.
9. No profanity.
10. All parents and swimmers will follow USA Swimming Rules for Bullying, Concussion Awareness, MAAP, and Social Media Policy. All parents and coaches WILL follow USA Swimming Code of Conduct.

## Grounds for Expulsion

1. Showing disrespect for coaches/board members/teammates/officials/parents/staff.
2. Continued disruption of practice.
3. Continued use of profanity.
4. Inappropriate conversation or comments (sexual, racial, etc.).
5. Stealing of ANY public or personal property.
6. Defacing public property at ANY facility.
7. Not abiding by team rules or USA Code of Conduct at any team function.
8. Fighting of any kind will not be tolerated.
9. Any accounts delinquent over 90 days.

Any insubordination problems brought to the board's attention will be documented. Parents will be immediately notified of such actions. Expulsion of the swimmer will be decided by a majority vote of the governing board and coaches. There will be no refunds of fees and dues.

## **Additional Information and Forms**

### **Leave of Absences**

In order to remain an active member of the team, dues are to be paid each month regardless of how many practices you attend. Monthly dues will not be pro-rated.

All members taking a LOA must complete a LOA form & submit it to any FAC Board member by the 15th of the month prior to the effective date.

#### **Personal Leave of Absence (Vacation, sports, etc.)**

- If for personal reasons, a swimmer decides to take a Leave of Absence (LOA) for one full calendar month or less, you are responsible for the full months' dues.
- After one full calendar month & up to three months, you are responsible for paying \$40.00 for each month missed.
- If a swimmer returns after a 3-month absence and/or does not pay the \$40.00 LOA fee for each of the months missed, they will be considered a NEW swimmer\*.
- As a new swimmer, you will be subject to space availability.
- If your training group has a waiting list, you will be placed on the waiting list. Also, you will be required to pay a reactivation fee of \$25 and your account must be reconciled with a zero balance before the swimmer is reactivated.

#### **Medical Leave of Absence**

- Dues will be waived for any illness or injury if the swimmer is absent for one or more full calendar months. (Physician written verification required.)
- In the case of injury or illness, a LOA form must be submitted along with a doctor's note restricting your child from participating.
- A medical release form from your child's physician must be submitted prior to your child participating and re-entering the pool.
- If your training group has a waiting list, you will be placed on the waiting list.

# **FAC LEAVE OF ABSENCE REQUEST**

SWIMMER'S NAME:

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PERIOD OF TIME EXPECTED TO BE ABSENT:

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REASON: (Ck. One)                       Personal LOA                       Medical LOA

I UNDERSTAND THAT IN ORDER TO KEEP MY MEMBERSHIP ACTIVE DURING THIS LEAVE OF ABSENCE (LOA), I WILL PAY LOA FEE (50% OF CURRENT GROUP FULL AMOUNT) TO THE FONTANA AQUATICS CENTER EACH MONTH MY SWIMMER IS OUT ON THE LEAVE OF ABSENCE. THE MONTHLY DUES IS WAIVED DURING A MEDICAL LOA WITH A DOCTORS NOTE.

SIGNATURE:

DATE:

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# **FAC HIGH SCHOOL SWIMMING AGREEMENT**

SWIMMER'S NAME:

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I UNDERSTAND THAT DURING THE FAC SWIM SEASON EACH HIGH SCHOOL ATHLETE WILL BE ALLOWED THE HIGH SCHOOL RATE FOR *SWIMMING* DURING THE CIF SWIM SEASON (3 MONTHS). THE SWIMMER MAY ATTEND A MAXIMUM OF 3 FAC PRACTICES PER WEEK WHILE PAYING THE HIGH SCHOOL RATE.

SWIMMER'S SIGNATURE:

DATE:

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NAME OF HIGH SCHOOL:

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BOARD USE:

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## **Acceptance of Team Policies and Rules**

We have read and understand the FAC's team policies and rules. We have received a digital copy of this handbook during the registration process. Our family and any other person that is a guest of ours at any swim function will abide by the policies and rules set forth by FAC. Information in this handbook is subject to change as needed. Please check the website for any changes where there is a copy available for download.

I hereby grant permission to FAC to use the image of my child in such use which includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken of my child for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on the FAC web site.

## **CONSENT TO TREATMENT OF MINOR AND AUTHORIZATION TO FAC TO GIVE SUCH CONSENT**

By checking the agreement buttons in the online registration as a parent or legal guardian of the child registered on the FAC TeamUnify registration platform, hereby authorizes FAC and its delegated leaders, coaches and chaperones to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to said minor upon the advice of a physician and/or surgeon licensed under the provisions of the Medicine Practice Act. This authorization is given in pursuant to the provisions of Section 25.8 of the Civil Code of California. It is understood that if time and circumstances reasonably permit, leaders, coaches and chaperones are not legally or financially liable for any claim arising from any consent given in good faith in connection with such diagnosis or advised treatment. This consent to Treatment of Minor and Authorization to FAC to Give Such Consent is executed by the undersigned in consideration of the acceptance by FAC.