

FONTANA AQUATICS CLUB

PARENT HANDBOOK

2022-2023





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2022-2023 FAC PARENT HANDBOOK 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 and ability. We hope you will find our competitive swim program to be not only challenging, but rewarding and educational. 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, and be the best they can be at all times. The Executive Board of Directors and coaches are all registered with USA Swimming. The entire board and coaching staff have passed USA Swimming background checks. FAC is also a USA Swimming Safe Sport Certified team. In addition, all our coaches are CPR and first aid 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 for more information and updates.

Thank You,

The FAC Board of Directors and Coaches



FONTANA AQUATICS CLUB

COACHES

- Head Coach, Senior Elite, Junior Elite Coach Renata Martinez Renata.Martinez@fontanaaquatics.org
- Head Developmental Coach, Senior Coach, Team Admin Jamie Glover jamielglover1@gmail.com
- Age Group Coach Jennifer Espinoza espilj9291@yahoo.com
- Age Group Coach Emma Glover emmalglover59@gmail.com
- Developmental Coach Jorman Guadarrama Guadarramajorman@gmail.com
- Junior Coaches Isabel Meelarp, Tia Martin, Eden Reyes, Sebastian Williams, Leo Hu, Dyson Lewis

BOARD OF DIRECTORS

- President Stacy Lewis president@fontanaaquatics.org
- Head Coach Renata Martinez renata.martinez@fontanaaquatics.org
- Secretary Irina Shostak secretary@fontanaaquatics.org
- Treasurer Walid Boustani financial@fontanaaquatics.org

FAC MISSION STATEMENT

To provide swimmers of all ages and abilities the opportunity to realize the best version of themselves as athletes, students and members of their communities in a safe environment. Positive and healthy collaboration between swimmers, coaches, and parents is essential to fulfilling our mission.

VISION STATEMENT

To be a nationally recognized program that teaches the importance of character and trains all levels of swimmers from beginners to Olympians.

FAC TEAM PHILOSOPHY

FAC believes our swimmers win when they consistently show up on deck with a positive attitude, a willingness to work and the expectation they will have fun. We so passionately want our athletes to believe they can achieve what they set their mind to, thus structuring our training to develop our athletes holistically. As our swimmers develop emotionally and physically, workload and expectations increase to allow them to reach their full potential.

Fundamental to this approach are our core values of **Respect, Discipline, Integrity** and **Commitment**. These core values are the basis of our culture and guide our coaching philosophy to *create champions in and out of the water*. Our coaches have the flexibility and expertise to deliver personalized, high-quality training to each and every level of our program.

FAC CODE OF CONDUCT

- Each family should have received and signed a copy of FAC Code of Conduct at the time of registration with the team (See Appendix A to review the FAC Code of Conduct)
- Violation of the FAC Code of Conduct will result in consequences and disciplinary action



AGE GROUP PRACTICE EXPECTATIONS

- Be on time for practice. Anyone arriving more than 15 minutes late will be asked to sit out or leave
- Wear appropriate attire for practice and dryland training (swimsuits must be one-piece and provide maximum coverage; shorts and tennis shoes are a must for dryland)
- Bring required equipment to practice
 - Pre Comp, Pre Team:** kickboard, gear bag, fins (long blade)
 - Junior and Senior Development:** kickboard, gear bag, fins (longblade), pull buoy, snorkel
 - Junior, Junior Elite:** kickboard, gear bag, fins (long blade), pull buoy, snorkel, paddles
 - Senior:** kickboard, gear bag, fins (short blade), pull buoy, snorkel, paddles
 - Senior Elite:** kickboard, gear bag, fins (short blade), pull buoy, snorkel, paddles, parachute
- Attend all competitions, especially Championship meets, as designated by the coach
- Represent FAC with maturity, honor and good sportsmanship
- Inform Head Coach of intent to drop enrollment by the **15th of the month prior** to the month when billing should end: renata.martinez@fontanaaquatics.org. Failure to do so will result in another month of billing. (See Appendix B for the full 2022-2023 FAC Contract)

SENIOR GROUP EXPECTATIONS

- Be on time for practice
- Attend at least 90% of all scheduled practices
- If you are unable to make a morning or afternoon practice, please notify your coach via e-mail or text and you must include your parent in the conversation
- Wear appropriate attire for practice and dryland training (swimsuits must be one-piece and provide maximum coverage; shorts and tennis shoes are a must for dryland)
- Bring required equipment to practice: kickboard, gear bag, fins, pull buoy, paddles, snorkel, parachute
- Attending the highest Championship Meets for which you are qualified is mandatory
- Inform Head Coach of intent to drop enrollment by the **15th of the month prior** to the month when billing should end: renata.martinez@fontanaaquatics.org. Failure to do so will result in another month of billing. (See Appendix B for the full 2022-2023 FAC Contract)

SWIMSTRONG DRYLAND

- SwimStrong Dryland offers Periodized (phase-by-phase) Dryland Programming designed around NWAA's season schedule, nutrition education and content, sports psychology coaching, leadership training, rehab exercises and routines for specific athletes who need extra work, Daily Wellness Tracking and/or related education, and constant collaboration with our coaches to meet the individual and group needs of FAC's swimmers. This program essentially provides FAC athletes with a personal trainer, nutritionist, sports psychologist, and physical therapist.
- See Appendix C for information regarding the SwimStrong Dryland team
- The dryland workouts that will be planned for our Sharks to complete at home will provide two options: one using body weight only and no equipment and another using body weight plus equipment. See Appendix D for the list of optional equipment.
- Every family must complete the waiver found in Appendix E



SWIM MEETS

- We try to set the meet schedule several months in advance. Please mark your calendars.
- Sign up for meets through your Team Unify account, which is accessed through our team website (www.fontanaaquatics.org). Refer to **How to Sign Up for Meet** (Appendix F) or watch video on our website on how to videos section. The Meet Schedule on the FAC website indicates which meets are best for which swimmers. Your coach will select your events but you may leave a comment or question regarding specific events in the NOTES section.
- In regards to preparing for a swim meet (including what to pack and necessary information), refer to Appendix G.
- If you are sick or have an emergency that causes you to be late or absent from a swim meet, contact your practice squad coach ASAP. Entry & meet fees are generally non- refundable.

COMMUNICATION

- Be respectful of the coaches' personal and family time. Text or call only between 8:00 AM and 8:00 PM, without interrupting coaches during workouts. Exceptions to the timeframe will be made for communication regarding morning practices.
- Our team website contains a lot of important information. Please visit www.fontanaaquatics.org regularly.
- Verify that your e-mail address is correct so that you can receive our Weekly Update and other important information from coaches and board members. Do this by going into your Team Unify account, which is accessed through our team website.
- Verify that your cell phone number is correct so that you can receive text message updates regarding practices and swim meets. Do this by going into your Team Unify account.
- We strictly adhere to MAAPP (Minor Athlete Abuse Prevention Policy) guidelines so minor athletes must include their parent/legal guardian when sending e-mail and text messages to coaches.
- Follow us on Facebook (Fontana Aquatics) and/or Instagram ([fontanaaquatics](https://www.instagram.com/fontanaaquatics))

USA SWIMMING SAFE SPORT

- Every athlete and parent should familiarize yourself with Appendices H-L
- All athletes age 18 and over must complete Athlete Protection Training

VOLUNTEERING

- Each family should have received a copy of the **2022-2023 Team Service Requirement** at the time of registration. Review the Team Service Requirements (Appendix M) to learn how you can help our team host great swim meets for our swimmers.
- Emily Tong is our Volunteer Coordinator (volunteer@fontanaaquatics.org)
- The Board welcomes your help with various committees throughout the year. Review the **Parent Volunteer Positions** document (Appendix N) for finding the best fit between your talents and our team's needs. Contact the Board Member who chairs the committee in which you are interested.



FUNDRAISING

- One of the primary purposes of fundraising is to provide our swimmers with additional opportunities to train and compete in the best environment possible. Funds raised also go toward team social activities, equipment, team travel, insurance, and pool rental.
- Fundraisers can be done to support special travel trips, meets and events.

FAC TEAM APPAREL

- We are partnered with TYR and TYR purchases made through the Swim Guy (our team store) help our team with sponsorship from TYR! It's money back in our pocket. We also receive special pricing.
- Our apparel partner, The Swim Guy, is a local source for embroidery should you already have a backpack or parka in need of our new logo.
- It is our desire to present FAC team pride and spirit with what we are wearing both on and off the deck.
- Each swimmer on team FAC is required to have team cap and 2 Team t-shirts (that comes with registration), FAC hoodie, FAC parka (highly suggested), FAC backpack (highly suggested with name on it)



2022-2023 FAC PARENT HANDBOOK

APPENDIX A

CODE OF CONDUCT

Fontana Aquatics Club (FAC) is dedicated to providing swimmers of all ages and abilities the opportunity to realize the best version of themselves as athletes, students, and members of their communities in a safe environment. Positive and healthy collaboration between swimmers, coaches, and parents is essential to fulfilling our mission. Additionally, we strive to be a nationally recognized program that teaches the importance of character and trains all levels of swimmers from beginners to Olympians.

To advance these goals, we require that all FAC swimmers and parents agree to abide by the following Code of Conduct:

- **Swimmers** shall be gracious in victory and dignified in defeat.
- **Swimmers** shall exhibit good sportsmanship and respect for themselves, their teammates, coaches, the facility, and the club.
- **Swimmers** should be punctual and arrive on time for all practices and meets ready to apply themselves and heed their coaches' direction.
- **Swimmers** are expected to participate actively in team events, fundraising, and bonding activities.
- **Swimmers** are expected to eschew alcohol, tobacco products, illegal substances, and any other substances banned by USA Swimming.

Swimmers who fail to abide by these codes and are impolite, disrespectful, or dishonest, or who engage in theft, vandalism, abuse, harassment, or bullying in any form will be held accountable for their actions. Penalties may range from a verbal warning to parental contact, removal from practice, and/or suspension or expulsion from the team.

Swimmers who have concerns about any aspect of this code, or about the behavior of a coach or official, should first bring that concern to the attention of their squad coach. If the issue persists, it should be brought to the attention of the CEO/Head Coach. If the issue requires further escalation, it should be brought to the attention of the FAC Board of Directors. Consistent and clear communication between swimmers, coaches, and team leadership is critical to the success of FAC.

- **Parents** shall be positive role models for their children and exhibit good sportsmanship and respect for others.
- **Parents** shall cooperate with coaches, team members, opponents, and officials at all times.
- **Parents** shall leave all coaching and coaching decisions up to the coaching staff.
- **Parents** shall assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring the proper equipment.
- **Parents** will email and/or meet with coaches during normal business hours to discuss issues (e.g., between 8 am – 5 pm, Monday-Friday).
- **Parents** will refrain from interrupting or confronting coaches during practices or meets.
- **Parents** will look for ways to get involved! Volunteer at meets, be an official, run for the board, help to plan a fundraiser or social event. Most importantly, parents will support all coaches and swimmers.

Parents who have concerns about any aspect of this code, or about the behavior of a coach or official, should first bring that concern to the attention of their squad coach. If the issue persists, it should be brought to the



attention of the CEO/Head Coach. If the issue requires further escalation, it should be brought to the attention of the FAC Board of Directors. Consistent and clear communication between parents, coaches, and team leadership is critical to the success of FAC. Parents whose concerns are not managed according to these lines of communication should not expect a response.

I understand and agree to abide by the terms of the FAC Code of Conduct:

Swimmer #1 (please print name and sign alongside)

Swimmer #2 (please print name and sign alongside)

Swimmer #3 (please print name and sign alongside)

Parent/Guardian #1 (please print name and sign alongside)

Parent/Guardian #2 (please print name and sign alongside)

Date: _____



**2022-2023 FAC PARENT HANDBOOK
APPENDIX B
SWIM TEAM MEMBERSHIP CONTRACT 2022-2023**

DIVISION	SQUAD	MONTHLY DUES		DIVISION	SQUAD	MONTHLY DUES
Pre-Comp	Junior/Senior TuWTh	\$95		Junior	Junior	\$125
Pre-Comp	Junior/ Senior MWF	\$95		Junior	Advanced	\$125
Pre-Comp	Pre Team TuWTh	\$95		Junior	Elite	\$140
Pre-Comp	Pre Team MWF	\$95		Senior	Fit	\$115
Developmental	Junior	\$115		Senior	Senior	\$140
Developmental	Senior	\$115		Senior	Elite	\$165

PRACTICE SCHEDULE: The practice schedule for each squad fluctuates depending on the time of the swim season. To view the most up-to-date schedule, please visit the Schedules tab on our team website.

FAC REGISTRATION: The fee for FAC annual membership is **\$150 per year**. This fee entitles each swimmer to two team shirts and one team swim cap and will be collected during your registration on FAC/ Team Unify website in August or at the time of joining (August-June).

USA SWIMMING REGISTRATION Swimmers are required to register with USA Swimming. Each family will be provided with a link to register under FAC. Swimmers are required to provide proof of active USA Swimming Registration before their first practice. First time swimmers under 12 years old will have a choice of Flex membership, everyone else will be required to register under full membership (USA Swimming rules). The information needed for this registration will be gathered from you when you register for the season. The USA Swimming fee may be reduced and you may apply for one of a limited number of FAC scholarships if your swimmer qualifies for free/reduced lunches at school, or your family qualifies for food stamps; proof of qualification must be sent to our Head Coach at renata.martinez@fontanaaquatics.org.

MONTHLY GROUP FEES COMMITMENT: As a member of the FAC swim team, you are agreeing to an annual financial commitment at the price stated at the beginning of the season. This contract will remain active unless the person responsible for your account notifies the Head Coach by the 15th day of the month of your intent to drop enrollment for the following month. Failure to do so will result in an additional month of billing.



Monthly group fees must be paid to the City of Fontana on the first of each month via fontanaca.perfectmind.com. If your monthly group fees are paid after the fifth of the month, your Team Unify account will be charged a late fee of \$25. If your Team Unify account becomes more than 60 days past due, your swimmer(s) will not be allowed to participate in team practices and team events until your account balance is made current.

Swimmers leaving the team before the end of the month must notify the Head Coach by the 15th day of the month before they wish to have billing end. The balance of the account must be paid in full before it is closed.

REFUNDS: No monthly group fees refunds will be made by FAC.

LEAVE OF ABSENCE (account freeze): Swimmers/ Parents can request leave of absence at any point during the season. Leave of absence can be minimum of 1 month and maximum of 3 months and can only be processed once per season. There is a \$25 fee associated with Leave of absence. During this time the swimmer remains on the roster but is not responsible for monthly group fees. You must request leave of absence officially through an email sent to the Head Coach by the 15th day of the month of your intent to drop enrollment for the following month. Failure to do so will result in an additional month of billing. Should you remain on leave of absence longer than 3 months, your account will be deactivated and upon return you will be responsible for additional \$50 to re-activate your account.

MEDICAL LEAVE OF ABSENCE: Swimmers/Parents are responsible for notifying the head coach and their coach as soon as medical leave of absence is necessary. Official medical documents might be requested. Swimmer remains on the roster until able to return or until the end of the current season whichever comes first and is not responsible for monthly group fees.

FAMILY DISCOUNT: Families with three or more children actively participating are eligible for the monthly Family Rate.

MEET ATTENDANCE: Monthly meet attendance is expected for FAC swimmers in competitive practice squads. Your coaches will make an effort to designate which meets on the schedule are the most appropriate for each squad.

TEAM COMMUNICATIONS: Our goal is to update the website frequently, as well as send out team news and announcements through Weekly Updates or as soon as information becomes available. Be sure to provide a valid email address and cell phone number for each family member who would like to receive team news via email and text message.

VOLUNTEERING: Every swimmer benefits from the revenue that is generated during the swim meets that our team hosts, so every family is expected to volunteer. Please refer to the Team Service Requirements for further details.

FUNDRAISING: Fundraising is an integral aspect of ensuring the longevity of our swim club and our ability to provide swimmers with new equipment, technology use during practices. Please remember to do your part whenever given the opportunity.

My swimmer(s) and I have read and do agree to the terms of this contract.



Swimmer: _____ Squad: _____

Swimmer: _____ Squad: _____

Swimmer: _____ Squad: _____

Swimmer: _____ Squad: _____

Signature of Person Responsible for Account: _____

Printed Name: _____

Relationship to Swimmer(s): _____

Date: _____

**2022-2023 FAC PARENT HANDBOOK
APPENDIX C
SWIMSTRONG DRYLAND TEAM**

www.swimstrongdryland.com

ERIC HUDSON – Owner & Founder

BS Exercise Science, MS Sports Psychology (in progress), National Strength and Conditioning Association Certified Strength and Conditioning Specialist, Functional Movement Screen Certified, CrossFit Olympic Weightlifting Certified, National Academy of Sports Medicine Certifications, 13 years of experience in the field, 9th year of experience specifically focused on swim athletes

BRITTANY MILLER – Director of Nutrition Programming & Research

Precision Nutrition Certified, International Youth Conditioning Association Youth Nutrition Specialist, concentration on swim athletes

BRYAN McPHERSON – Director of Program Research & Development

MS Exercise Physiology, National Strength and Conditioning Association Certified Strength and Conditioning Specialist, Sports Performance Staff with the University of Louisville Swim Team for 2 years

SEAN WORKMAN - Director of Leadership Training & Character Development

Olympic Trials Qualifier, NCAA Qualifier, YMCA National Champion, Illinois High School State Champion, Multiple Time ACC championship Finalist, 4-year Athlete and Leader with Virginia Tech Swimming & Diving, 5th Year Assistant Coach with Virginia Tech Swimming & Diving, O’Fallon High School Swim Team Captain, Fastest Reaction Time in 2016 (as far as he knows), Bachelor of Science in Mining Engineering & Minor in Environmental Engineering from Virginia Tech University



JILL OERTLE – Doctor of Physical Therapy Consultant

Doctorate in Physical Therapy, Master's in Physical Therapy, BS Exercise Science, 20 years' experience as a Physical Therapist, 10 years' experience working with swim athletes



2022-2023 FAC PARENT HANDBOOK
APPENDIX D
SWIMSTRONG DRYLAND
PERSONAL “AT-HOME” EQUIPMENT LIST

Below is a suggested personal equipment list that you can use at home or while you can't share/use team equipment.

8 and under:

1. Resistance Band (1, Light)
2. Mini Band (1, Light)
3. Foam Roller (1)
4. Jump Rope (1)
5. Yoga mat (1)

Optional, great to have at home: Light Medicine Ball

9-12:

1. Resistance Bands (2, light, medium)
2. Mini Bands (2, light, heavy)
3. Foam Roller (1)
4. Medicine Ball (1, light-medium)
5. Jump Rope (1)
6. Tennis Ball (1)
7. Yoga Mat (1)

Optional, great to have at home: Very light dumbbells, door-frame pullup bar

13 and over:

1. Resistance Bands (3, light, medium, heavy)
2. Mini Bands (3, medium, heavy, very heavy)
3. Foam Roller (1)
4. Medicine Ball (1, medium-heavy)
5. Jump Rope (1)
6. Sliders (1 set of 2)
7. Tennis Ball (1)
8. Yoga Mat (1)
9. Door Frame Pullup Bar (1)

Optional, great to have at home: Weighted Vest (Adjustable up to 80+ pounds, especially for lower body exercises), Dumbbells, Gymnastic Rings or TRX Strap



2022-2023 FAC PARENT HANDBOOK
APPENDIX E
SWIMSTRONG DRYLAND, LLC
ATHLETE WAIVER AND RELEASE AGREEMENT

1. I am or will be participating in physical training and other activities (the “**Program**”) provided by SwimStrong Dryland, LLC (“**Coach**”).
2. I realize that as with any physical activity, participation in the Program is strenuous and potentially hazardous and may result in serious bodily injury or may cause or aggravate an existing physical injury or medical condition. I am fully aware of and accept the risks and hazards involved. **My participation is voluntary and I assume all risk of injury.**
3. I am either 18 years or older and have been examined by a licensed physician within the last six months and found to be in good health, or I am the parent guardian of a minor and such minor has been cleared to participate in the Program by the minor’s licensed physician in accordance with the sponsoring team’s policies. Since the most recent examination, I have not (or the minor has not, as the case may be) been diagnosed with any type of medical issue or experienced any symptoms that would affect my/the minor’s ability to participate in the Program.
4. I will faithfully follow all instructions given by Coach as to when, where and how to participate in the Program, it being understood that any deviation by me from such instruction shall be at my own risk.
5. I understand that any exercise program or any similar instruction I receive from Coach, in any form, format or medium, is the valuable intellectual property of Coach, that such materials are for my sole use only while I am a participant in the Program, and that such materials may not be copied, disclosed, distributed, transferred, displayed or otherwise shared with any other person or entity at any time either during or after my participation in the Program. Upon the termination of my participation in the Program, all physical copies of any materials containing such information shall be immediately returned to Coach. I further understand that any violation of this provision will result in my immediate termination from the Program and may subject me to further legal action.
6. I understand that any digital projects, social media or marketing campaigns, including but not limited to Facebook videos, photos, posts, Twitter videos, photos, posts, YouTube videos and posts, that I may participate in while participating in the Program shall become the property of Coach and may be used for marketing and advertising purposes at the sole discretion of Coach. I hereby grant to Coach the right and license to use my name, image, likeness, voice and persona for the purpose of promoting, marketing and advertising Coach to the public.



7. **On behalf of myself, my heirs and assigns, I forever release and discharge SwimStrong Dryland, LLC, its owners, members, managers, employees, contractors, instructors, agents and others acting on SwimStrong Dryland, LLC's behalf of and from any and all claims, causes of action, damages, liabilities, judgments or other losses sustained by me which are in any way related to my participation in the Program or in any of SwimStrong Dryland, LLC's classes, workshops, programs, promotional, marketing, or advertising activities or other offerings.**

This Athlete Waiver and Release Agreement shall be governed by Pennsylvania law (without regard to conflicts of law principles or any rule of construction relating to which party prepared this Athlete Waiver and Release Agreement), regardless of the place of its physical execution, and shall be binding on my legal representatives, heirs, and assigns and Coach's licenses and assigns.

I represent and warrant that I have the right, power and authority to grant the rights set forth in this Athlete Waiver and Release Agreement; furthermore, if a minor is the participant in the Program, I represent and warrant that I am either a parent or legal guardian of the minor child and that I have complete authority to grant this Athlete Waiver and Release Agreement on the minor child's behalf.

SwimStrong Dryland, LLC may assign its rights under this Athlete Waiver and Release Agreement in full or in part to any person or entity. This Athlete Waiver and Release Agreement represents the entire understanding in effect between the parties as to the matters set forth herein.

I have read the above Athlete Waiver and Release Agreement and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Agreed to and accepted:

By: _____ (Individual's signature and also on Behalf of minor, if applicable) _____ (Minor's printed name, if applicable)

Name: _____ (Please print) _____ Telephone number

Street address: _____

City: _____ State: _____ Zip code: _____

Date: _____



**2022-2023 FAC PARENT HANDBOOK
APPENDIX F
HOW TO SIGN UP FOR A MEET**

TO COMMIT AN ATHLETE OR ATHLETES FOR A SWIM MEET OR EVENT:

1. Go to the Meets/Events Calendar button on the FAC homepage and find the desired meet
2. Click Edit Commitment beside the desired meet
3. Click on the selected athlete's name
4. Click on the drop box below *Declaration
 - a. Click on Yes, please sign (athlete) up for this event
 - b. Click on No, thanks, (athlete) will NOT attend this event if your athlete cannot attend this meet
5. Your coach will select your events for you. If you have a comment or question regarding a specific event, you may leave it in the NOTES section.
6. Click Save Changes



**2022-2023 FAC PARENT HANDBOOK
APPENDIX G
PREPARING FOR A SWIM MEET**

WHAT TO PACK

- FAC swim cap
- FAC swimsuit
- Goggles
- Two towels
- Healthy, nut-free snacks & water
- FAC shirt, sweatshirt, and/or parka
- Books or games
- Cash to purchase snacks from the snack bar
- Permanent marker

AT LEAST ONE DAY BEFORE THE MEET BEGINS

- Check the FAC website to see if your practice group coach has made any changes to your individual events or added any relays to your schedule. Relays are a lot of fun, bolster team spirit, and can add a lot of points to help the team win a swim meet. All four members of a relay team must be on time for warm-up in order for the race to be swum.
- Make sure you know what time warm-up begins for each of your sessions, then prepare to arrive at the pool early enough to check in with your coach at the designated time.

BEFORE WARM-UP BEGINS

- Find a seat with your teammates
- Using a permanent marker, mark your events on your hand, arm or leg, or record them on an electronic device that you will keep with you. Once the heat and lane assignments are posted, add them to your list or chart. For example:

E		H	L
1	50 back	2	6
5	100 free	3	4
11	200 free relay	1	2

NOTE: Permanent ink may be “erased” from skin by using baby oil, sunscreen spray, or another oily substance.



2022-2023 FAC PARENT HANDBOOK

APPENDIX H

ELECTRONIC COMMUNICATION POLICY

PURPOSE

The Fontana Aquatics Club (the “Club”) recognizes the prevalence of electronic communication and social media in today’s world. Many of our swimmers use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- drugs or alcohol use
- sexually oriented conversation; sexually explicit language; sexual activity
- the adult’s personal life, social activities, relationship or family issues, or personal problems; and inappropriate or sexually explicit pictures
- Note: Any communication concerning an athlete’s personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: “Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?” or “Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient’s parents, the coaching staff, the board, or other athletes?”

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is **T**ransparent, **A**ccessible and **P**rofessional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Club’s records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choice, tone, grammar, and subject matter that model the standards of integrity of a staff member.

If your communication meets all three of the **T.A.P.** criteria, then it is likely your method of communication with athletes will be appropriate.



ONLINE INTERACTIONS: SOCIAL MEDIA, FORUMS, APPS

Except where otherwise provided, coaches and swimmers shall not have any online interactions, including but not limited to social media platforms, online interactive forums, gaming platforms, apps, etc.

Online interactions include but are not limited to platforms, forums, games, apps, etc., where coaches and swimmers can “friend,” “like,” “follow,” “message,” “DM,” “chat,” “instant message,” “private message,” etc., with one another.

Social media platforms, online interactive forums, gaming platforms, apps, etc., include but are not limited to Facebook, Instagram, blogs, Pinterest, Twitter, Snapchat, message boards, gaming platforms, such as Fortnite, Words with Friends, etc.

In order to utilize online interactions (e.g. an app such as Remind or Band) to conduct team business, a coach must receive Board approval through the following process:

1. Present a utilization plan to the Board
2. Provide the utilization plan to the affected practice group’s parents for review and feedback; and
3. The Board shall include consideration of parent feedback in its decision to approve or reject the utilization plan

If the Board approves the use of online interactions to conduct team business, the team shall provide a mechanism to ensure that parents can access all information communicated to and from coaches through the online interaction.

TEXTING/MESSAGING (whatsapp group chats)

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 8:00 AM and 8:00 PM. Texting shall be only used for the purpose of communicating information directly related to team activities. It is highly recommended for both athletes and parents to be included in all the communication.

EMAIL

Athletes and coaches may use email to communicate. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

USA Swimming clubs are now required to implement an electronic communication policy. The policy must be reviewed with and agreed to by all athletes, parents, coaches and other adults affiliated with the Club.

I have reviewed, understand and agree with the above Northwest Arkansas Aquatics’ Electronic Communication Policy.

_____ Name

_____ Date



**2022-2023 FAC PARENT HANDBOOK
APPENDIX I
PHOTOGRAPHY POLICY**

Fontana Aquatics Club may wish to take photographs and videos (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos and videos will be taken and published in line with club policy. The club requires parental consent to take and use photographs and videos. Photographs and videos may be used on the club's secure website, included in newspaper articles, and club notice boards. Photographs and videos may be used for training purposes.

I have read and agree to the above statements.

Name

Date



**2022-2023 FAC PARENT HANDBOOK
APPENDIX J
DIVERSITY AND INCLUSION POLICY**

Fontana Aquatics Club strives to create an inclusive environment that embraces differences and fosters inclusion. We are committed to creating an environment that supports equal opportunity and nondiscrimination for all persons, regardless of race, color, religion, sex, age, perceived or actual sexual orientation, gender identity or gender expression, marital status, national origin, or disability.



2022-2023 FAC PARENT HANDBOOK
APPENDIX K
ACTION PLAN TO ADDRESS BULLYING

I. PURPOSE

Bullying of any kind is unacceptable at Fontana Aquatics Club (the “Club”) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club 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.

Objectives of the Club’s Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is
3. To make it known to all parents, swimmers, and coaching staff that there is a policy and protocol should any bullying issues arise
4. To make the process for reporting bullying clear and understandable
5. To spread the word that FAC takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported

II. WHAT IS BULLYING?

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

1. Causing physical or emotional harm to the other member or damage to the other member’s property;
2. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
3. Creating a hostile environment for the other member at any USA Swimming activity;
4. Infringing upon the rights of the other member at any USA Swimming activity; or
5. Materially or substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

III. REPORTING PROCEDURE

A. What You Do If Bullying Occurs

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

1. Talk to your parents
2. Talk to a Club Coach, Board Member, or other designated individual
3. Write a letter or email to the Club Coach, Board Member or other designated individual
4. Make a report to the USA Swimming Safe Sport Staff

There is no express time limit for initiating a complaint under this procedure, but every effort



should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

B. Incident Report by the Club

Once a complaint has been made to the Club Coach, Board Member, or other designated individual, the Club will investigate and fill out an incident report that includes but is not limited to the date of the incident, if known, description of the behavior, the victim, the instigator, the coach/coaches involved, signatures of both the victim and the instigator, signatures of both the victim's parents and the instigator's parents, and the resolution.

IV. HOW WE HANDLE BULLYING

A. If Bullying is Occurring during Team-Related Activities

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is okay to get another adult to help.
2. Separate the kids involved
3. Make sure everyone is safe
4. Meet any immediate medical or mental health needs
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene
7. We use the **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** approach detailed below

B. If Bullying Is Occurring at Our Club or It Is Reported to Be Occurring at Our Club

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the approach below.

C. Finding out What Happened and Supporting the Kids Involved

1. Finding out what happened

a. First, we get the facts

- i. Keep all involved children separate
- ii. Get the story from several sources, both adults and kids
- iii. Listen without blaming
- iv. Don't call the act "bullying" while you are trying to understand what happened
- v. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyberbullying. Collect all available information.

b. Then, we determine if it's bullying

There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

- i. Review the USA Swimming definition of bullying
- ii. To determine if the behavior is bullying or something else, consider the following questions:
 - a) What is the history between the kids involved?
 - b) Have there been past conflicts?
 - c) Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
- iii. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.



- iv. Once you have determined if the situation is bullying, support all of the kids involved.

2. Supporting the kids who are being bullied

a. Support the kids who are being bullied

- i. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- ii. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - a) Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - b) Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- iii. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

b. Address the bullying behavior

- i. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- ii. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- iii. Work with the child to understand some of the reasons he or she bullied. For example:
 - a) Sometimes children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved.
 - b) Other times, kids act out because something else - issues at home, abuse, stress - is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- iv. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - a) Write a letter apologizing to the athlete who was bullied
 - b) Do a good deed for the person who was bullied, for the Club, or for others in your community
 - c) Clean up, repair, or pay for any property they damaged
- v. Avoid strategies that don't work or have negative consequences
 - a) Zero tolerance or "three strikes, you're out" strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - b) Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- vi. Follow-up: After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

c. Support the kids who are being bullied

Everyday, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.



- i. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- ii. Tell a trusted adult - your parent, coach, or a club board member
- iii. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."
- iv. Set a good example by not bullying others
- v. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away and tell a coach.



2022-2023 FAC PARENT HANDBOOK
APPENDIX L
TEAM TRAVEL POLICY

PURPOSE: Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles and hotel rooms – is less structured and less familiar.

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club or LSC.

Section 1 – USA Swimming Policies

- a. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- b. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- c. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)
- d. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5.C)

Section 2 – TEAM Policies

- a. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
- b. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
- c. During overnight team travel, if athletes are paired with other athletes, they shall be of the same gender and should be a similar age. Where athletes are age 13 & over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by the athlete's parents (or legal guardian).
- d. 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.
- e. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- f. A copy of the Club Code of Conduct must be signed by the athlete and his/her parent or legal guardian.
- g. Team or LSC officials should obtain a signed Liability Release and/or Indemnification Form for each athlete.
- h. Team or LSC officials should carry a signed Medical Consent or Authorization to Treat Form for each athlete.
- i. Curfews shall be established by the team or LSC staff each day of the trip.
- j. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc., unless otherwise excused or instructed by the head coach or his/her designee.



- k. The directions & decisions of coaches/chaperones are final.
- l. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- m. When visiting public places, such as shopping malls, movie theaters, etc., swimmers will stay in groups of no less than three persons. 12 & Under athletes will be accompanied by a chaperone.
- n. The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate club or LSC leadership and the parent or legal guardian of any affected minor athlete.

Section 3 – Athlete Responsibilities

Behavior

- a. Be quiet and respect the rights of teammates and others in hotel
- b. Be prompt and on time
- c. Develop cell phone usage guidelines
- d. Develop computer use guidelines including social media
- e. Respect travel vehicles
- f. Establish travel dress code
- g. Use appropriate behavior in public facilities
- h. Establish two different curfews – in own rooms and lights out
- i. Must stay in assigned hotel room
- j. Needs and well-being of team come first

Financial

- a. No room service without permission
- b. Swimmers responsible for all incidental charges
- c. Swimmers responsible for any damages or thievery at hotel
- d. Must participate in contracted group meals
- e. Communicate travel reimbursement information and policies

Code of Conduct/Honor Code

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

- 1. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- 2. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- 3. The possession or use of alcohol or tobacco products by any athlete is prohibited.
- 4. The possession, use or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- 5. No “deck changes” are permitted. Athletes are expected to use available change facilities.



6. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and NWAA. Athlete behavior must positively reflect the high standards of the club or LSC.

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

1. Dismissal from the trip and immediate return home at the athlete's expense
2. Disqualification from one or more events, or all events of competition
3. Disqualification from future team travel meets
4. Financial penalties
5. Dismissal from the team, and/or
6. Proceedings for an LSC or USA Swimming National Board of Review

Swimmers are to refrain from inappropriate physical contact at team activities and events

Swimmers are to refrain from use of inappropriate language

(Signature of Parent/Guardian)

(Print name of Parent/Guardian)

(Date)

(Signature of Minor)

(Print name of Minor)

(Date)



2022-2023 FAC PARENT HANDBOOK
APPENDIX M
TEAM SERVICE REQUIREMENTS

Fontana Aquatics Club (FAC) is a non-profit 501c3 organization dedicated to providing swimmers of all ages and abilities the opportunity to realize the best version of themselves as athletes, students, and members of their communities in a safe environment. Positive and healthy collaboration between swimmers, coaches, and parents is essential to fulfilling our mission. Hosting local and regional swimming competitions is a big part of our program and parent volunteers are crucial to ensure our meets and Club run smoothly. Parent volunteers are vital for swim meet execution and performance of many of the organizational and administrative tasks that are necessary to run the Club and provide your child with a great swimming experience.

Many of the top swim clubs have instituted a team service program to meet several objectives:

1. Benefit Swimmers – Competition allows swimmers to have opportunities to race and test the skills they have worked so hard to achieve. Hosting home meets provides this opportunity without the needed time and expense of travel.
2. Fundraising – Swim meet revenue is a key source of funding for our Club and allows us to keep our monthly dues affordable, while providing the staff, facilities, training and equipment needed.
3. Family Involvement – It takes around 300 volunteers to host a successful weekend meet.
4. Promote Swimming – Swimming is unique in that it relies almost entirely on volunteers and, by being a volunteer, you are supporting the team, the sport and your child's experience.

ONE-SESSION HOME MEETS

FAC hosts two or three one-session swim meets throughout the year that offer our pre-competitive swimmers an opportunity to become familiar with swim meets. These meets include, but are not limited to:

- Intrasquad (September)
- Intrasquad (January)
- Intrasquad (May)

Parents of swimmers participating in these meets are required to serve as a timer or bullpen monitor. Training will be provided as needed.

MULTI-SESSION HOME MEETS

FAC hosts at least two meets per year that last two to three days each. These meets include, but are not limited to:

- the Veterans Day Classic (November)
- the Spring Splash (March/ April)

Each of these swim meets has upwards of 300 volunteer positions that must be filled. Families are required to work at least two sessions at each event, whether their child is participating in the event or not. Team service credit can be earned by any family member, relative or other reliable representative (e.g., neighbor, grandparent, friend, etc.), who is approved by the Volunteer Coordinator.



15-30 days prior to each event, the Volunteer Coordinator will post a volunteer sign-up sheet and provide sign-up information through the Weekly Update. Prior to each event, FAC families should utilize the sign-up website to select the volunteer positions and times that are needed. Each FAC family should make a point to sign in and out at the Volunteer Check-in table at each event. This ensures you receive credit for the sessions worked.

Failure to fulfill the team service commitment will result in a \$100 charge to that family's account for each unfulfilled session after the event has been completed. This penalty is not intended as a fundraiser. Rather, it is designed to motivate parents to assist in the crucially needed volunteer positions. Best case scenario: all families work and no fines are issued. Families receiving a scholarship will forfeit it if they fail to fulfill the team service commitment.

SCHEDULE CONFLICTS OR SPECIAL NEEDS

- Prior arrangements must be made with the Volunteer Coordinator at least 45 days in advance of the event. This advance notification allows for pre-event tasks (as available) to be assigned and/or discussion with the FAC board. If a pre-event task is not available, then you will be charged 40% of the above-mentioned fine.
- If you have travel plans for one of the above-mentioned weekends or special needs, contact the Volunteer Coordinator at least 45 days in advance of the event so that volunteer positions can be reserved to accommodate those plans or needs.

AWAY MEETS

Our competitive swimmers participate in one or two away swim meets per month. When your swimmer commits to an away meet, you are required to sign up for a timing or team tent transportation position until all positions are filled. The timing positions usually last one hour.

- If all of the required timing positions have been filled, your swimmer will be able to participate in the meet and you may be asked to fill a timing shift due to the timeline or a no-show. If you are not called upon to do this, then you will be assigned a timing position for the next meet in which your swimmer enters.
- In order to encourage team unity and balance available timing slots, please select a timing slot for the session in which your swimmer is entered (AM or PM) and please select a later slot if your swimmer is entered in a later event.
- A no-show fee of \$50 will be charged to your Team Unify account if you do not complete the timing shift that you selected or that was assigned to you.

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** the Volunteer Coordinator.

BOARD OF DIRECTORS

The FAC Board of Directors is comprised of parent volunteers and a coach representative. Members serve for a minimum of two years and are either appointed or elected. We encourage parents to become involved in the board and attend board meetings. Members are allowed to be present and must allow for normal business to proceed. We do offer a membership forum at the beginning of the meeting. If you are interested in the board, we encourage parents to attend meetings and run for open positions as they become available.



2022-2023 FAC PARENT HANDBOOK
APPENDIX N
PARENT VOLUNTEER OPPORTUNITIES

SWIM MEETS

MEET MANAGER: assists meet director with all aspects of organizing and running swim meets

VOLUNTEER COORDINATOR: schedules all volunteers necessary for running a swim meet; keeps track of all families fulfilling the FAC Volunteer Requirements

COLORADO TIMING SYSTEM CONSOLE: ensures that CTS records starts, splits, and finishes under the supervision of the Administrative Official

ADMIN HELPER: collects timer sheets and delivers them to the Administrative Official; prepares stopwatches, pencils, and clipboards for timers; processes scratches, deck entries, positive check-ins, and meet fees, and posts results under the supervision of the Administrative Official

ANNOUNCER: announces warm-ups and races, and maintains the flow of the meet under the supervision of the Meet Referee and Administrative Official

TIMER: operates stopwatch and button or timer sheet under the supervision of the Meet Referee

HEAD TIMER: operate two or more stopwatches and provides replacement stopwatches to timers whose watches miss the start or malfunction

MEET MARSHAL: enforces pool and facility rules under the supervision of the Meet Referee & Meet Director

RESTROOM MARSHAL: enforces Minor Athlete Abuse Prevention Policy by ensuring that no one over the age of 18 uses the restrooms and locker rooms designated for Athletes Only, and by ensuring that photographs or videos are recorded in the locker rooms

HOSPITALITY: supervises buffet set-up for coaches and officials; carries drinks & snacks to coaches, officials, and volunteers

AWARDS: orders, labels, and sorts ribbons, medals, and trophies

SET-UP/TEAR-DOWN: assists Meet Director with setting up/putting away tables, chairs, stanchions, timing equipment, and so forth

SNACK BAR: sell snacks, meals, and drinks under the supervision of the Snack Bar Team Leaders, who will plan and prepare the food



BULLPEN: assists younger swimmers lining up for their races

COMMITTEES

FINANCE: assists Treasurer in reconciling bank accounts and maintaining fiduciary policies and procedures

HOSPITALITY: assists Meet Director by planning for swim meets and organizing chum bucket (swimmer snacks) for championship & travel meets

MERCHANDISE: assists Merchandise Chairperson in planning, placing, & distributing team equipment and spirit wear orders

SOCIAL: assists Social Chairperson in planning & executing team events, parties, community service projects, and the annual banquet

STANDING RULES: works with President or Vice President to oversee team's compliance with by-laws and USA Swimming and Safe Sport rules/policies

BOARD OF DIRECTORS:

PRESIDENT	Stacy Lewis	president@fontanaaquatics.org
VICE PRESIDENT		
TREASURER	Walid Boustani	treasurer@fontanaaquatics.org
SECRETARY	Irina Shostak	secretary@fontanaaquatics.org



**2022-2023 FAC PARENT HANDBOOK
APPENDIX O
CITY OF FONTANA AQUATICS
POOL PRACTICE POLICY**

Parents are welcome to stay on the bleachers and benches/tables on the side of the pool. Parents are not allowed to sit on the planters behind coaches immediately by the pool. Should you have any questions for the coach please contact them ahead of time to set up a meeting so they can give you 100% of their attention. When coaches are on deck they are committed to giving 100% of their attention to your children.



**2022-2023 FAC PARENT HANDBOOK
APPENDIX P
FONTANA AQUATICS CLUB, INC.
RELEASE AND INDEMNITY AGREEMENT
(Minors)**

PLEASE READ CAREFULLY BEFORE SIGNING

I, the undersigned participant and parent, request voluntary participation of a minor, _____ (the “**Minor**”), of which I am the legal parent or guardian and have authority to bind such minor, to participate in all events, under the supervision of coaches or otherwise (collectively, the “**Activities**”) that are sponsored by Fontana Aquatics Club, Inc., a nonprofit corporation incorporated in the state of California (“**FAC**”), USA Swimming and its local swimming committees, and any of their board of directors, officers, employees, volunteers, other participants, and agents (collectively, the “**Released Parties**”).

I consent to the Minor’s participation in the Activities and acknowledge that the Minor and I fully understand that the Minor’s participation may involve risk of serious injury or death, including losses which may result not only from the Minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the Activities are being conducted, including dryland Activities and unsupervised Activities deriving from coach instructions, and the rules of play of the Activities. I understand that if I have any risk concerns, I should discuss the risks associated with the participation with the coaches, staff, or board of directors of FAC before I sign this document and before any of the Activities begin. I agree to monitor the Minor’s participation and to not allow the Minor to exceed his or her physical limitations. I also agree to restrict the Minor from consuming any form of recreational or illegal drugs, including alcohol, while participating in the Activities.

I certify that the Minor is in good health and has no physical condition that would prevent participation in the Activities. Furthermore, I agree to use the Minor’s personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

In consideration of allowing the Minor to participate in the Activities, I hereby release, indemnify, save and hold harmless the Released Parties of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that the Minor may have or sustain with respect to any and all damage or injury of any type, arising out of the Minor’s participation in the Activities.

Further, I agree that this Release and Indemnity Agreement extends to all acts of negligence by such release and indemnification and is intended to be as broad and inclusive as is permitted by the laws of the State of California and the laws of any state in which Activities are conducted and that if any portion thereof is held invalid, it is agreed that the balance of such Agreement shall continue in full legal force and effect.

(Signature of Parent/Guardian)

(Print name of Parent/Guardian)

(Date)



(Signature of Minor)

(Print name of Minor)

(Date)

2022-2023 FAC PARENT HANDBOOK
APPENDIX Q
FONTANA AQUATICS CLUB, INC.
RELEASE AND INDEMNITY AGREEMENT

PLEASE READ CAREFULLY BEFORE SIGNING

I, _____, the undersigned participant (the **“Participant”**), request voluntary participation, to participate in all events, under the supervision of coaches or otherwise (collectively, the **“Activities”**) that are sponsored by Fontana Aquatics Club, Inc., a nonprofit corporation incorporated in the state of California (**“FAC”**), USA Swimming and its local swimming committees, and any of their board of directors, officers, employees, volunteers, other participants, and agents (collectively, the **“Released Parties”**).

I consent to the participation in the Activities and acknowledge that my participation may involve risk of serious injury or death, including losses which may result not only from my own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the Activities are being conducted, including dryland Activities and unsupervised Activities deriving from coach instructions, and the rules of play of the Activities. I understand that if I have any risk concerns, I should discuss the risks associated with the participation with the coaches, staff, or board of directors of FAC before I sign this document and before any of the Activities begin. I agree to monitor my own participation and to not allow myself to exceed my physical limitations. I also agree that I will not consume any form of recreational or illegal drugs, including alcohol, while participating in the Activities.

I certify that I am in good health and have no physical condition that would prevent participation in the Activities. Furthermore, I agree to use my personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

In consideration of allowing myself to participate in the Activities, I hereby release, indemnify, save and hold harmless the Released Parties of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage or injury of any type, arising out of my participation in the Activities.

Further, I agree that this Release and Indemnity Agreement extends to all acts of negligence by such release and indemnification and is intended to be as broad and inclusive as is permitted by the laws of the State of California and the laws of any state in which Activities are conducted and that if any portion thereof is held invalid, it is agreed that the balance of such Agreement shall continue in full legal force and effect.

(Signature of Participant)

(Print name of Participant)

(Date)



2022-2023 FAC PARENT HANDBOOK
APPENDIX R
QUESTIONS PARENTS ASK (FAQ)

1. Sometimes my child doesn't want to go to practice. He wants to play with his friends. Should I force him to go?

You should not force your child; you want his/her participation to be his/her decision. Reinforce the choices and decisions he/she has made to start his/her sport. For example, your swimmer chose to go to practice on Tuesdays and Thursdays so, on other days, he/she has the freedom to engage in other activities. As a parent, explain your expectation that they fulfill the commitment they have made by joining the team. You don't want to force your child into a sport that they do not enjoy, yet you want your child to be involved in a "lifetime sport," to learn about making and keeping a commitment, and to interact with peers. So, what are you to do?

Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to participate for the season. Once the decision is made to participate, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the athlete's overall development.

Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from a recent USA Swimming World Championship team talked about being pushed to swim by their parents on a weekly basis but knowing they could quit if they stopped having fun with swimming.

2. My child has a lot of interests and activities so he only attends about half of his practices. What will happen to his competition results?

Children involved in other activities benefit in the areas of coordination and balance, as well as improved social and intellectual development. Specialized training in one activity does not necessarily need to take place at this stage of development. Will your child's teammate who makes all practices have better results? Probably because their teammate is working solely on developing one sport's skills. It is up to you to explain to your child that making the choice to participate in other activities can have its consequences. Tell your child that they should not compare their results to that of their teammate, but to focus on the fact that they are benefitting from and enjoying other sports/activities.

3. It looks like my child is having a lot of fun at practice. Shouldn't she be working harder?

Be happy that your child is having fun! According to a recent study conducted by USA Swimming, children who experience fun while participating stay in sports longer (Tuffey, Gould, & Medbery, 1998). At this stage of the game, the most important aspect of development is the mastery of skills, which means learning the proper technique. Fundamentals must be established prior to true "training" taking place. And, if your child is having fun in the process of learning, they are more likely to continue the sport.



4. It looks like all they do at practice is drills. Shouldn't they be training more?

Your child needs to develop a solid foundation in mechanics. Drills and drill sets serve the specific purpose of teaching skills and fundamentals. Drills develop motor coordination, motor skills, and balance. In fact, your child's coach may prescribe a particular drill just for your child in order to improve an aspect of their technique. In addition, your child may actually be experiencing a "training" benefit from drills. Drills require concentration and aerobic energy to do them correctly.

5. My daughter's coach sometimes makes her "sit out" for disciplinary reasons. Isn't that a waste of her time?

The coach has set up expectations of proper behavior. Hopefully, your child is aware of the consequences of testing these boundaries. Obviously, the coach is reinforcing what is expected of the children at practice. We encourage you to reinforce the coach's practice expectations by discussing your child's behavior and the consequences of that behavior. Hopefully, this "time out" begins to reinforce self-discipline, accountability, and respect for others.

6. My son complains that some of the kids cheat in practice. What should I tell him?

Praise him first for completing the workout the coach offers. Remind him that he is there to improve himself and he can't control what his teammates do. Tell him, however, that his best course of action is to continue to do things right and others may actually be influenced by his good example. By committing to do his best at all times, he will reap the benefits of his hard work over the long haul.

7. My daughter just moved up to the Senior Group. Now the coach wants her to train twice a day. Is this really necessary?

Your child has established proper technique and fundamentals by progressing through the levels of the team. It is appropriate at this stage of your daughter's career development to increase the training loads. This includes adding the two mornings per week. Although morning practices come extra early, most coaches feel that this level of commitment is necessary for your daughter to reach the next level of her career.

Training for competitive sports is demanding on young athletes. As athletes develop, they need to understand the upcoming time demands. One specific principle of training that applies is the progressive overload principle. A person must be stressed slightly more each day over time to continue to improve. In order to do that, the coach must plan additional time. The addition of morning workouts often becomes necessary for the coach to develop young athletes to their maximum potential.

8. What type of commitment is needed for higher levels of competition?

While an athlete's performance is influenced by numerous factors, there are three that exert the greatest influence: physical, technical, and mental. As athletes progress, a greater commitment of both time and energy is needed to enable an athlete to address all of these factors.

Additionally, the athlete is asked to take more responsibility for and ownership of his practice and competition performance. One way of doing this is by accepting responsibility for leading a lifestyle conducive to performance, i.e., proper nutrition, adequate sleep, time management, and managing extracurricular activities.

9. Is my teenager sacrificing too much to train?



What you may consider a sacrifice, such as missing a school dance, football game or simply going out with friends, your child may not consider a sacrifice at all. Instead, your child has chosen to commit to his sport. By doing so, he realizes that a certain level of training is necessary for him to achieve greater goals and does not look at these activities as missed opportunities. Keep in mind that your child realizes missing a workout is like missing sleep. It cannot be made up. If, however, your child is expressing sentiments that he is missing these chances, then it is time to re-evaluate the balance in his activities.

10. What does the coach mean when she says that my teenage daughter controls 80% of her own training?

At this stage, it is important for the athlete to take full responsibility for her sport. Your coach is just reinforcing this concept. Having a good attitude, developing proper time management, and demonstrating a strong work ethic are important both in and out of practice and competition. What your child's coach is referring to is what we call "hidden training factors." She is in control of what she eats, how much sleep she gets, her practice attendance, and even her effort on practice sets. This may really add up to even more than 80%.

11. My child used to compete in all of the events, but now her coach has her focusing on only a few.

Prior to now, your child needed to acquire a wide range of skills and the aerobic development necessary to allow for this specialization. At this point in her career, her physical development allows her to train for specific events. Children at this stage have reached the physical maturity necessary to specialize in particular events for which they are best suited.

12. I notice the coach having meetings with the older athletes at the beginning of the season. What are they talking about? Is he asking for input?

Typically, the coach likes to share his seasonal plan with the group prior to the start of the season, as well as reviewing the previous season's strengths and weaknesses. This plan highlights the major competition, tapering, and the overall training plan. By presenting the athletes with information, the coach is making the athlete part of the process. This meeting may also be a prelude to individual goal-setting sessions and an opportunity to begin to build team unity.

13. My child was very successful as a very young child. How can I help her reach the next level?

When your daughter is making the transition, she needs to realize that she is participating at a higher level. Improvements are in tenths and hundredths, rather than seconds, due to biological and physiological factors.

Throughout her career, you have been very supportive. This support is still needed but it may have to be a little different than in the past. IT is a good time to discuss with your daughter what she needs from you. Do not be afraid to ask her "How can I support you in your sport?" While you are an important part of her support network, realize your daughter, at this level, should be taking on more ownership of her athletic career.

14. I want my son to qualify for Nationals so badly, but he keeps just missing. What can I do to help?

It is important for you to acknowledge that this is your child's goal, not yours. Your expectations may actually be putting undue pressure on his performances. There are two types of goals that athletes can set. Outcome



Goals focus on the end result of performance, such as “win” or “make finals.” Process Goals relate to the process of performance. Examples are “great technique” or “strong finish.”

15. Who can I contact about information and questions regarding FAC?

Questions regarding practices, swim meets, and swimmers’ progress should be directed to your practice squad coach (email addresses are listed on Page 4). Questions regarding the operations of our club should be directed to the appropriate board member (email addresses are listed on Page 4).

16. Does a potential new FAC swimmer need to try out?

Yes. FAC accepts new swimmers on a year-round basis. If you are interested in joining FAC, then please contact Coach Renata Martinez at fontanaseahorse@gmail.com to set up a tryout.

17. Which squad (group) is my swimmer in?

You should be able to tell by looking at your Team Unify account under the Members tab. Alternatively, you can contact Coach Renata Martinez (renata.martinez@fontanaaquatics.org) and she will be able to assist you.

18. Where, when and at what time does my swimmer practice??

Once you have determined which squad your athlete is in, you can visit the Schedules/Standards tab on the FAC website (www.fontanaaquatics.org).

19. Does my athlete have to compete in swim meets?

No. Although all FAC swimmers are encouraged to compete, most of our squads do not require swimmers to compete.

20. What items does my swimmer need as a new member of FAC?

The most important items are a swimsuit (brief or jammer for boys), an FAC swim cap, goggles, kickboard, fins, and paddles. These are the basic items needed for practice. There may be other items needed for specific squad requirements.

In terms of team apparel, FAC focuses heavily on team identity. It is mandatory for all new swimmers to have the following items:

- TYR swimsuit
- FAC swim caps (blue; provided with registration)
- FAC t-shirts (one blue, one black; provided with registration)

These items are all available via the Team Store tab on the FAC website.

21. When is my child ready to swim in his first meet?

As soon as your swimmer’s squad coach is satisfied that he is legal (won’t get disqualified) to complete a freestyle and backstroke race, then he will be ready to swim in his first meet. FAC highly encourages meet participation so please check with your squad coach concerning this.



22. How do I commit (sign up) my swimmer for swim meets?

This process is very simple. On our homepage, click on the Meets/Events Calendar button. A list of all the meets/dates for the season will come up. Simply click on the meet/event that you are interested in and a new page will appear with a blue button on the top right-hand corner of the page, which says "Attend/Decline." Click on that button, save the change, and you're done!

23. Once an athlete is signed up for a meet, do I have to select my swimmers' events?

This is totally up to you. You are welcome to select your athlete's events, although it is important to understand that your swimmer's squad coach may or may not make changes to the events that you have selected. If you do not choose the events, then our coaches will do so.

24. I want my swimmer to attend a meet but we can only attend on certain days. What do I do?

When you commit/sign up your swimmer for a meet, you will have the option to make a NOTE on the commitment page. Please list your instructions there. Our coaches will be able to view these notes when they submit the entries.

25. Is there an attendance requirement for my child's squad?

Although most of our younger squads do not have an attendance requirement, we highly recommend attending as many practices as possible. They will learn a lot faster by doing so.

26. What type and size of equipment should I buy for my swimmer?

There are two kickboard sizes: adult and junior. For swimmers 10 years and younger, buy a junior kickboard. All other swimmers should be using an adult size. With fins, you can buy the same size fins as their regular shoe size. Paddles also come in different sizes: small, medium, large, and sometimes extra-large. Buy small for 9/10-year-olds, medium for 11/12-year-olds, and large for older swimmers.

Swimsuits should fit as tightly as possible, especially racing suits. Racing suits should be so tight that they can only be worn for a few races at a meet before it feels uncomfortable to be in them. There should be absolutely no "play" in the suit once it has been put on. We generally have a fitting for suits in September.

27. What is the team's main form of communication?

Our main form of communication is via e-mail. Weekly Updates are sent every Sunday via email. You may also follow our team on Facebook (Fontana Aquatics) or Instagram (fontanaaquatics).

28. Life happens! My swimmer will not be able to make practice. Do I need to let someone know?

This is not an absolute necessity; however, it would help if you could send a quick e-mail message to your swimmer's squad coach.



2022-2023 FAC PARENT HANDBOOK
APPENDIX S
WISDOM & ENCOURAGEMENT FOR SWIMMERS

What do I do on the first day of practice?

After you get your suit on, head to the pool and have your cap on and goggles ready. Wait for your coach to give you instructions.

What do I do if my parents are late picking me up from practice?

Don't worry. Always stay with a coach and let them know your parents are late.

Will I have anyone to sit with at a meet?

There will be a lot of friends and people to help you with what you need.

Remind your parents that you need to know your events and have a Sharpie for meets.

You will find your events by going to the Events/Competitions page of the FAC website and clicking on Edit Commitment and on the psych sheet that Coach Renata will email a few days before the meet begins. Your heat and lane assignments will be posted during warm-ups. Write down the events, heats, and lanes on your arm, leg, hand or electronic device so that you know when it's time for you to swim. If you get to the meet early, things will be less stressful since you will be able to get this done before the team starts warming up.

I worry that I will fall off the starting block.

If you do, just climb out of the pool and try again.

What happens when my goggles come off after my dive/start?

Unfortunately, this happens frequently. If it is a freestyle race, then you can quickly try to readjust your goggles while swimming. Butterfly, Backstroke, and Breaststroke events do not allow you to adjust goggles, so just keep going no matter where your goggles are.

How will I ever do a flip turn?

Your coach will teach you. Just keep working on it. You can do it!

Don't be afraid to ask the coaches questions. They are very friendly.

Anything that you are worried about, most of the other swimmers have had the same fears.

Don't compare yourself to anyone else.

Everything may seem scary at first, but hang in there. It's a lot of fun!

Trust your coaches! They would never make you do something you aren't capable of doing.

**We learn from making mistakes so go ahead and make mistakes.
Believe in yourself.**

Try hard. Do your best. HAVE FUN!