



EAST SWIM TEAM HANDBOOK

Welcome all new and returning members to the 2022-23 swim season!

EAST is a swimming community made up of:

1. A USA Swimming (USAS) competitive swim team, competing within the Inland Empire Swimming Association (IES) for swimmers 5-18+ years old.
2. A United States Masters Swimming (USMS) program, under Inland Northwest Masters Swimming, for swimmers aged 18 and over.

The competitive swim season runs from the beginning of September to August. EAST is a 503 non-profit organization run by a parent-governed club.

This handbook explains in further details the membership requirements each family must sign when they join EAST. This handbook will be updated each swimming year on September 1st. Please read it, understand it with the intent to fulfill the responsibilities described.

MISSION

EAST strives to provide a community centered around aquatics in the Ellensburg Area. Our organization seeks to introduce, teach, develop and maintain skills necessary to be successful in swimming at all levels. Through our community and guidance, we hope to develop camaraderie and self-esteem, encourage physical fitness, and promote a safe and positive environment so athletes can reach their fullest potential!

PURPOSE

The purpose of EAST shall be first to promote interest and success in competitive swimming. Athletes shall be treated equally and shall advance in the competitive groups based on merit and attitude. EAST represents the interests of the swim team to the Inland Empire Swimming. This representation is performed in accordance with the revised Articles of Incorporation and under the rules prescribed by USA Swimming and Inland Empire Swimming.

SAFE SPORT

The primary purpose of EAST is to encourage participation and the pursuit of excellence in swimming. Unfortunately, safety problems can derail this goal and negatively impact lives. This is especially true if the problem could have been prevented. PREVENT, RESPOND AND REPORT are three specific actions each person can do. Our athletes will have monthly training educating them on each of these actions. These actions not only help prevent safety problems but ensure those which do occur are properly addressed.



Registration

There are two steps to complete for registration. **Both steps must be completed before the member is allowed to practice.**

Step 1: Follow the link to complete the necessary agreements with EAST www.eastswim.org. This process is completed through our Team Unify website. Members will add/update their contact information, billing information for monthly dues, and electronically sign required membership agreements. Monthly due amounts are based on the assigned training group for each swimmer. See information below.

Step 2: Once the Team Unify process is completed, you will receive a link to complete registration with USA Swimming. This link is specific to our program, please do not go directly to USA Swimming to complete registration but rather follow the link given to you through our registration process.

How to create a parent account: [Video directions](#)

Online Member Registration: [Video directions to complete registration here.](#)

Existing USA Swimming members (anyone who has previously been registered with USAS): [Video directions](#) to link to former USAS member ID. All USAS member IDs prior to the 22-23 registration year have been updated to a new number. Please follow the steps to link your new number to your former number, even if you have not been a member of USA Swimming for years.

USA Swimming Registration is a requirement for all swimmers and coaches to be on deck or in the water. USA Swimming registration is valid for one year from September 1st through December of the following year. These fees are required for all swimmers in order to swim with EAST and are non-refundable.

Masters participants (adults swimming with us in the mornings) will need to follow the [link to USMS registration](#) (\$60).

There are two types of USAS memberships available for EAST swimmers:

1. Premium Athlete (\$84): this is a full membership which includes all swim meets, including championship meets. This level of membership is required for all Gold, Silver, and swimmers 13 and over. We recommend this level for Bronze members.
2. Flex Athlete (\$30): This option is available for members 12 and under only. We recommend this level of membership for Swim School, Private Lessons and Precomp members. Bronze members who know they will attend 2 or less swim meets and who are 12 and under may select this option.

All New and Returning Swimmers Must:

- Be registered for the 2022-23 season BEFORE the first practice of the 2022-23 swim year.
- Parents must sign, date, and return the membership agreement BEFORE their swimmers are allowed in the water
- First month's dues and 2022-23 USAS registration fee must be paid in full to be allowed in the water to practice.
- Your account balance from the 2021-22 season must be paid in full to be allowed to practice.
- Swimmers who are 18 years of age or older must have proof of completion of athlete protection training prior to attending their first practice of 2022-23



New Swimmers:

We welcome new swimmers throughout the year. Please contact the EAST Head Coach to schedule a time to try out. You will be given a date, time, and location for the tryout. A release of liability must be signed by the parent/guardian of a swimmer prior to swimmer getting into the water. Your swimmer will be evaluated and informed of their group placement if ready to join.

If your swimmer wishes to join the team we ask that you register through our website registration, pay the EAST Registration fees, and sign all membership agreements before your swimmer returns to practice.

Transfers: Swimmers who wish to transfer to EAST from another USA Swimming Club should contact our head coach regarding transfer procedures and group availability.

By registering with EAST Swim Team for the 2022-23 Season, you are agreeing and acknowledging that our pool and programs are subject to unexpected changes which may limit practice options, availability, times, group placements, and at times may necessitate a wait list.

Year-Round Financial Policy

EAST (Ellensburg Area Swim Team) is a year-round competitive swim program and monthly training fees are based on an annual fee paid in eleven (11) monthly payments. The competitive season begins in September and ends in August. We take a break in August, and it is a non-billed month for all year-round swimmers. At certain times of the year, the team will take breaks, but we will bill our monthly fee consistently each month. Fees will not be prorated and are non-refundable. Any swimmer that wishes to take time off or resign during the season can do so, but will still be required to meet their fundraising and volunteer requirements.

An email will be sent out prior to the end of each month as a reminder that you have a new invoice generated for the beginning of the following month. A \$30 late fee will be added for payments received after the 16th of the month.

Family Discount available for any family with three or more competitive swimmers will receive a ten percent (10%) discount on the monthly dues charged for each swimmer after the highest level swimmer (excludes Masters, Pre-comp, Swim School, and Private Lessons).

Notification must be made in writing to the Head Coach (EASTheadcoach@gmail.com) before/by the 15th of the month prior to the month the membership is to be canceled or suspended. Training fees will not be prorated within a month. All fundraising obligations must be satisfied by June 1, 2023 and all volunteer obligations by July 31st, or your account will be charged for any unmet hours and unmet fundraising contributions.



EAST TRAINING GROUPS

EAST's swim program is structured to ensure all athletes make optimal use of their time training with their peers- both in age and ability. At the coaching staff's discretion, swimmers are placed in a respective team level to learn and grow their skills.

Swim School-Swim School is offered for ages 5+ who need additional instruction before joining our precomp program. Instructors will be in the water with students to offer the most support and safety. Students will be guided through foundational swimming skills with the intention of preparing them for safe independent swimming.

\$60/month

- USA Swimming Registration: \$30 Flex Athlete
- Family Volunteer Requirements: None, but encouraged to participate
- Family Fundraising Requirements: None, but encouraged to participate
- Practices Days and times- 2 x 30 minutes per week
- Swim Meet Requirements: not allowed but may attend intrasquad meet with instructor permission

Precomp- *This group serves as a bridge between swim lessons and a competition team format. This group typically does not compete in swim meets and focuses on basic stroke development and foundational swim team participation skills.* **\$75 per month**

- USA Swimming Registration: \$30 Flex Athlete
- Family Volunteer Requirements: None, but encouraged to participate
- Family Fundraising Requirements: None, but encouraged to participate
- Practices Days and times- 2 x 45 minutes per week
- Swim Meet Requirements: not required, 2 allowed with USAS flex membership

Bronze- *This is the entry-level group of our competition program. Swimmers in this group are developing proper competitive stroke techniques and learning how to think and train like competitive swimmers.* **\$90/month**

- USA Swimming Registration: \$30 Flex Athlete or \$84 Premium Athlete
- Family Volunteer Requirements: 10 hours
- Family Fundraising Requirements \$200 per swimmer/\$400 max per family
- Practice Days and times- 3x 60 minutes per week
- Swim Meet Requirement: All home meets REQUIRED, away meets encouraged



Silver- *This group has demonstrated an ability to do all four competitive strokes legally, can maintain their stroke for 50-100 yards; and have the listening/learning skills necessary for a longer, more structured environment.*

\$105/month

- USA Swimming Registration: \$84 Premium Athlete
- Family Volunteer Requirements: 10 hours
- Family Fundraising Requirements \$200/\$400 max per family
- Practice Days and Times- 5x 1.5 hours per week
- Minimum attendance required: 3 days per week
- Swim Meet Requirement: All home meets REQUIRED, 2 away meets required.

Gold- *This group will increase their endurance and basic interval training. The emphasis is toward aerobic conditioning, increased speed and endurance. These swimmers are generally middle-school/high school age and have the ability to handle a heavier practice load. \$110/month*

- USA Swimming Registration: \$84 Premium Athlete
- Family Volunteer Requirements: 10 hours
- Family Fundraising Requirements \$200 per swimmer/\$400 max per family
- Practice Days and Times- 5 x 2 hours per week
- Minimum attendance required: 4 days per week
- Swim Meet Requirements: All home meets REQUIRED, 2 away meets required

Platinum (Senior)- This group is generally made up of 13-18 year olds who have chosen swimming as their primary sport. These swimmers are ready to make a greater commitment and face a heavier practice load. **\$120/month**

- USA Swimming Registration: \$84 Premium Athlete
- Family Volunteer Requirements: 10 hours
- Family Fundraising Requirements \$200 per swimmer/\$400 max per family
- Practice Days and Times- 5 x 2 hours plus 3 x 1.5 morning hours per week
- Minimum attendance required: 6 days per week
- Swim Meet Requirements: All coach assigned meets REQUIRED



Elensburg Masters (EM)- Our Masters program offers adults ages 18 and up the opportunity to continue their involvement with swimming. This can be for physical fitness or competition. Practices are coached and swim meets will be offered. It also provides adults an opportunity to meet others in the area who share the same interests.

\$50/month or \$70 for 10 visit punch card

- USMS Registration: Annual membership \$60
- Family Volunteer Requirements: None required but welcome to help
- Family Fundraising Requirements: None required
- Practices Days and times- 3 x 1.5 hours per week
- Swim Meet Requirements: not required but are available

TRAINING SCHEDULES can be found [on our website here](#) and are subject to change during the year. Typically during the school year we practice after school; during the summer we generally practice in the mornings. The schedule is subject to change according to practice groups and for school holidays and breaks. Practices can be canceled with very short notice due to pool closures, coaches illness, etc. **Please be sure your account has a current email on file that you check often as this is the primary source for communication. You can also add a phone number and enable SMS notification in your account to receive text message notifications of last minute changes.**



PRACTICE/TRAINING EXPECTATIONS

- Athletes should be dressed; with their goggles, caps, and water-bottles filled ready to enter the pool when practice begins.
- Deck changing is prohibited (violation of USA Swimming Rules). Swimmers may use the locker rooms or bathrooms to change. Please have a swim bag and place belongings on/by the bleachers on deck. EAST nor CWU is responsible for lost/stolen belongings.
- Swimmers shall be respectful of coaches, teammates, and parents.
- Be respectful of your teammates' personal space and feelings.
- Swimmers shall use equipment properly and respectfully.
- Swimmers should not be left unattended before or after practice times. All our coaches are on the pool deck and not available to supervise children outside of the pool deck.
- Please plan to stay for the entire practice. Swimmers may leave practice only with the coach's permission, so please be sure to checkout with the coach.
- Parents/guardians must remain at the facility during practice times for any athletes in precomp, swim school or private lessons.
- Parents are welcome to watch practice from the bleachers on deck, viewing area above (if open) or sit in the lobby during practices. Please do not approach the pool deck. If you need to speak with a coach, please do so before or after practice. We recommend setting up a meeting in advance. It is a USA Swimming rule that all adults on deck must be USA Swimming coaches.
- Athletes must be picked up immediately at the end of their scheduled practice time. Please respect our coaches time and pick your child(ren) up on time.
- There is to be no running or horseplay inside the facility or by the pool deck.
- Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water. Shaving is prohibited at any pool (prevention of communicable illness).
- Please notify your coach if your swimmer will be out of the water for more than one practice or an extended period of time, we are concerned about your child's wellness and appreciate being updated.
- Destruction of locker rooms and theft of property will be prosecuted under the law. Swimmers and families will be responsible for all damages and fees incurred upon collection or prosecution of damages.
- Skateboards, scooters, glass, tobacco, alcohol, roller blades, pets, electrical appliances, and bicycles are not allowed on the pool deck.
- All parents and swimmers are to review all Safe Sport policies as provided on our website.
- All swimmers, parents, and visitors must comply with individual pool policies and procedures.

Swimmers or parents' inappropriate behavior towards another person will be excused from the practice (or meet) and will be subject to a disciplinary process as determined by the head coach and/or the board depending on the severity of the infraction. Any coach at any time has the authority to ask a swimmer or parent to exit the pool area for disciplinary reasons. Please see [dispute resolutions and grievances for policies and procedures](#).



VOLUNTEER REQUIREMENTS

Competitive swimming is only made possible by the volunteering of swimmers' families. Therefore all families must contribute volunteer hours. By participating in EAST's program, your family is required to meet a minimum number of volunteer hours. Failure to meet volunteer hours will incur a \$40 per hour charge for every unworked hour.

Ways to meet volunteer requirements:

- Home swim meets: All home swim meets are required attendance for all swimmers. If, for some reason, your swimmer is not able to attend a home meet, you must let the Head Coach know AT LEAST 30 days prior to the meet. Hosting a swim meet requires all members to participate in jobs. There is something available for everyone!
- Away meets: At away meets, we are required to assist the host teams with timers and officials.
- Other events and committees: throughout the season, announcements will be made to families regarding opportunities to volunteer.

To receive credit for your volunteering hours:

- There will be JOB SIGN UP tabs for home meets and events. Volunteer Hours are tracked via these JOB SIGN UP tabs so please utilize them to get credit for your time. Report any away meet volunteer hours to EAST's traveling coach, and those will get credited to our account. You can view your volunteer hours on our website under your account.
- Volunteer Hours must be met by July 31st. Unmet Volunteer Hours will be charged to your account August 1st. Please be sure to notify Head Coach prior to July 15th if corrections need to be made. You are ultimately in charge of managing your volunteer hours.

EAST will attempt to host intersquad meets. An intersquad meet is where just our team comes together to participate in a meet-structure environment. These meets are for parents and swimmers to learn what is expected during a swim meet. Parents are expected to utilize these trainings to experience the various volunteer opportunities/positions that we need to supply for meets both at home and away. Swimmers will get experience learning what is expected of them during a competition setting.

As a competitive team, EAST is expected to have a percentage of our parents trained for specific positions. Our team is in SERIOUS need for parents to be trained officials. Every swim meet must be officiated by parent volunteers. Officiating is a task that requires training and certification in advance. Officials are trained, certified, and coordinated by IES Swimming officials. Officiating fulfills a parent's responsibility to work at meets. If you are able/interested in officiating, please contact our **Officials Coordinator- Josh Nelson-Ichido** at jcnelson822@gmail.com. [Click here for more information regarding how to become an official.](#)



MEET EXPECTATIONS

Our coaches will attend (on average) one designated away meet per month in which we ask that swimmers attend if able. We call these “**All Team Effort**” Meets. Attending the specified meets that the coaches will attend is heavily encouraged for our competitive swimmers. [Meet schedule can be found on our website here.](#)

- Please note that when you sign up for attending an away meet, you are responsible for the meet fees incurred for the meet (even if you are unable to attend the meet). This generally consists of an athlete surcharge fee (\$20 - \$30) and entry fees to each event your swimmer is signed up for (\$3-5 per event). The costs are stated on the information provided by the hosting team. You should be able to view these when you sign up for the meet on your TeamUnify Account. After you sign up for a meet, EAST will prepay the hosting team prior to the meet and bill individual accounts after the meet. If your swimmer is assigned a relay, this entry fee will be paid for by EAST. Meet fees will be billed to your account and automatically taken out the first of the following month. (Ex: \$20 surcharge fee + (\$5 per entry x 4 entries)= \$40)
- Meet entries will be at the discretion of your swimmer’s coach.
- An adult 18 or over must accompany athletes to all home and/or away meets.
- All swimmers, parents, and visitors must comply with individual pool policies and procedures.
- All swimmers, parents, and visitors must comply with Safe Sport policies and practice policies as they apply to meets as well.
- Swimmers are responsible for checking in, checking postings, and heat & lane assignments, reporting to their coach, and being behind their block prior to a race.
- Parents are not allowed behind the blocks unless volunteering AND photography is strictly prohibited from this area. Violations will be enforced.
- Swimmers and Parents shall never confront an official or stroke and turn judge at a meet about a disqualification. This is the coach's responsibility. Swimmers and parents are always to be respectful and courteous to meet volunteers. If you have a problem, please speak to the coach.
- Parents are expected to volunteer at meets.
- Swimmers and Parents are expected to show good sportsmanship.
- Please read/review/print the [Meet Survival Document](#) on our website for more detailed information about how to prepare for a meet and what to expect.

Home Meets- All swimmers must attend and all families must volunteer during Home Meets. We will need planning committees in advance to help execute these events. We have a \$10 fee for all members for each meet we host, no additional fees for entries. This money goes to offset the cost of hospitality food and stocking the concession stand. We are actively working to get home meets on the schedule. Schedule information will be available through email and our team website.



TEAM GEAR

Swimmers need to have a practice suit, goggles, cap (if preferred), water bottle, and a towel. [Click here for equipment guidelines/recommendations.](#)

EAST's team colors are **black, white and red**. We ask that for competition, team members wear our team suit- a TYR Hexa Maxfit or Diamondfit One Piece with a red accent for females and TYR Hexa Jammer for males; if not available swimmers must have a solid black suit. [Links are available to our team store on our website.](#)

We will provide one team cap when you first register. If additional caps are needed, please notify the head coach. Additional team caps are \$6 which will be billed to your account.

Swimsuits are required for practices. We recommend choosing polyester suits, as they hold up better with being in chlorine. Suits will generally last longer if they are rinsed in clear, cold water after every use and hung to dry. Swimmers may not wear bikinis/two-piece suits, cut off shorts, or undergarments to practices or meets.

On occasion, swimmers will be asked to bring clothes for dry-land training. Dry-Land training is exercise outside of the pool. Swimmers will need comfortable athletic gear, socks, and running shoes.

Team Apparel (t-shirts, sweatshirts, etc) will be available to purchase in the Fall or [through our team store at SwimOutlet.com.](#)

TEAM COMMUNICATION

Our team uses email and our team website for communication. You can access your account and billing information through the team website. Please be sure that your contact information is up to date and you check your email often for important team information.

Our website is www.eastswim.org

Our TeamUnify website provides easy access to your account at all times. After your registration is processed, new members are emailed a password and login instructions to allow you to sign-in to your account and gain access (log-in information remains the same for returning members). We have privatized a portion of this website for members only. This is how you access your billing, sign up for events/fundraising/volunteering/meets, access swimmer records, etc.

We do encourage you to like our facebook page but it is not a platform for communication, just friendly team spirit and camaraderie.



FUNDRAISING

Fundraising is necessary to help support the team's finances throughout the year. Fundraising money goes toward purchasing equipment, coaches travel expenses to meets, costs to host meets, activities and rewards for swimmers. All EAST Bronze, Silver, and Gold swimmers and families are required to reach a minimum of \$200 per swimmer/\$400 for families (2 or more children); all other groups are asked to participate and help us achieve our annual goals.

Fundraisers to help families achieve their various goals will be available throughout the year. Set for 2022-23 we will have the Rodeo Fundraiser (Labor Day weekend); Run for the Brave 5K (October 2); and Swim-A-Thon in the spring. Families completing one shift at the Rodeo or one shift at the 5K, will have earned \$200 toward fundraising requirements.

Failure to complete fundraising- EAST relies on fundraising to help maintain our finances throughout the swim year and keep costs and fees to families low; therefore all families must contribute their fair share of required fundraising. Failure to complete the minimum required fundraising will result in billing of the remaining balance. This charge will be billed to your account at the end of the Swim-A-Thon season and must be paid in full before your family will be allowed to re-register for the following season.

ADDITIONAL FUNDRAISING FOR EAST

The following are opportunities for our team to raise money, but do not count toward family obligations.

Business/Community Sponsors

As a 501(c)(3) non profit organization, EAST appreciates the generous support of businesses and community members. Donations and Sponsorships to EAST are tax-deductible. In return for your charitable contribution, EAST has various marketing packages to help thank you for your support of youth swimming in Kittitas County. Please contact eastswimfundraising@gmail.com for more information.

Fred Meyer Community Rewards- If you are a Fred Meyer Rewards Member. Please log into fredmeyer.com and go to "Community Rewards" and search for Ellensburg Area Swim Team or organization number BY030; press ENROLL and our team will earn rewards while you shop. This is a community fundraising opportunity Fred Meyer offers and should not affect your personal rewards for shopping.

Home Meets- By hosting meets, we actually have an opportunity to bring in additional revenue for our club. Home Meets help allow our families to not have to pay the travel expenses for themselves as well as our coaches. Our kids are also able to compete at a substantial discount by being the host team.



CODE OF CONDUCT

Both swimmers and families must abide by the EAST Code of Conduct at all times when representing EAST. The Code of Conduct is stated below and can be found on the team website. The Code of Conduct is required to be signed by both parents and athletes annually during registration. The purpose of a code of conduct for athletes is to establish a consistent explanation of athletes' behavior. Similarly, the purpose of a code of conduct for parents is to establish a consistent explanation of parents' behavior.

Athletes Code of Conduct

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for all my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team events.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.

Parents Code of Conduct

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices and meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns to first my child's coach; then, if not satisfied, to the appropriate supervisor or members of the board.

Failure to adhere to the Code of Conduct may result in disciplinary action.



SAFE SPORT

All families and athletes over 12 years old must watch and complete a Safe Sport Training each year as part of our requirement to stay in good standing with USA Swimming. Notification and instructions will be given by our Safe Sport Board Member.

All parents are required to review and adhere to all documents on our website regarding Safe Sport. You can find detailed information on our policies and practices for keeping our kids safe.

<https://www.teamunify.com/team/ieeast/page/safe-sport>

Violations will result in disciplinary actions including termination of membership.

Please note the most common violations to Safe Sport policies is cell phone usage in the locker rooms. Cell phones, tablets, or any device that has a camera on it may NOT be used for ANY reason at ANY time in ANY locker room. This rule applies to EVERYONE- coaches, parents, swimmers, siblings, and guests of EAST. (Please note that we do share our locker rooms with CWU and we cannot monitor or enforce this with people outside our swimming community).

Athlete Protection Training: All athletes 18 and Older:

All athletes who will be turning 18 (or have already turned 18) during the 2022-23 season must complete the adult Athlete Protection Training offered through USA Swimming. Failure to complete this training will result in the athlete being removed from practices and meets until the time the training is complete. There will be NO refunds of dues and/or meet fees for any missed training/meets because of failure to adhere to this policy.



PHOTOGRAPHY: EAST may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. The club requires parental consent to take and use photographs. Photography may be used on the club's secure website, included with newspaper articles, club notice boards, social media sites, for recruitment purposes, and video for training purposes.

DISPUTE RESOLUTION PROCESS/GRIEVANCES

If a swimmer (or parent) feels that he/she/they are not being treated fairly, they agree to follow the [Grievance Procedures](#) listed on our website.

ELLENSBURG AREA SWIM TEAM PARENTS' CLUB

EAST is run by the Ellensburg Area Swim Team Parent's Club. The Parent's Club is a vital part of EAST and requires the help and support of all families to keep costs down and to ensure a successful program for the swimmer. The Parent's Club is run by a team of Board of (volunteer parent) Directors. All families are members of the EAST Parents Club. All swim team parents are needed to help run home meets, and all fundraising activities. Without the help of ALL parents, EAST would not be able to function.

As a Parent run club, we hire coaches to coach our children. Coaching and motivating our children is the job of the coaching staff. The current coaching staff has worked with hundreds of swimmers and families. Your child has a coach to offer constructive criticism of their performance, they need you/us, their parents' and families', to supply love, recognition, and the encouragement necessary to help them feel good about themselves. They also need us to be involved to help make this program successful.

Parental participation is EXTREMELY important in competitive swimming. Every event we go to or host is put on by volunteer parents. Parental participation on committees is essential so that we can offer our children the best program possible and continue to improve on the program from year to year. Please consider donating a small amount of your time to the committee that most interests you. Our biggest needs currently are officials, hosting meets, and fundraising.

*We thank you for your commitment to the team and our children.
Welcome!*