



## Swim Dogs Swim Team Membership Packet 2017-2018

### **WELCOME**

Welcome to Swim Dogs and the 2017-2018 season. In this packet you will find information about the team, practice and tentative meet schedules, policies, and additional content that will help you make the most of the team and experience.

### **ABOUT SWIM DOGS**

Swimming is a FAMILY SPORT, and that is why you will see Swim Dog parents and their children swimming together in practices and at swim meets. Our goals are:

- Swimming improvement through technique first and conditioning second.
- Encouraging parents and their children to practice and compete together.
- Building a solid relationship with Denver Public Schools and the local community.
- Enjoying life through swimming!

### **Contact and Weekly Information**

We communicate with our families weekly through our newsletter emailed out typically on Mondays. Our “This Week In Swim Dogs” weekly email includes the weekly schedule, upcoming meet information and any other important notes and articles for the upcoming week.

Along with email, we typically post schedule changes as well as practice and meet updates to our Swim Dogs Facebook page— please request to be a part of this group if you aren’t already a member.

In order to make sure you are informed it is important to give us all the contact information for any member of your family you would like to receive these updates, as well as notify us when your contact information changes.

We believe that it is important to be able to communicate with both parent and athlete, so if your athlete has an email account, cell phone number, etc. we would love for them to receive our emails and updates as well.

## MONTHLY DUES

Dues are due on the 1<sup>st</sup> of each month. You may give Coach Andrew or Ryan a check or cash, but we encourage (for your benefit and ours) you to set up your monthly dues as an automated credit card charge via our website through Team Unify. Monthly dues are expected to be paid on a monthly basis to ensure your spot on the team for the whole year. There may be some months with fewer or additional practices, all of which even out for the entire year's registration.

**You may also mail checks to:**

*Swim Dogs  
5291 E. Cornell Avenue  
Denver, CO 80222*

Swim meet entry fees are not included in monthly dues and will be billed individually and payable by cash/check or auto-pay.

- **Swim Pups & Lil' Dogs Group Family Member: \$105/mo.**
- **Big Dogs & Top Dogs (including HS) Group Family Member: \$135/mo.**  
*(There is a \$10/additional child discount to the above mentioned groups when a family has more than one child member.)*
- **Masters: \$65/mo.**

Please remember that Swim Dogs is a not-for profit club and your monthly dues go towards pool rental, equipment, and coaching—as well as keeping the family business running. We ask that you keep this in mind and pay dues in a timely manner.

## FUNDRAISING REQUIREMENTS

Each member will be obligated to complete specific fundraising goals for the short course season only through the purchase of King Soopers gift cards, team volunteer positions, or additional payment.

- **Each Family (with exception of Masters members) will have a \$25 per month fundraising obligation for the Short Course season (Sept-April).**
- **If using the King Soopers card, each month we will receive a statement of each account—detailing the amount put on each card. 5% of the balance shown will be used towards your fundraising requirement each month (and can roll over to the next month).**

## ANNUAL MEMBERSHIP FEES

An annual membership fee is required for insurance and other miscellaneous fees (this covers the end of 2017 through 2018 for USA Swimming Registration).

*These fees apply to all athletes regardless of practice group:*

- **New Athletes: \$200 per member (\$50 discount on multiple members)**
  - **One Member \$200, each additional family member is \$150**
- **Returning Athletes: \$150 per member (Swam for a portion of the year)**
- **Continuing Athletes: \$100 per member (Swam and Paid for the entire year/summer)**

## **BILLING POLICIES**

- HS Swimmers that are in their respective season will be required to pay pro-rated monthly dues if they are participating in Swim Dogs meets or practices. Pro-Rated dues will be \$65.00 while the athlete is in their HS season.

- Girls: November 1-February 1

- Boys: March 1- June 1

- All Swimmers, regardless of group, will pay annual dues. All members of the club shall be subject to the same annual fees. Masters swimmers will still be under the “Masters” Category and will pay \$100 annual fees.

- Families not paying dues for over 90 days are subject to being asked to leave the team or being asked to pay all back dues plus the next month to remain on the team.

- Families wishing to leave the team must give a written notice 30 days in advance of the next billing cycle or they will be billed for the next month.

- There is a \$10 late fee for any outstanding balance not paid by the 21st of each month.

## **Team Gear**

There is no required gear for Swim Pups and Lil’ Dogs, although we strongly recommend a swim team-style suit, goggles, and a cap.

Required Gear for Big Dogs & ALL Top Dogs:

- Suit, caps, goggles
- Front-mount snorkel
- Optional: swim fins & paddles (as we will be using these on a regular basis, it may be nice to have your own).

Although not a requirement, we do order team suits, shirts and other apparel at the beginning of each season and throughout the season periodically. It is highly encouraged for all athletes to purchase a team meet suit as well as one shirt to represent the team at swim meets. We make all of our team orders through MI Sports (Iloff/Colorado), this is also a great place to buy additional swim gear (caps, goggles, etc).

## PRACTICE GROUPS

Each Practice Group is divided into different skill levels to accommodate a wide variety of swimmers. Keep in mind that our coaches will make the ultimate decision on what group your swimmer should practice with based on their skill, attendance and age.

GROUP	DESCRIPTION	SUGGESTED ATTENDANCE
<b>Swim Pups</b>	This group is designed for new swimmers as a place to learn proper stroke technique and gain comfortability in the water.  <i>Average yardage per night: 800-1500</i>	<b>A minimum of 1 practice per week.</b>  Swimmers must be able to complete 2 laps of the pool, unassisted.
<b>Lil' Dogs</b>	This group is designed for younger, more inexperienced swimmers as a place to learn proper stroke technique, basic interval and set development, as well as gain a base-level of fitness.  <i>Average yardage per night: 2000-3000</i>	<b>A minimum of 2 practice per week.</b> Swimmers must be able to swim a lap of each stroke, as well as successfully complete starts and turns.
<b>Big Dogs</b>	This group is designed with two groups of swimmers in mind: A) Younger swimmers who have surpassed their teammates both technically and with stroke and practice development, and B) Less experienced, older swimmers who may require more focus on their strokes and overall practice development as a gateway between groups.  <i>Average yardage per practice: 3000-5000</i>	<b>A minimum of 3 practices per week.</b> Swimmers will be invited to this group based on their general abilities in the water. These swimmers will have a basic understanding for sets and intervals, competent strokes, and a desire for a higher fitness level. <b>**See Team Gear Requirements for this group**</b>
<b>Top Dogs</b>	This group is designed for swimmers who have proven themselves technically in all four strokes, as well as with practice development. In practice, these swimmers will work on fine-tuning skills and creating an overall arch of swim fitness and competitiveness.  <i>Average yardage per practice: 4000-6000</i>	<b>A minimum of 4 practices per week.</b> Swimmers must be comfortable leading a lane in sets, have competitive strokes, as well as the ability to keep up with increased practice demands. <b>**See Team Gear Requirements for this group**</b>
<b>HS (High School) Dogs</b>	This group is made up of Top Dogs who are currently enrolled in high school (not necessarily George Washington). All requirements for the Top Dogs are applicable in this group.  <i>Average yardage per practice: 4000-6000</i>	<b>A minimum of 4 practices per week.</b> Swimmers must be comfortable leading a lane in sets, have competitive strokes, as well as the ability to keep up with increased practice demands. <b>**See Team Gear Requirements for this group**</b>
<b>Top Dogs Travel Team</b>	This group of Top Dogs consists of swimmers who have made qualifications cuts (more than one) for Senior Zones or higher-level meets that involve travel. These swimmers are, therefore, eligible to travel with the team to competitions, provided they maintain requirements for the group.	<b>A minimum of 5 practices per week MANDATORY.</b>  Swimmers must participate in at least 1 meet per month MANDATORY. <b>**See Team Gear Requirements for this group**</b>
<b>Masters (May Attend any practice time)</b>	This group is designed for swimmers who are 19 years old+. Practices will be written based on Masters' attendance. Typically, more challenging practices will take place during Late Group practice times, whereas simpler (more fitness-oriented) practices will take place during Early Group practice times.	<b>No minimum practice requirements.</b>  Swimmers should have some background in swimming, although it is not required.

# SWIM DOGS CODE OF CONDUCT

Swim Dogs strives to provide a meaningful experience for swimmers at all levels with emphasis on helping members exemplify swimming as a family sport.

## **Expectations:**

- All swimmers will be at practice early and in the water on time, with all required equipment. If swimmers are going to be late or need to leave early, they will notify the coach ahead of time.
- All swimmers will follow the directions and instructions of the coaching staff and display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times. .
- All swimmers will refrain from using inappropriate language or humor.
- All swimmers will refrain from intimate displays of affections towards other participants while participating at any Swim Dogs practice, event or activity.
- All swimmers will only engage in age appropriate activities while participating at any Swim Dogs practice, event or activity.
- No “deck changes” are permitted. Athletes are expected to use available change facilities.
  - Single strike rule: If an athlete is observed deck changing they will be asked to leave the event/practice immediately. The athletes parents will be contacted and will be asked to setup a meeting with the coaches on the next day or after the event has concluded. When removed from the deck at a swim meet they will no longer participate in the remainder of that event/meet.
  - No Exceptions! We will not bargain or even have a conversation regarding this on deck. The athlete will be asked to leave and we will schedule a meeting asap to discuss with athlete and parent.
- Team members are reminded when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and the Swim Dogs. Athlete behavior must positively reflect the high standards of our Team.
- All swimmers will report any inappropriate behavior to the coaching staff immediately upon recognizing or hearing about such behavior.

## **Unacceptable Behaviors:**

- Insubordination to any coach, meet official, chaperone, parent volunteer, or facility staff.
- Displaying or promoting unsafe actions in or around the pool or locker room.
- Fighting, bullying, or disorderly conduct.
- 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 (ie. drug or alcohol use).
- Inappropriate communication, behaviors, or interaction between any Swim Dogs members (i.e. inappropriate texting messages or pictures. as well as inappropriate messages or pictures on any social media communications).

## **Consequences of Failing to Comply with the Swim Dogs Code of Conduct:**

Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action issued by the Head Coach. Such discipline may include, but may not be limited to:

1. Verbal reprimand, suspension, or dismissal from the team.
2. Proceedings for a LSC or USA Swimming National Board of Review.
3. If traveling, dismissal from the trip and immediate return home at the athlete’s expense.
4. Disqualification from one or more events, or all events of a competition.
5. Disqualification from future team travel meets.
6. Financial penalties associated with cancelled team travel.

## SWIM DOGS PARENT PLEDGE

*(Parents: Please read and talk about this Pledge with your swimmer.)*

1. I pledge to get my swimmer to practice and swim meets on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. This shows respect for the coach, and it tells my swimmer that he/she is my top priority.
2. I pledge to use positive encouragement to fill my child's Emotional Tank because athletes do their best when their "Emotional Tank" is full. I understand fewer than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are: 1) to have fun, 2) to make new friends, and 3) to learn new skills. I understand that swimming is for the swimmer, and I will keep swimming in the proper perspective.
3. I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes--or fear of making mistakes--stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my swimmer compares to others but how he/she is doing in comparison to his/her best self.
4. I pledge to Honor the Sport of Swimming. I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in swimming including coaches, swimmers, spectators and officials. I understand that meet officials make mistakes. If the meet officials make a mistake, I will Honor the Sport and not make any comments.
5. I pledge to refrain from yelling out instructions to my swimmer. I will not coach from the deck. I understand that this is the coach's job. I understand that swim meets are chaotic times for swimmers trying to deal with fast-paced action. I will limit my comments during the swim meet to encouraging my swimmer solely.
6. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my swimmer's head that can negatively influence my swimmer's motivation and overall experience.