



## **ELITE PERFORMANCE AQUATIC CLUB**

### **2019 – 2020 REGISTRATION INFORMATION**

The Elite Performance Aquatic Club is a year round competitive swim team offering high quality professional coaching and technique instruction for children ages 4 and up. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

All of our coaches have access to the most comprehensive training and certification programs for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time.

EPAC participates year-round in [USA Swimming's Middle Atlantic Region](#) where EPAC swimmers have the opportunity to compete against over 20 mid-state teams as well as those across the Middle Atlantic States. We are also members of the Capital Area Swim League ([CASL](#)) and the Central Pennsylvania Aquatic League ([CPAL](#))

EPAC conducts their practices at the Central Penn Fitness Center located at 450 Powers Ave # 103, Harrisburg, PA 17109

All swimmers must have their practice group assignment prior to registration. If you are new to the team or have not received your practice group assignment, please contact [coaches@epac.org](mailto:coaches@epac.org).

**Please go to our website, [www.epac.org](http://www.epac.org) to complete your online registration.**



## A Message from Coach Guy

Congratulations to everyone on a great 2018 - 2019 season! Our focus for this season was to deliver an "elite performance" and we did just that! In addition to their strong attention to technique, our swimmers focused on powerful starts, strong underwater kicks and fast turns. This work was visible at every meet where our swimmers consistently came off the blocks faster, stayed underwater longer and surfaced much further ahead of their competition. Our team achieved many successes this past season including repeating as champions of Division 2-A in the Central Pennsylvania Aquatic League!

Additionally, we had:

- 60 Silver Championships qualifiers
- 12 Junior Olympic Championships qualifiers
- 14 Senior Championships qualifiers
- 13 Eastern Zones Championships qualifiers
- 2 Eastern Zones Sectional qualifiers
- 1 USA Futures qualifier

Established in 1984, EPAC has also produced:

- 3 Junior Olympic High Point Champions
- 7 USA All-Time Top 100 age group rankings
- 3 USA National Age Group Top 10 rankings
- 1 Zone Select Camp Qualifier
- Division Champions 1989, 1990, 1994, 2006, 2013, 2015, 2017, 2018
- Numerous PIAA District & State, USA Swimming Zone & Sectional qualifiers

While we are always striving for excellence in the pool, our competitive swimming program will continue to focus on the long term development of all of our athletes. We will assist them in becoming the best young men and women that they can be. We are excited and enthusiastic about our program and are extremely delighted to have your child and family involved.

We are putting the finishing touches on our meet competition schedule for the 2019-2020 short course winter season as well as our USA schedule. Look for both to be posted on the Team Unify website ([www.epac.org](http://www.epac.org)) in early fall.

Lastly, I would like to thank our dedicated and talented athletes, amazingly supportive parents, outstanding coaching staff and our hardworking board members who come together each year to make us the Elite Performance Aquatic Club. I am excited about the 2019-20 season and eager to get started!



## Swim Team Practice Levels

### Red

Red is for those swimmers who know freestyle and backstroke and can swim/kick the full length of the pool for a continuous period of ten minutes. At this level, swimmers will receive instruction in the four competitive strokes, starts, finishes and turns. Swimmers at this level are encouraged to attend three practices a week, and should attend all league dual meets.

The goals of this level are:

- Demonstrate a proven ability to maintain a positive attitude and focus during workout and have an understanding of how their actions affect their teammates.
- Learn and perform all 4 strokes and turns legally.
- Learn and perform a proper start off the block.
- Learn and regularly perform proper streamlines off walls.
- Perform a 100 IM legally.

### White

White is for those swimmers who have satisfied Red goals. At this level, swimmer training will begin to introduce the conditioning aspect of competitive swimming, but the major focus continues to be on stroke instruction. Swimmers at this level are expected to attend at least three to four practices a week including dryland. They are expected to attend all dual and championship meets and are encouraged to obtain a USA Flex or yearly membership.

The goals of this level are:

- Ability to swim 10 x 50 free on 1:15.
- Ability to flutter kick 10 x 50 on 1:30.
- Ability to hold 3 x 100 IM on 3:00, holding proper stroke technique.
- Ability to swim a 300 free continuously with proper flip turns.



## Blue

Blue is for those swimmers who have satisfied White goals. At this level, swimmer training will begin to focus more on conditioning than stroke instruction. Swimmers at this level are expected to maintain 80% practice attendance a week including, dryland and stretching sessions. They are expected to attend all dual and championship meets and are encouraged to obtain a USA Flex or yearly membership.

The goals of this level are:

- Understand goal setting and begin to set goals for themselves.
- Ability to swim 12 x 50 free on 1:00.
- Ability to flutter kick 12 x 50 on 1:10.
- Ability to hold 6 x 100 IM on 2:00, holding proper stroke technique.
- Ability to swim a 1000 free continuously with proper flip turns.

## Bronze

Bronze is for those swimmers who have satisfied Blue goals. At this level, swimmer training focuses on conditioning, increased practice intensity, as well as advanced stroke mechanics. Swimmers at this level are expected to maintain an 80% practice attendance each week including dryland and stretching sessions. Proper skill development and good training habits are the goals of this group. They are expected to attend all dual and championship meets and are encouraged to obtain a USA Flex or yearly membership.

The goals of this level are:

- 10 x 100 free on 1:30.
- 8 x 50 flutter kick on 1:00.
- 6 x 100 IM on 1:45, holding proper stroke technique.
- Ability to swim a 1650 free continuously with proper flip turns.



## Silver

Silver is for those swimmers who have satisfied Bronze goals. Swimmers at this level are expected to maintain an 85% practice attendance each week including dryland and stretching sessions. This level will focus on individualized swimming goals. They are expected to attend all dual and championship meets and are encouraged to obtain a USA Flex or yearly membership.

The goals of this level are:

- Achieve multiple USA Swimming “A” time standards.
- Qualify for High School districts or states, Junior Olympics or Middle Atlantic Senior Championship meets.
- Regularly demonstrate leadership, a good attitude and a willingness to assist with younger swimmers.

## Gold

Gold level swimmers are experienced swimmers that are committed to high standards in training, in terms of attendance and practice intensity. Time management relative to academics and training is paramount. Swimmers in this level are expected to maintain a 90% practice attendance including dryland and stretching sessions. Attendance in our dryland/conditioning program is also expected. Emphasis is placed on proper stroke technique, intense training, mental preparation, and advance race strategy. The goal of this group is National level meets as well as the High School State meet. Swimming in college is an objective of swimmers in this practice group. Elite group athletes strive to make lifestyle choices appropriate for achieving greatest personal success in matters regarding nutrition and rest. They are expected to attend all dual and championship meets and are encouraged to obtain a USA Flex or yearly membership.

**\*Dry Land Training** - EPAC is unique in that we offer a top-notch dryland program (age appropriate strength and conditioning drills designed for swimmers to supplement their swim practice) to some practice levels. There should be two main goals in a good dryland training program: injury prevention and performance improvement. Swimming places a great deal of stress on the body, despite it being a “non-contact” sport. A dryland program that includes weight training, development of core strength and stabilization, targeted shoulder work, and appropriate recovery practices designed to reduce and prevent injury is critical. Check the practice schedule for sessions and times. The strength training program is not mandatory, but highly recommended for all of our swimmers. Swimmers will need to wear comfortable, athletic-style clothing and sneakers for all dryland training. Any specific questions about the program can be directed to: [coaches@epac.org](mailto:coaches@epac.org)



## 2019- 2020 Practice Schedules

EPAC practices are held at the Central Penn Fitness Center located at 450 Powers Ave # 103, Harrisburg, PA 17109

Below is a snapshot of both our dryland and in-water practice sessions. You should always consult your child's practice level-specific calendar on our website for the most accurate practice days and times.

### Swim Practice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
<b>Red</b>	6:00 – 7:00 PM	OFF	6:00 – 7:00 PM	OFF	6:00 – 7:00 PM	OFF
<b>White</b>	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	OFF
<b>Blue</b>	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	OFF
<b>Bronze</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM
<b>Silver</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM
<b>Gold</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM

\* Saturday practices are offered August – March only

### Dryland Training (winter season only)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>White</b>	7:15-7:45 PM	OFF	7:15-7:45 PM	OFF	OFF	OFF
<b>Blue</b>	7:15-7:45 PM	OFF	7:15-7:45 PM	OFF	OFF	OFF
<b>Bronze</b>	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	OFF
<b>Silver</b>	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	OFF
<b>Gold</b>	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	6:00-6:45 PM	OFF

Bronze, Silver and Gold practices begin on 8/26/19.

Red, White and Blue group practices begin on 9/09/19.



## Program Policies & Information

**Program Payment** - Program fees are paid monthly via our Team Unify website. We do not invoice or allow you to pay monthly by check. The monthly draft is processed on the 1st of each month and a credit/debit card is required. The monthly draft is not a payment for that month's services; it is payment option for the yearly program fees.

**Payment in full** - Those families that pay in full will receive a 5% discount on the total of their program fees. Payment must be made by cash, check or money order and are non-refundable.

**Sibling Discounts** - Multiple swimmer families will pay the full program fees cost for the 1st swimmer and receive an approximate 5% discount on the total of the monthly program fees of the additional swimmers in their family. The first swimmer is the swimmer paying the highest program cost. If the sibling is in a lower practice group, then the 5% discount will apply to that swimmer's fee.

**Team Unify Accounts** - All team members must have a bank/credit card on file via the Team Unify website. Deductions from your account include invitational entry fees, USA meet fees, monthly installment payment (if chosen) and equipment purchases.

**Payment Problems** – A \$0.50 service charge will be assessed for any declined payment. EPAC will attempt to collect returned drafts on the EPAC's next draft date. EPAC will attempt to collect payment on each draft date until payment is successfully received. If you have two declined drafts within a six-month period, you will no longer have the draft privilege and will be required to pay the balance in full, in advance.

If there is a change to your credit card information (i.e. exp. date, new card #) it is your responsibility to update credit card information on the Team Unify website and notify EPAC of any changes to your credit card account that would affect the successful processing of their draft charge.

**Cancellation/Withdraw from Program** – 30 days notice is required. Non-attendance, without written cancellation, does not relieve you of the responsibility to pay for the program.

**Bank and Credit Draft Participants** – If you wish to cancel the online draft, you must submit written request by the 15<sup>th</sup> of the previous month in order to stop payment on the 1<sup>st</sup> of the month. If you choose to cancel the online draft process, then the balance of full program payment is expected.

**Refunds** – Non-attendance does not entitle you to a refund. Refunds or adjustments are not granted for illness, vacation or when EPAC programs are cancelled due to inclement weather. All refunds or program credits given for other reasons are issued on a case by case basis. EPAC reserves the right to apply any credit due to other outstanding balances. Registration fees are non-refundable.





**USA Swimming Registration fees** and registration deposits are non-refundable.

The USA Swimming Registration fee covers from September 1st through December 31st of the following year (i.e. September 1st, 2019 – December 31st, 2020).

**Meet Entry Fees** - Meet entry fees are set by the host team and are charged to the swimmer's account for each meet they enter. Meet entries are to be prepaid by the participant. Once entry fees have been sent to the host team or the meet program has been seeded for EPAC events, the credit card on file on your account will be charged. You will be responsible for the entry fees even if you decide not to compete due to personal choice or illness, no exceptions. Lack of knowledge of the meet entry process does not waive meet entry fees. Swimmers who compete in a relay will be charged the entry fee for participation in that event.

**Meet Volunteers** - EPAC is an organization run by volunteers. Volunteers are people who are willing to give their time to help others without any form of remuneration. They are the unknown heroes. Their rewards are nothing but to watch the consequences of their efforts unfold. In swimming, volunteers are always needed. Being actively involved in the swimming world brings experience and learning that no other opportunity provides. As a volunteer, you meet new people, network and support your club in a big way. Even though sometimes it may seem hard to find time to do so, the benefits are immeasurable. A volunteer makes a huge impact on the youth's athletic environment and encourages each child's love for swimming.

We cannot run our meets or events without your help. During the season, we need over 300 volunteer slots filled; from the executive board to the back-up timers at meets, so we ask that parents get involved. EPAC's volunteer policy is that each family is required to fill 6 "working" opportunities during the year. If we have open slots before the meet and your family has not volunteered or met their 6 opportunity requirements, you may be contacted to fill a slot. Volunteering for meets and events will be organized online via the Team Unify website. Positions for meets will be available for sign-up online through the Event page for the meet. Check your team emails and our website for information on where to go and how you can help. If your family is unable to meet its volunteer responsibility, there is a \$50 buyout option that will be assessed at the end of the year.

***\*\*\*Parents of those swimmers who qualify and compete in championship meets may be expected to volunteer for those meets even if you have met your 6 opportunity obligation\*\*\****

If you are interested in getting involved at any level and have questions, please email [admin@epac.org](mailto:admin@epac.org). We'll help you find your way, get you trained and get you involved.





## 2019-2020 Program Fees

2019 – 2020 PROGRAM FEES		
Practice Group	Monthly Draft	Monthly Draft w/Sibling Discount
Red	\$50.00	\$47.50
White	\$65.00	\$61.75
Blue	\$80.00	\$76.00
Bronze	\$105.00	\$100.00
Silver	\$120.00	\$114.00
Gold/ High School	\$100.00	\$95.00

Program fees do not include the \$150 Family Registration fee, swim meet entry fees, or optional USA Swimming membership. All new swimmers to the team will receive a team backpack, t-shirt & latex cap. All returning swimmers will receive a t-shirt and latex cap.

EPAC is a TYR sponsored team.

*It is mandatory that TYR suits be worn at all league and USA meets.*

Program fees **DO** include practices year round from September thru August. If your child swims for an outdoor summer program, they are still able to do so. This provides them the option of practicing with us in the evenings as well as continuity of instruction through the summer season.

Families with multiple swimmers will pay the full program cost for the 1st swimmer and receive an approximate 5% **Sibling Discount** on the **TOTAL** of the monthly fees of the additional swimmers in their family. The first swimmer is the swimmer paying the highest program cost. If the sibling is in a lower practice group, then the 5% discount will apply to that swimmer's fee.

Payment may be paid in full via check/money order and program fees will be discounted 5%. Otherwise, you may pay monthly via debit/credit card via our Team Unify website. The monthly draft is processed on the 1st of each month. All practice groups are billed for 12 months, starting at time of registration and ending on August 1st.

\*The **High School Rate** is for High School swimmers that will also practice November 2019 - February 2020 with their High School team. This is not a separate practice group. This is a discounted rate because we recognize that athletes will not be participating with us full-time during the high school swim season.



## Fundraising

Fundraising credits can be used to pay for any charges applied to your Team Unify account.

If your account is paid and you have earned additional fundraising profits, it will be credited to your account. The credit will remain on your account for 12 months. It can be used within 12 months for future registration, meet fees, and other account balances. However, if you leave EPAC and do not return and register within 12 months, your fundraising credits will be removed from your account. Those fundraising profits will be returned to the EPAC club.

## 2019-20 Fundraising Schedule

9/23	Stauffer's Mums Sale – Order Collection Period: Sept. 9th - 22nd. <u>Forms Due:</u> Sept. 23rd.
10/7	R&K Sub and Pretzel Sandwich Sale - Order Collection Period: Oct. 7th - 18th. Forms Due: Oct. 21st.
11/1	<b>Orange &amp; Grapefruit Sale (20lb box) - Order Collection Period: Nov. 1st - 14<sup>th</sup>. Forms Due: Nov. 15<sup>th</sup>. This is a Mandatory Fundraiser for all families. Each family must sell at least 2 boxes.</b>
11/11	Christmas Wreath and Poinsettia Sale - Order Collection Period: Nov. 11th - 24th. Forms Due: Nov. 25th.
Jan	R&K Sub and Pretzel Sandwich Sale. Date TBD.
Mar	Dimm's Premium Flavored Pretzel Sale. Date TBD.
May	R&K Sub and Pretzel Sandwich Sale. Date TBD.
Year Round	Hersheypark volunteering, Giant Gift Cards, Sheetz Coupon Books,

Please contact Nick Fistic at [fundraising@epac.org](mailto:fundraising@epac.org) for all fundraising questions.

## Giant Gift Cards

Cash for Cause is a great fundraising opportunity because people purchase groceries, gas or other gift cards from Giant all year long. You don't have to ask people to make donations or buy extra products. Simply just ask them to shop with gift cards instead of cash or credit.

Your EPAC swimmer will earn 4% of gift cards purchased to be credited into their account.

This fundraiser has huge earning potential. If a family normally spends \$100 on groceries each week:

1 family X \$100 in Cards X 4 weeks = \$400.00 in Total Sales

\$400.00 X 5% = \$20.00 => EPAC swimmer would earn \$16 and the club would earn \$4.00

Checks or Money orders made payable to Elite Performance Aquatic Club (EPAC) will be accepted as payment. Cards can be pre-ordered or at the pool (Central Penn) on Tuesday evenings 6:00-7:00 p.m. Please be advised pre-orders will be filled first, others will be on a first come, first serve basis. Contact our fundraising volunteer at this email address: [fundraising@epac.org](mailto:fundraising@epac.org)



## Sheetz Coupon Books

Purchase a coupon book for SHEETZ for only \$10.00.

The coupon books would make great little Holiday Gifts, Stocking Stuffers and Thank You Treats! You will earn \$2.00 per book purchased towards your swimmer's account.

### What coupons are in the books?

Free M•T•O® item, Buy One Get One Free M•T•go!® Sandwich or Parfait, Free Bag of Fryz, Free Specialty Coffee, Buy One Get One Free Nutz, Free Self-Serve Brewed Coffee or Fizz City® Fountain Drink (2).

Coupon books are good at all Sheetz Locations and have an expiration date of 3 years!

## Amazon Shoppers

Now when you shop online at Amazon, 0.5% will be donated back to EPAC!

Just click on this link and save EPAC as your preferred charity, <http://smile.amazon.com/ch/23-2312805>

Then bookmark [www.smile.amazon.com](http://www.smile.amazon.com) on your phone and computer for shopping!

## Swimoutlet.com

Shop at <http://www.swimoutlet.com/default.asp?Click=4249019>

Each time you shop using the link above or click on the link on our home page, EPAC earns 8%!

## R&K Subs

EPAC has teamed up with R & K Subs in Palmyra. R & K has been selling subs and sandwiches in Central Pennsylvania since 1969. A time honored tradition, R & K Subs use only authentic Italian breads from local Italian bakeries such as Terranetti's Italian Bakery in Mechanicsburg, and Seven Brothers in Camp Hill. R & K's meats, cheeses and produce come from fresh top-rated Lancaster farms.

Questions about Fundraising should be sent to [fundraising@epac.org](mailto:fundraising@epac.org)



## Your child could swim FREE this year!

Swimming is a large commitment both with your time and financially. Keeping children involved in a great sport, that they love, is important. We know it can be a burden, which is why we are increasing fundraising opportunities for the 2019–2020 season and going forward. Below is an example of how you could take advantage of the fundraising opportunities and significantly lower your yearly costs!

<b><u>3 - R&amp;K Sub and Pretzel Sandwich Sales</u> - sell 20 per sale:</b>	<b>\$120</b>
(\$2 earned per item sold)	
<b><u>Stauffer's Fall Mums</u> - sell 10 Mums:</b>	<b>\$40</b>
(\$4 earned per item sold)	
<b><u>Stauffer's Wreath and Poinsettia's</u> – sell 15 Poinsettias:</b>	<b>\$60</b>
(\$4 earned per poinsettia, \$7 per wreath) - <b>sell 10 Wreaths:</b>	<b>\$70</b>
<b><u>20lb boxes Orange or Grapefruit Sale</u> – sell 12 boxes:</b>	<b>\$100</b>
(Only mandatory sale – 2 box minimum per family) (\$10 profit per box – 2 boxes go toward team fund)	
<b><u>Dimm's Premium Flavored Pretzel Sale</u> - sell 20 Bags:</b>	<b>\$30</b>
(\$1.50 earned per item)	
<b><u>Giant, Weis, and Karns Store Cards</u> – purchase_ \$400/month x 12:</b>	<b>\$192</b>
(4% earned per \$1) No effort fundraiser. Purchase monthly to shop with and earn credit)	
<b><u>Hersheypark Summer Volunteering-</u> volunteer 5 shifts:</b>	<b>\$108</b>
(\$5.40 per hour + 1 to 3 HP tickets; typical shift is 4 hours) Work in Rides, Food and Beverage, Guest Experience, Concert ushers and RAMP positions. <b>Anyone can work for you</b> to earn park tickets and you still earn the hourly rate. Tell your friends! One EPAC family has already earned over <b>\$400</b> this summer!	
<b>Total earned toward your swimming costs!</b>	<b>= \$720</b>



## Swimmer Code of Conduct

As a member of the Elite Performance Aquatic Club (EPAC), you are part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. All swimmers agree to follow the rules for behavior and sportsmanship while a member of EPAC. The following behavior guidelines state the principles EPAC expect all members to demonstrate and uphold.

EPAC is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life-skills. These skills include time-management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with EPAC ends.

As swimmer, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

### PART I – Swimmer Code of Conduct

The athlete participating with/for the Elite Performance Aquatic Club (EPAC) agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing EPAC. They should represent EPAC with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected at all times to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Swimmers are expected to attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with their coach.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear EPAC team caps and swim suits at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.



- Swimmers will come to all team sponsored meets and events in the appropriate attire. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.
  - Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
  - Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
  - Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
  - The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.
  - Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
  - Dishonesty, theft, and/or vandalism will not be tolerated.
  - Bullying will not be tolerated.
  - Indiscreet or destructive behavior will not be tolerated.
  - Every effort should be made to avoid guilt by association with such activities as those listed above.
  - There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming
  - Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.
- Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

## PART II – Violation of the Code

The coaches have the authority to impose the following penalties for violation of the Elite Performance Aquatic Club Code of Conduct. The penalties include, but are not limited to, the following:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.
- If the swimmer continues his/her bad behavior, he/she may be suspended for one (1) week. (There will be NO prorated fee for program fees.) If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.





## Parent Code of Conduct

As a member of the Elite Performance Aquatic Club (EPAC), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of EPAC. The following behavior guidelines state the principles EPAC expects all members to demonstrate and uphold.

EPAC is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with EPAC ends.

As parents/family members, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

### PART I – Parents Code of Conduct

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help EPAC achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. EPAC wins gracefully, loses graciously and congratulates their opponents either way.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Recognize that EPAC coaches are professionals and allow them to coach your child without interference during workouts and meets. Parents are allowed on deck during practice, however, during any meet parents are not allowed unless they are timing or an official.





- Support your professional coaches as they strive to do what is best for each EPAC swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- If you have concerns, you will address it with the appropriate coach in private.
- Maintain open and honest communication among all members of the EPAC family. We reach our common goals by working together.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

## **PART II – Parent Basic Responsibilities**

- Regardless of intent, any action that may be considered questionable/inappropriate by the general public should be refrained upon. When in doubt, either ask a coach or a board member if they feel the action is appropriate or simply refrain from that action.
- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Represent EPAC with excellence, respect, team spirit, good sportsmanship, and politeness
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmers and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved....be an official, work on the board, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at meets.
- Pay your fees on time.
- Know and uphold EPAC rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents



Each parent agrees to comply with and support the foregoing rules that constitute the EPAC Parent's Code of Conduct. Parents acknowledge that failure to abide by the aforementioned rules and guidelines subjects the Parent to disciplinary action. If a parent's conduct brings discredit or discord to

EPAC, then the parent voluntarily subjects himself or herself to disciplinary action that may include, but is not limited to the following:

- Verbal warning by official, coach, and/or officers of EPAC.
- Written warning by official, head coach, and/or officers of EPAC.
- Parental or swimmer suspension with written documentation of incident kept on file by organizations involved.
- Suspension from the pool deck for a specified period of time.
- Parental or player season suspension.
- Revocation of any or all of EPAC privileges.

In the case of suspensions or revocation, loss of all deposits or payments made to EPAC.