

2023 Long Course Service Credit Protocol
April 2023 – August 2023

Service Credit Protocols change from season to season, depending on how many CAST hosted meets we have, and how many non-CAST meets we plan to attend.

All families with a swimmer are required to complete service hours according to the breakdown listed here. The service hour requirement is per swim family and defaults to your most senior swimmer's roster level on the team. If you do not complete these hours and submit them, you will be billed. Please see details below.

Novice/Recreational/ New Swimmers –

If your child is a Novice level swimmer, (or) this is your first season with Cast, (or) you are a recreational swimmer, who does not swim in any meets, you are required to serve a minimum of 6 service hours.

4.00 CAST Hours (CAST hosted meets- see dates below)

2.00 Non-CAST Hours (Non-hosted meets, timing or other jobs needing to be filled)

Age Group (AG)

10 Total Service Hours required (plus Championship hours) Made up of -

6.00 CAST Hours (CAST hosted meets- see dates below)

4.00 Non-CAST Hours (Non-hosted meets, timing or other jobs needing to be filled)

3.00/1.00 Championship Meet (3.00 If in 3 or more individual events/1.00 If relay only or less than 3 events) (See below)

Senior Development (SD)

14 Total Service Hours required (plus Championship hours) Made up of -

10.00 CAST Hours (CAST hosted meets- see dates below)

4.00 Non-CAST Hours (Non-hosted meets, timing or other jobs needing to be filled)

3.00/1.00 Championship Meet (3.00 If in 3 or more individual events/1.00 If relay only or less than 3 events) (See below)

Senior (SR)

14 Total Service Hours required, Made up of -

10.00 CAST Hours (CAST hosted meets- see dates below)

4.00 Non-CAST Hours (Non-hosted meets, timing or other jobs needing to be filled)

3.00/1.00 Championship Meet (3.00 If in 3 or more individual events/1.00 If relay only or less than 3 events) (See below)

Officials –

If you are interested in officiating, please email Sarah Flora at boflora@gmail.com.

Officials are ESPECIALLY needed from families representing Novice, Age Group, and Senior Development.

CAST covers ALL your officiating fees, and it's a great way to fulfill your service requirement. The team also offers a financial incentive to help offset monthly dues if you become an official. If interested, information regarding how to become an official and the CAST incentive program can be found at the following:

<https://www.teamunify.com/team/cast/page/about-cast/volunteer-hours-info>

CAST Hosted Meets –

We have 3 CAST hosted meet during this Long Course season. Please put these dates on your calendar and be ready to help.

1. **April 15—16 CAST B/C Meet**
2. **June 24—25 CAST B/C Meet**
3. **August 13 CAST All Ages NTS Final Summer Wrap-up Meet**

Non-CAST Meets –

We also have several non-CAST hosted meets that swimmers will be attending, giving opportunity for families to time. All Meets are posted on the "Home" page of the website, under events. Swimmers will only attend meets that they qualify for (see your coach for details).

Championship Meets –

Each family is required to serve 3.00 hours per meet, if their swimmer attends this meet, and swims 3 or more events/ or 1.00 hours per meet if their swimmer is in relays only (or less than 3 events).

1. Splash & Dash – June 16th – June 18th, 2023
2. SI Long Course Age Group Championships – July 20th – July 23rd, 2023

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Championship Meets are run by SI Swimming and require ALL teams attending to provide volunteers.

Sign up for your Jobs - When we host meets, Job Assignments are posted online (on our web page) in advance of the meet. You will receive an email, when the sign up is made available.

- When they are posted, each family may initially sign up for 2 jobs. This gives all families an opportunity to sign up.
- After 7 days of the jobs being posted, families may go on and sign up for more.
- Families may only sign up for jobs equaling 6 service hours/credits per meet, unless otherwise specified or discussed.
- If you have a family member who is under 14 years old, helping you serve your credits, they will only receive .5 credits per hour, instead of the full hour.
- Please do not sign up for a job(s) and not show up. Last minute emergencies happen, but please try to communicate any changes with fellow swim parents as soon as readily possible, via the Facebook page, etc.

Submit (Email) your hours-

In order to receive credit for your hours served, you must email the Service Credit Coordinator. Signing up for job assignments on the website, is only the first step in receiving credit. Sometimes people sign up online, and for whatever reason, don't show up for their assignment, or they might end up doing more than what they signed up for. Therefore, sign up, and once you have fulfilled your assignment, email the Service Credit Coordinator letting them know, if you do not email them with your info, you will not receive credit. When you email your hours, be specific (see below). The Service Credit Coordinator email is castservicehours@gmail.com.

Example:

Lisa Smith (volunteer)
Bobby & Sally Smith (swimmers)
14 & U Pentathlon on Oct 11th
Snack Bar 9am-11am / Runner 11am-1pm = 4 hours total

Billing for un-fulfilled Service Hours -

Each Service Credit is valued at \$20 per credit. This means if your family has not served the required hours, by the end of the season, 8/31/2023 you will be responsible to pay \$20/per credit, not served.

Please understand that our preference is not to invoice your account for un-served credits at the end of the season. Rather, **CAST NEEDS & WANTS** your service throughout the season. Our team is successful due to all of us working together to help run smooth efficient meets. We are intent on working a program where many hands do equal work, rather than few hands overextending themselves.

Please feel free to contact me with any immediate questions.

Madolyn Mohr
CAST Treasurer, Board Representative
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