



Newtown Athletic Club NAC Sharks Swim Team

2021-2022 Team Handbook

“A Commitment to Foundational Excellence and Continuous Improvement”

www.nacswimteam.com

 @nac_swimming

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**Swimmers will not be permitted to participate without all signed acknowledgement forms. These are updated each fall/winter season, so they are required regardless of prior clinic or season participation.*

†At minimum, these forms must be returned by 8/15 to receive the early registration discount. Your swimmer is not considered registered until we have both pages 22-23, and we may not hold their spot. All registration forms are due by September 17 for regular priced fees, assuming we do not fill before that date.

TEAM OVERVIEW

The NAC Swim Team is a technique-focused USA Swim Team. The team is led by ASCA and USA-certified coaches and supported by NAC Aquatics and parent volunteers as needed.

Mission & Vision

The value statement of the Newtown Athletic Club is to make lives better by creating the ultimate recreational, social, and healthy lifestyle experience for our members and community.

The mission of the NAC Swim Team is to strive for continual improvement in swimming by focusing on the foundation—love of swimming, technical skills, progressive goal setting, and inner determination—in a safe, healthy, positive, and fun environment.

The vision of the NAC Swim Team is to eventually become a competitive force in the Mid-Atlantic LSC whose participants demonstrate sound character, dedication, technical excellence, and sportsmanship. This will be obtained by first establishing a love for the sport and pride in the team, then adopting a process-based approach to swim technique and strategic progressive goal setting to reach competitive greatness.

Team Philosophy: Key Principles

Continuous improvement: Strive for progress, not perfection. Each person progresses as his or her own rate, but all swimmers should seize the opportunity to learn and improve each day and support their teammates in doing the same.

Building good technical habits at the foundational level: Swimming is a technique-limited sport, and doing things correctly—over doing them quickly or for a long time—is the top priority. The coaching staff and swimmers work together on this goal, which requires attention to detail and focus on both sides. Quality always bests quantity (no “garbage yardage”).

Resiliency and respect for the process: Swimming is a lifelong sport, and early success doesn’t necessarily correlate with later success. If swimmers trust in the process, learn the correct ways to swim, and engage in progressive goal setting, they will be more successful in the future. We do not push kids to burn out. Struggle is part of the process (see the story of the butterfly [here](#)), and each race and practice present opportunities to learn life lessons and practice resiliency.

Team Goals: New for 2021-2022

We are placing a focus on creating well-rounded athletes for the 2021-2022 season.

Return to in-person “dryland” training for our competitive team: Swim-specific dryland sessions with our trained Parisi Speed School instructors will improve overall coordination and athletic ability, making it easier for swimmers to improve in the water. They are part of the overall training plan and should be weighted the same amount as pool time.

Proficiency in all events through IMR & IMX (AG2-3 and up): Additionally, we are implementing recognition for swimmers who legally compete the “IM Extreme” (IMX) and/or “IM Ready” (IMR) list of events across their age groups over the course of a season. These involve building proficiency across swimming all strokes, avoiding specialization, and trying challenging distance events. Starting with the 2021-2022 season, we will provide IMX or IMR caps for any swimmers completing the event lists. We will also begin tracking IMR/IMX power point records by single age and gender. Even if your swimmer isn’t ready for IMR/IMX this year, we want it to be a long-term focus goal. For more information on IMR and IMX, see <https://www.usaswimming.org/times/imx-imr>.

TEAM TRAINING GROUPS & INFORMATION

The NAC Swim Team will be divided into 5 competitive groups, all of which will be expected to attend practice regularly and compete in appropriate meets. We will also have 2 developmental groups with optional meet requirements. The group criteria are based upon best practices for swimmer development, and technique will be taught with a cohesive step-by-step approach that allows for foundational, strategic learning. The groups are based primarily on ability and practice maturity (i.e., ability to listen, make corrections, and follow directions).

Competitive Teams

In general, the age groupings defined below will be followed, with deviations at coach's discretion. If you have a question about your swimmer's group, please reach out to coachkristennac@gmail.com.

Age Group 1 (10 & under): Swimmers in this group should be able to complete 50m freestyle, 25m backstroke, and either 25m breaststroke or 25m butterfly with knowledge of the other stroke. They should be able to dive from the side of the pool and have some swim team experience. Practices will be 90% technique and skills/10% conditioning.

- Weekly practices: 3 x 45 min in water; 2 x 30 min dryland
- Recommended minimum attendance: 2 of 3 practices
- Meet requirements: In-house, applicable dual meets, USA Mini/Developmental/ABBC meets as appropriate, optional championships if qualified

Age Group 2 (8-12): Swimmers in this group should be able to complete 100m freestyle, 50m backstroke, 50m breaststroke, 25m butterfly, and 100m IM. They should be 95% legal in all strokes and understand proper starts and turns, including a commitment to flip turns and correct open turns during practice sets. Practices will be 80% technique and skills/20% conditioning.

- Weekly practices: 3 x 60 min in water; 2 x 30 min dryland
- Recommended minimum attendance: 2 of 3 practices
- Meet requirements: In-house, applicable dual meets, minimum 2 USA Mini/Developmental/ABBC meets, recommended championships if qualified (9 & over) or alternate finale meet

Age Group 3 (10-12): Swimmers in this group should be able to complete 100m freestyle, 100m backstroke, 50m breaststroke, and 50m butterfly while executing proper starts and turns. They are expected to use proper turns throughout practice and begin using the pace clock for sets. Practices will be 70% technique and skills/30% conditioning.

- Weekly practices: 4 x 60 min in water; 2 x 30 min dryland
- Recommended minimum attendance: 3 of 4 practices
- Meet requirements: In-house, applicable dual meets, minimum 2-3 USA Developmental/ABBC meets, must attend highest qualified championships at LSC level or alternate finale meet

Junior (11 & over; select 10 yo): Swimmers in this group should be able to complete sets reading the clock, understand different levels of intensity, and be able to hold strong technique for a full practice. The goal of this group is to prepare swimmers for senior-level training. 10 year olds placed in this group should have 3+ silver cuts and practice maturity, and 11-12s should be USA Bronze level across all strokes. Practices will be 50% technique and skills/50% conditioning.

- Weekly practices: 4 x 75 min in water; 2 x 30 min dryland
- Recommended minimum attendance (non-HS): 3 of 4 practices
- Meet requirements (non-HS): In-house, applicable dual meets, minimum 2-3 USA Developmental/ABBC meets, must attend highest qualified championships at LSC level or alternate finale meet

Senior (13 & over and coach's invitation): This group is for our most advanced swimmers who exceed the requirements of the junior group. It is primarily for swimmers 13 and over; younger swimmers placed in this group should have 3+ 11-12 silver cuts. Minimum training requirements: 10 x 100m FR on 1:50; 400m flutter kick for time under 10 minutes; ability to swim a legal 200m IM under 4:00. Practices will be 30-40% technique and skills/60-70% conditioning.

- Weekly practices: 4 x 90 and 1 x 120 min in water; 3 x 30 min dryland
- Recommended minimum attendance (non-HS): 3-4 of 5 practices
- Meet requirements* (non-HS): In-house, applicable dual meets, minimum 3-4 USA meets including Holiday focus meet, must attend highest qualified championships at LSC level or alternate finale meet

*Some senior swimmers may not be entered in dual meets (eg, Lawrence Lightning) or may swim unofficially; however, attendance for team leadership is recommended. 15&overs who do not qualify for senior champs are not required to attend Silvers unless they are at Silvers level; suggest alternate finale meet. Swimmers competing primarily with their high school team can discuss meet requirements with the coaching staff.

Developmental Team

Both developmental teams are similar in ability (divided only by age) and designed for our “true beginner” swimmers who have an interest in swimming competitively but are still learning all 4 strokes, starts, and turns. For this group, we provide in-water practices only.

Developmental 1 is for swimmers 6-9. *Weekly practices: 2 x 45 min*

Developmental 2 is for swimmers 10 & over. *Weekly practices: 2 x 45 min*

Developmental swimmers may attend in-house meets, applicable dual meets (eg, Lawrence Lightning), and non-USA meets as appropriate. At coaches' discretion, a developmental swimmer may USA register and compete in non-championship meets (if you are interested in doing so, please reach out to Coach Melissa).

Additional Team Information

“Dryland” Training at Parisi Speed School: For parents new to the swimming world, any workout related to your swimming that is not pool-based is termed “dryland.” At NAC, we have unique access to trained instructors from the Parisi Speed School, who are well qualified to run our out-of-water training. As members of the swim team, swimmers are accessing this training at a deep discount as part of their team fees. Dryland listed on the swim schedule is specific for your child's group and is a key component of their training regimen. Swimmers participating in other sports may be excused from dryland, but please note that there are no refunds of team fees if a swimmer chooses not to attend (just like there wouldn't be for missed pool practices).

High School Option: Swimmers who will practice and compete primarily with their high schools may pay a discounted rate for the November 15, December 15, and January 15 payments and attend 1-2 practices per week plus meets. This option allows HS swimmers to focus on their high school season while remaining committed to well-rounded success in the sport.

Often, HS programs focus more on conditioning for specialized events (mainly sprints) without much technical work. This can result in a deterioration of skills. By coming to practices weekly, HS swimmers can make sure their technique is still consistent. Additional meet opportunities may allow for HS swimmers to branch out from their HS event specializations and gain racing feedback from NAC coaches. In turn, continued involvement of our HS athletes provides leadership for the younger athletes.

Any high-school athletes should plan to practice with the NAC fully up until mid-November with the team (either Junior or Senior group) and then transition to the HS only schedule. We will only take “HS Preseason” swimmers if the appropriate level group has room; these swimmers will still be required to obtain a USA Swimming “Flex” membership for insurance purposes and may not be provided with team apparel. Should this situation arise, we will provide pricing and registration deposit information to applicable families.

TEAM POLICIES

Please review all team policies in detail and reach out to the swim team staff with any questions. Signing the handbook acknowledgement, registering for the team, and attending meets and practices indicates understanding of all policies below.

Team Fees, Billing, & Commitment

Pricing

Group	Monthly Fee ^a (swimmer must be a member for member rate)	Early Reg Discount ^a – 10% OFF (lock in monthly rate if registered by 8/15)	Registration Deposit ^b
Senior ^c	\$239 Member/ \$279 Nonmember	\$215 Member/ \$251 Nonmember	\$200
Junior ^c	\$189 Member/\$219 Nonmember	\$170 Member/\$197 Nonmember	\$200
Age Group 3	\$159 Member/\$189 Nonmember	\$143 Member/\$170 Nonmember	\$200
Age Group 2	\$149 Member/\$179 Nonmember	\$134 Member/\$161 Nonmember	\$200
Age Group 1	\$109 Member/\$139 Nonmember	\$98 Member/\$125 Nonmember	\$200
Developmental 1 & 2	\$89 Member/\$99 Nonmember	\$80 Member/\$89 Nonmember	\$100
High School Only ^c	\$79 Member/\$89 Nonmember	n/a	n/a

^aDoes not include sibling discount (first swimmer at regular rate; 10% off lower group(s) price) or any other applicable discounts.

^bDeposit includes administration fee, team apparel (not swimsuits), and team caps for all groups. Competitive groups will be charged for a full USA swimming membership. Developmentals who wish to compete in USA meets (at coach discretion) will have to pay a separate USA fee.

^cHigh school-aged swimmers in Junior and Senior may opt for our “High School” option from mid-November through mid-February if they expect to practice primarily with their high school. The high school option allows swimmers to compete in meets as a member of NAC and drop in for 1-2 practices per week. Swimmers planning to practice with NAC more than that should sign up for their regular group.

Billing: Monthly billing for team fees will be recurring around the 15th of each month for September, October, November, December, January, and February. Team prices take into consideration occasional practice cancellations for holidays, pool closures, or swim meets.

Registration and payment of program deposit indicates agreement to pay program fees through duration of team season (March 17, 2022 or latest qualified meet); refunds and program releases will be given only for medical reasons or at coach/aquatics department discretion. Registration deposits must be paid by credit card or NAC charge (we can use a card on file) and are nonrefundable. Returning swimmers who pay a deposit by August 15, 2021 will lock in the rates above at a 10% discount.

Meet fees (fees charged by the host team that can vary depending on meet and events swum) are not included in team fees and will be charged separately following the meet. See Meet Attendance section for more information.

We require that a current credit card always be kept on file; if there are any billing issue with a credit card, we ask that you resolve them within one week. Failure to resolve billing issues promptly may result in your swimmer not being able to participate in a practice or meet.

Required Equipment

Families are responsible for purchasing required equipment. Swimmers need to have all their equipment at practice, including working goggles and appropriate attire, to participate and learn. Girls must be in a one-piece suit with straps that cross or meet in the back. Any swimmer (boy or girl) whose hair can cover eyes when wet must wear a swim cap. We suggest that your swimmer always has a backup cap and pair of goggles.

Required equipment is as follows:

	Group		
	Developmental & AG1	AG2 & AG3	Junior & Senior
Mesh Bag	X	X	X
Kickboard ^a	X	X	X
Long Fins ^b	X	X	X
Pull Bouy	X	X	X
Water Bottle	X	X	X
Snorkel ^c		X	X
Paddles ^d			X
PowerBags ^e			X

^aJunior size recommended for swimmers under 75lbs

^bOrder by shoe size (unisex; females may need to size down 2 sizes). These should be rubber swim fins, not snorkeling or scuba fins (which are made of stiffer material).

^cCenter-mount swimmers snorkel, like ONE Swim snorkel, FINIS Glide or Swimmer's Snorkel, Speedo Bullethead or similar.

^dFINIS Agility, ONE Touch Paddles, Speedo PowerPlus or similar

^eMales over 13 and females over 15 should order PB40s; everyone else should order PB25s

When purchasing swim equipment, we ask that you use the ONE (SwimmersBest) portal on our team website at www.swimmersbest.com/nac-sharks. We are one of the only age-group teams in the country to have a sponsorship agreement with ONE, an innovative family-run business in swim technique. Don't forget to enter NACSHARKS at checkout for your discounted rate—we will also earn credits for the team! Additional equipment can be purchased through the SwimOutlet portal. Please search for "Newtown Athletic Club Sharks" or use the link [here](#). We also get a portion of these proceeds toward team fundraising, so make sure you can see the blue banner at the top making sure you are shopping through "Newtown Athletic Club Sharks" affiliate account.

Preparedness Policy: If your swimmer shows up unprepared or missing equipment for 3 consecutive practices, the coaching staff will send you an email about plans for replacement. At that time, you can elect for the team to purchase the additional equipment and receive the charge to your account OR you can give the coaches an estimated date for when the swimmer will have new equipment. If you do not reply to the email within 3 days, or the swimmer shows up unprepared or missing equipment for 2 practices beyond the estimated date, we will automatically purchase any required equipment and charge your account.

We do not allow swimmers to share or borrow equipment. Swimmers who are unprepared for practice may be asked to sit out if they cannot fully participate. Swimmers and families who continually disrespect the preparedness policy may be dismissed from the team.

Practice & Meet Attendance

Our team does not have a formal attendance policy—we also want to ensure that swimming does not place unnecessary burden on families, schoolwork, other sports/commitments, or simply being a kid! However, we also believe that swimmers get out what they put in, which is why we have provided recommendations for practice attendance alongside group descriptions on pages 3-4.

Skill building occurs in steps, and training groups will progress based on how quickly regular practice attendees are learning skills. In extreme situations where a swimmer misses too much practice and falls behind the rest of the group, the coaching staff may discuss moving down a group if the group below has room.

Swimmers who attend less than the recommended number of practices or meets for their respective groups may not be guaranteed placement for future seasons or clinics or asked to try out again.

Meet Requirements: Swim team is not swim lessons—one of the reasons we are a “team” is to compete together! Swim meets are a great way to gauge improvement and apply racing skills. Attending swim meets also allows swimmers exposure to other area athletes and builds team spirit.

All swimmers enrolled on the team are expected to compete in meets as listed alongside group descriptions on pages 3-4. This is so that the coaching staff can direct attention and efforts appropriately.

While no specific meet is mandatory, we have requirements that each competitive swimmer participate in meets as outlined on pages 3-4. Developmentals are not required to attend meets but may do so at coaches’ discretion. Please note that the coaching staff will carefully select developmentally appropriate meets; there should be no need to be concerned about a child being “fast enough” to compete. Progress in youth sports occurs when kids operate at the edge of their comfort zone, and building resiliency is a great life lesson. Participating in meets aligns with team goals of continuous improvement in a supportive environment.

Before each meet, please log into Team Unify and commit by the deadline so that the coaches can send the correct meet entries. Occasionally, meet entries will be coordinated via email. This meet policy will be adapted as needed, pending the availability of meets. Once the final check for the meet is cut (usually at least 1-2 weeks before the meet), we cannot refund meet fees. Unfortunately, this includes day-of-meet scratches or sickness.

Tentative Meet Weekends:

For planning purposes only-- subject to change based on meet availability, entry caps, interest level, and qualifying times. Your swimmer is not expected to attend all meets; for meet requirements by group, see pages 3-4.

Dates	Description	Groups
10/9	In-house time trials/intrasquad	All competitive, experienced developmental
10/22 or 10/23-10/24	USA meet in PA or NJ	AG3 and above, experienced AG2
11/7 or 11/13-11/14	USA meet in PA or NJ	AG2 and above, experienced AG1
Late Nov	Tentative Dual Meet (Lawrence Lightning)	All groups, including developmental
Early Dec	Non-USA invitational in Perth Amboy, NJ (good level of competition for us)	Developmental optional, AG1, AG2, AG3, Junior, Senior optional if not swimming holiday meet
Mid Dec	USA Holiday focus meet in PA or NJ, may include travel	AG2 and above, experienced AG1 (some options may have qualifying times)
1/9	10 & Under USA Meet	USA registered 10 & Unders
1/15-1/16 or 1/23-1/24	USA meet in PA or NJ	All AG2 and up competitive, AG1 optional (may be limited to 9&over)
Late Jan/Feb	Tentative Dual Meet (Lawrence Lightning)	All groups, including developmental
2/5-2/6	USA Meet in PA or NJ	All AG2 and up competitive, AG1 optional
2/19-2/20	USA Meet in PA or NJ	All AG2 and up competitive, AG1 optional
2/26-2/27	Mini Champs (if local)	USA registered 8&Unders with sanctioned times
3/4-3/6	Junior Olympics (ages 9-14)	Qualifiers only
3/12-3/13	Bronze Championships (ages 9-14)	Qualifiers only
3/18-3/20	Silver Championships (ages 9-14)	Qualifiers only
Mid March	USA Finale Meet in NJ	Non-championships swimmers, coaches’ discretion

We will ensure that all competitive swimmers have the opportunity for a season ending meet, even if these occur on overlapping weekends and we have to split the coaching staff. We are considering an in-house end-of-season meet for our developmental team and/or minis as appropriate.

Parent Volunteer Requirements: For any team to be successful, it must rely on parent involvement. All NAC families are expected to volunteer at meets to spread the workload, so it doesn't fall on a few overextended families.

While we do not have a formal parent volunteer policy, you should assume that if your swimmer is entered in a meet (including prelims and/or finals), you should be available to volunteer or be assigned a job. If you are unavailable to volunteer at a meet (eg, your swimmer is carpooling with another swimmer), please indicate that at the time of meet commitment in Team Unify or follow up with Coach Kristen no later than 48 hours before the meet. Repeated failure to volunteer at meets may result from your swimmer being scratched from future meets. Most volunteer jobs will be timing; anyone interested in becoming a certified official or learning other jobs should reach out to Charlene. Families with special circumstances can reach out to the NAC swim team staff directly.

BEHAVIORAL POLICIES

At Practice:

1. **Be on time.** Swimmers should be on time for practice. Swimmers may miss important warmup or drill instruction if they are late. Swimmers should be dropped off a minimum of 5-7 minutes before practice to make it to the pool deck on time.
2. **Be ready to focus.** Swimmers will always outnumber coaches on the deck. Please be ready to listen and complete the practice as designed. This includes not talking while the coach is talking so that everyone has the opportunity to learn.
3. **Be prepared.** Come to practice with all of the required equipment so that you can fully participate! This includes water bottles, proper suits, caps, and goggles. You may not wear a cap from another NJ or MA USA team or SAL team during practice. *We will not be allowing swimmers to borrow or share equipment this year; see equipment policy.*
4. **Follow basic lane rules to ensure safety.** Unless specifically told otherwise, swimmers should follow basic lane etiquette. Lane etiquette has 4 components:
 - a. **Circle swimming.** Unless told otherwise, swimmers should plan to practice “circle swimming”, i.e., always staying to the right of the black line (like driving a car). When swimmers are completing more than one lap (25m), they should plan their turns appropriately to streamline and surface on the right side of the lane.
 - b. **Finish all sets to the wall.** Do not stop short—this will not only cement bad habits, but also could ruin the repeat for swimmers in your lane! Finish to the wall (1-hand touch for freestyle/backstroke; 2-hand touch for breaststroke/butterfly; “to the feet” for pace sets)
 - c. **Pass appropriately.** The goal of practice is to work on technique and skills, not to pass the person in front. If you find yourself catching up to the swimmer in front of you, do not rush or grab their legs. You can politely tap and then ask after the repeat to go in front. If it is a longer repeat (100m or greater), the swimmer who receives the tap should either 1) slow down and slide over toward the lane line to allow the passing swimmer to quickly go around or 2) stop at the next wall to allow the passing swimmer to go in front. *Please note that passing during a repeat is not essential and should be minimized to prevent disruption to practice. At no time should anyone stop mid-pool, and swimmers mid-pool equipment malfunctions should immediate move out of the way.*
 - d. **Be aware of the instructions.** Swimmers must be aware of the coach instructions, including stroke/drill/focus and required intervals. Failure to follow coach instructions has a ripple effect throughout the lane—don’t ruin anyone else’s practice!
5. **Strive for improvement and do not cheat.** The team’s goal is to be continuously improving. Perform all practice components as instructed. Cheating at practice will only hurt yourself and bring down others on the team. You are already at practice—do not waste the opportunity to learn something.

6. **HAVE FUN!** You are here with other teammates, so get to know one another. Say hello, happy birthday, ask them how their day was and encourage one another. We are here in practice together, and we'll all learn and get tired together! 😊

At Meets: Swimmers and parents should arrive by the designated check in time or communicate via GroupMe if they are running late. Failure to arrive at a meet on time may result in a swimmer being “scratched” from the meet (taken out of their events). Last-minute sickness should be communicated via email. Note that parents are still responsible for meet fees resulting from day-of scratches.

During the meet, swimmers must always stay in the team area unless they receive a coach’s OK to leave for short purposes. This ensures that we can easily track swimmers and that no one misses their event.

Swimmers must demonstrate appropriate sportsmanship and respect for officials, meet workers, and other swimmers. After completing a swim, they must ask for their time and report back to a coach for feedback before going to see parents, getting food, cooling down, etc. Post-race feedback is important for swimmer development. If there is a warm-up/cool-down area, it is expected that swimmers use the area appropriately. Mid-meet warm-up/cool-down is required for all swimmers in the Senior group and highly recommended as appropriate for swimmers in Junior and AG3.

All races must be swum in a NAC cap, regardless of gender or hair length. If a swimmer forgets a cap, they will be provided with one by a coach and the family account will be charged. Swimmers must wear a solid black or blue suit. 12 & over swimmers wishing to wear “tech” suits above Speedo Aquablade/TYR Fusion must discuss with a coach in advance (suits beyond this level are not permitted for swimmers under 12). We do not permit apparel from other teams at meets, even t-shirts, shorts, and jackets. Swimmers must wear their team t-shirts or other NAC apparel to USA meets.

During the Pandemic: To ensure the safety of our swimmers, coaches, and families, we will continue to implement COVID-19 protocols in line with guidance from the CDC and USA Swimming. USA Swimming mandates that Clubs follow all local, state, and federal health guidelines for all workplaces, practices and competitions. They provide the following guidance:

1. Avoid getting closer than six feet to anyone coughing or sneezing
2. Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol. This is especially important after going to the bathroom, before eating, or after blowing your nose, coughing or sneezing
3. Avoid touching your eyes, nose, and mouth
4. Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash, and then wash your hands
5. Stay home if you are sick, and away from the pool and from fellow team members
6. Clean and disinfect frequently touched surfaces regularly
7. Monitor the WHO and CDC websites for travel advisories and follow their recommendations

For masks and temperature checks, we will follow the Council Rock School District’s policies for indoor activities and school. As of July 2021, masks are optional for swimmers and staff, although we still recommend them for people who have not received a COVID-19 vaccination. Swimmers who choose to wear a mask can place it in a labeled plastic bag during practice. We will have extra disposable masks and plastic bags for anyone who needs them. Please note that we may be required to wear masks or follow additional procedures when competing against other teams at indoor swim meets

The chlorinated pool is a perpetually self-cleaning training surface, so there is no added risk of contamination or transmission from the water—the CDC has made this very clear. As of July 2021, we have removed social distancing requirements in the pool given that swimmers are only together at the wall between repeats for short periods of time.

We will still be limiting the number of people on the pool deck and in the immediate pool areas. During practice transition times, please try to pick up/drop off swimmers ages 11 and over outside the NAC. Parents of swimmers 10 and under should wait at the end of the hallway by the basketball courts. Parents are welcome to observe practice from the upstairs seating area; they are never allowed on deck, even during non-pandemic times.

We ask that everyone is respectful of CDC/USA swimming guidelines and individual choices. Failure to behave in a way that is safe and respectful to all NAC swimming members—whether masked or not—may result in dismissal from the team. Given that CDC and USA Swimming guidance changes regularly, we will keep our COVID-19 policies up to date on our website, www.nacswimteam.com. Your handbook acknowledgement form indicates agreement to follow current policies as posted online; we will alert you to updates in weekly “Shark Bite” newsletters.

***Please note:** As a swim team staff, we are putting these policies in place to protect the safety of our swimmers, coaches, staff, and swim families. We cannot control the actions of other NAC members, employees, or participants in other NAC programming. We have intentionally set higher standards for our swim team programming. We expect that participants in NAC Swim Team programming will follow these guidelines regardless of the actions of other people inside the NAC.*

NAC SWIM TEAM ANTI-BULLYING POLICY

Bullying of any kind is unacceptable at the NAC Swim Team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The NAC Swim Team 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, parent or NAC staff member.

The NAC Swim Team takes bullying seriously and you as parents and swimmers can be assured that you will be supported when bullying is reported. As defined by USA Swimming, bullying is:

- The severe or repeated use by one or more athletes 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:
 - Causing physical or emotional harm to the other member or damage to the other member's property
 - Placing the other member in a reasonable fear of harm to himself/herself or of damage to his/her property
 - Creating a hostile environment for another person/ athlete
 - Infringing on the rights of another person/ athlete
 - Materially and substantially disrupting the training process or the orderly operation of any activity, i.e. practices, workouts, meets, team events, etc.

Consequences for bullying are the same as an infraction of the code of conduct (see p19)

Parents,

This document will be discussed with your athlete. We hope this will open communication between parent and swimmer if the need should arise as it relates to bullying. It is our goal to provide a safe and healthy environment for all. We will take all reports seriously, investigate to the best of our ability and take appropriate action. – Your Coaches

TEAM COMMUNICATION

Most of the information that you'll need day-to-day is on our team website run through Team Unify, www.nacswimteam.com. This will include practice and event schedules, sign ups, a news archive, applicable team policies, and other valuable team information. Team Unify will have a log-in where you can access information about your child(ren) and commit for events.

Email is the primary form of communication for our team, and parents/guardians are expected to provide an email address that will be checked regularly. We will send out any team updates through the Team Unify platform and contact you directly through email for anything pertaining specifically to your child. The swim team staff will send out a weekly newsletter detailing any applicable team news. If you are not getting an email from us at least weekly, please check your spam folder and reach out to Charlene.

We will also have a few "GroupMe" chats for quick communication within each training group. Here, you can ask questions that may be useful for the whole group and/or let coaches know if you are running late to a meet. However, GroupMe should not be treated as a replacement for text messages, and direct messages to coaches or staff should be minimized. We ask that at least one parent or guardian is included in these chats and has push notifications enabled. Based on USA Swimming's Minor Athlete Abuse Prevention Policy (MAAPP; see p13-18), we will not be allowing swimmers to participate in GroupMe chats. GroupMe does have a functionality for direct messaging with coaches, and the MAAPP policy prohibits any electronic communication between coaches and swimmers without a parent or guardian copied.

The best way to get in touch with the swim team staff is email. Charlene should be the first point of contact for any swim team emails; her address is swimteam@newtownathletic.com. She will forward emails to Coach Kristen as appropriate. You may email Coach Kristen (CoachKristenNAC@gmail.com) with specifics about your child's swimming progress, practice, behavior, etc. Anything else should go directly to Charlene; this set up will allow the coaching staff to focus on coaching rather than administrative work.

Many of our meets, practices, and social events will be documented on Instagram, which can promote excitement about what the team is doing. Swimmers may follow the club Instagram account, but per USA Swimming Safe Sport MAAPP (see pages 13-18), we cannot follow swimmer's accounts back. If you do not want your child to be featured on the club Instagram account, please indicate that on the Photographic and Audio/Visual release form on p20.

A Note from the NAC Swim Team Staff: Some situations discussed in the policy below do not apply to our team; however, as a USA-sanctioned team, we are required to include this document, word-for-word from the USA Swimming Website, in full.

MINOR ATHLETE ABUSE PREVENTION POLICY

The following pages present USA Swimming’s Minor Athlete Abuse Prevention Policy (MAAPP), required guidelines for any USA-sanctioned club.

This Policy Applies to:

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

Adult Participants: Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees (“LSCs”) or member clubs to have regular contact with (e.g., ongoing interactions during a 12- month period wherein the individual is in a role of active engagement) or authority over Minor Athletes; and/or
- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

General Requirement

USA Swimming Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

Definitions

Athlete: A USA Swimming athlete member.

Authority: When one person’s position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

Dual Relationship: When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

Emergency Circumstances: A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete’s suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

Electronic Communication: Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging and social media.

Event or Facility Under Partial or Full Jurisdiction: Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.

In-Program: Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Massage: Any Massage involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Travel: Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by the Organization. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport- related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

Massage: Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

Minor Athlete: An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months.

Exceptions

(Note: Exceptions apply only where specified)

Close-In-Age Exception: In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older than the Minor Athlete.

Dual Relationship Exception: An Adult Participant has a dual role or relationship with a Minor Athlete. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually.

One-on-One Interactions

- I. **Observable and Interruptible:** All one-on-one In-Program Contact interactions between a Minor Athlete and an Adult Participant must occur at an observable and interruptible distance from another adult, except:
 - a. In emergency circumstances;
 - b. When a Dual Relationship exists; and/or
 - c. When the Close-In-Age Exception applies.

Meetings and Individual Training Sessions

- I. Meetings
 - a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.
 - b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
 - c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.
- II. Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers: If a licensed mental health care professional and/or health care provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:
 - a. The door remains unlocked;
 - b. Another adult is present at the facility;
 - c. The other adult is advised that a closed-door meeting is occurring although the Minor Athlete's identity does not need to be disclosed;
 - d. The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
 - e. The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.
- III. Individual Training Sessions
 - a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.
 - b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to the NAC Swim Team, which can be withdrawn at any time.
 - c. Parents/legal guardians must be allowed to observe the individual training session.

Electronic Communications

- I. Content: All Electronic Communication from Adult Participants to Minor Athletes must be professional in nature.
- II. Open and Transparent
 - a. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic Communications, the Minor Athlete's parent/legal guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.
 - b. The following exceptions apply to Section II(a):
 - i. In emergency circumstances;
 - ii. When a Dual Relationship exists; and/or
 - iii. When the Close-In-Age Exception applies.
 - iv. When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, said Adult Participant must copy another Adult Participant.
- III. Requests to Discontinue: Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant subject to this Policy. The Organization must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

- IV. Hours: Electronic communications must only be sent between the hours of 5:00 a.m. and 9:00 p.m. local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.
- V. Prohibited Electronic Communication
 - a. Adult Participants are not permitted to maintain private social media connections with Minor Athletes and such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with Minor Athletes must be discontinued. Minor Athletes may “friend”, “like” or “follow” the Organization’s official page.
 - b. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
 - c. The following exceptions apply to Section V:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.

In-Program Travel and Lodging

- I. Transportation
 - a. During In-Program Travel, observable and interruptible environments must be maintained.
 - b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes or another Adult Participant, except:
 - i. In emergency circumstances;
 - ii. When a Dual Relationship exists;
 - iii. When the Close-In-Age Exception applies; and/or
 - iv. The Minor Athlete’s parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
 - c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-athlete members of USA Swimming.
 - d. Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.
- II. Lodging
 - a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
 - b. During In-Program Travel, all In-Program Contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.
 - c. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be maintained.
 - d. The following exceptions apply to II(a), (b) and (c):
 - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete’s parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
 - ii. When the Close-In-Age Exception applies and the Minor Athlete’s parent/legal guardian has provided advance, written consent for the lodging arrangement.
 - iii. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.
- III. Written Consent: A Minor Athlete’s parent/legal guardian must provide written consent, at least annually, for all In- Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.
- IV. Meetings
 - a. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of this Policy (e.g., any such meeting must be observable and interruptible).
 - b. Meetings must not be conducted in an Adult Participant or athlete’s hotel room or other overnight lodging location during In-Program Travel.

Locker Rooms and Changing Areas

- I. Requirement to Use Locker Room or Changing Area: The designated locker room or changing area must be used when an athlete or Adult Participant changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).
- II. Observable and Interruptible: All In-Program Contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:
 - a. In emergency circumstances;
 - b. A Dual Relationship exists; and/or
 - c. The Close-In-Age exception applies.
- III. Private or Semi-Private Space for Minor Athletes: The Organization must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at Events or Facilities Under Partial or Full Jurisdiction of the Organization.
- IV. Use of Recording Devices: Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.
- V. Undress: Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An Adult Participant must not request a Minor Athlete to expose the Minor Athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- VI. Showers
 - a. Adult Participants must not shower with Minor Athletes unless:
 - b. The Adult Participant meets the Close-in-Age Exception; and/or
 - c. The shower is part of a pre- or post-activity rinse while wearing swimwear.
 - d. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. The Organization must abide by such a request.
- VII. Monitoring: The Organization must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:
 - a. Conducting a sweep of the locker room or changing area before athletes arrive;
 - b. Posting staff directly outside the locker room or changing area during periods of use;
 - c. Leaving the doors open when adequate privacy is still possible; and/or
 - d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.
 - e. Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.
- VIII. Parents/legal guardians in Locker Rooms or Changing Areas: If a parent/legal guardian enters a locker room or changing area, it must only be a parent/legal guardian of the same competition category and the parent/legal guardian should notify a coach or administrator in advance.

Massages, Rubdowns, and Athletic Training Modalities

- I. General Requirement: Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.
- II. Additional Minor Athlete Requirements
 - a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.

- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. Any Massage of a Minor Athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.

For more information on MAAPP, visit <https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy> and see the dropdowns under the "SafeSport" tab of our website

We need your help to become a USA Swimming SafeSport Recognized Club!

In addition to the requirements listed here and additional documents under the "SafeSport" tab at www.nacswimming.com, we need a certain percentage of Parents and Swimmers (12 and over) to complete the Athlete Protection Training through SafeSport as outlined below. SafeSport training is free of charge.

Athlete Protection Training: Required of all adult USA Swimming members, including coaches, officials, meet directors, and adult athletes (including completion by swimmers prior to their 18 birthday)
www.usaswimming.org/resource-center/athlete-protection-training

Athlete Protection Training for Parents and Minor Athletes (Ages 12-17): We need at least 10% participation, with more points awarded for higher participation. Be informed about SafeSport!

- USA Swimming Members (including all our swimmers) can access training at www.usaswimming.org/learn
- Non-USA Swimming Members can create a free non-member education account at learn.usaswimming.org

For SafeSport materials developed for swimmers aged 11 and under, please reach out to Coach Kristen or Charlene.

NAC SWIM TEAM 2021-2022 HANDBOOK & TEAM POLICIES ACKNOWLEDGEMENT PACKET

Swimmer Name: _____
(must have one packet per swimmer)

We are pleased you’ve decided to join the NAC Swim Team. This handbook outlines important information for swimmers and parents. Please acknowledge the following by signing and returning this form along with your registration form before the first day of practice.

SWIMMER & PARENT/GUARDIAN PLEASE INITIAL

- | | Swimmer | Parent |
|---|---------|--------|
| • I acknowledge that it is the responsibility of the parent/guardian to have regularly scheduled physicals for their swimmers and to communicate any and all medical and behavioral conditions/issues (including pre-existing) in their health records immediately to the lead coach and head coach in written format, including email. | _____ | _____ |
| • I acknowledge that the swimmer is not currently representing any other USA or YMCA Swimming team (summer league/school OK) | _____ | _____ |
| • I acknowledge that failure to pay fees or penalties will result in swimmer(s) associated with the account being prohibited from entering swim meets and from registering for future sessions, until paid in full. | n/a | _____ |
| • I acknowledge that the swimmer’s birthdate is correct. | _____ | _____ |
| • I acknowledge that the primary email address in the Team Unify system (team website) will be used for communications. It is parent/guardian’s responsibility to ensure that contact information is correct and up to date at all times, and does not filter to a spam inbox. | _____ | _____ |
| • As a parent, I will read and respond to team emails as appropriate with the understanding that email is the primary form of communication for the team. As a swimmer, I will follow up with my parent if a NAC Swim Team staff member asks me to | _____ | _____ |
| • I understand the financial commitments of the program and billing schedule | n/a | _____ |
| • I acknowledge and agree to adhere to the team policies, including COVID-19 protocols, and all of the associated guidelines. | _____ | _____ |
| • I acknowledge and agree to adhere to the Minor Athlete Abuse Prevention Policy and all of its guidelines (see additional acknowledgement) | _____ | _____ |
| • I acknowledge and agree to adhere to the NAC Anti-Bullying Policy in its entirety. | _____ | _____ |

I acknowledge receipt of and understanding of NAC Swim Team Handbook. I acknowledge that I have read this handbook, and I accept full responsibility for familiarizing myself with the entire contents of this handbook.

Swimmer’s signature

Date

Parent/guardian’s signature

Date

Minor Athlete Abuse Prevention Policy Acknowledgment

I acknowledge that I have received, read and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with the NAC Swim Team.

Parent/guardian's signature

Date

Swimmer's signature (if 18 or turning 18 before 3/17/21)

Date

Photographic and Audio-Visual Release Consent Form

NAC Swim Team 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 available on www.nacswimteam.com. The club requires parental consent to take and use photographs.

Parents have a right to refuse agreement to their child being photographed.

As the parent/caregiver of _____, I allow photographs of my child(ren) to be used for club purposes*:

- Consent given
- Consent refused

Please describe any restrictions: _____

Parent/guardian's signature

Date

*Club use includes, but is not limited to, use on the club's website, inclusion with newspaper articles, posting on club Instagram, and video for training purposes only.

NAC Swim Team - Liability Release

Participant expressly agrees on his/her behalf that all use of the club shall be undertaken at his/her sole risk, and that the Club's owners, managers and employees shall not be liable for any damages or injuries to any member or guest, or be subject to any claim or demand whatsoever. Each participant assumes responsibility for him or herself and on behalf of his/her executors, administrators and assigns, does fully and forever waive, release and discharge the Club's owners, managers, employees and agents from any and all claims, demands, damages, rights of action or cause of action, present or future whether the same be known or unknowns, anticipated, resulting from, or arising out of, the Member or his/her guest, or his/her minor children's use or intended use of the Club's facilities and equipment.

Where the Participant is a minor (under 18), a parent or legal guardian must sign below indicating agreement with the terms this application on behalf of the minor child.

Parent/guardian's signature

Date

CODE OF CONDUCT: Athletes

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes’ behavior. By signing this code of conduct, I agree to the following statements:

- 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 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 team meetings and training sessions as required, unless I am excused by my coach or physician.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- 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.
- I will obey all of USA Swimming’s rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club’s leadership.

Swimmer’s signature

Date

Parent/guardian’s signature

Date

CODE OF CONDUCT: Parents

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child’s participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- 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 or 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 to NAC Swim Team Staff then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action determined by the swim club’s leadership.

Parent/guardian’s signature

Date

NAC FALL/WINTER 2021-2022 SWIM TEAM REGISTRATION FORM

Please fill out all fields and use multiple forms for more than 2 swimmers. Forms with incomplete or illegible information may not be accepted.

Family Information			
Parent/Guardian Name(s):			
Address:			
City:	State:	Zip:	
Primary phone:	type: cell/landline	Secondary phone:	type: cell/landline
Primary email:		Secondary email:	
Cell number(s) for GroupMe (minimum one per family):		Cell Carrier:	
Swimmer #1: (LAST)	(LEGAL FIRST)	(MIDDLE)	
Nickname/Preferred Name:		Gender: M/F	Date of Birth:
NAC Member: YES/ NO	Expected 21-22 Group (please circle): Dev1 Dev2 AG1 AG2 AG3 Junior Senior		
T-shirt size: YS YM YL AS AM AL AXL If transferring from another USA Team, add club code:			
Health/physical/emotional concerns:			
Swimmer #2: (LAST)	(LEGAL FIRST)	(MIDDLE)	
Nickname/Preferred Name:		Gender: M/F	Date of Birth:
NAC Member: YES/ NO	Expected 21-22 Group (please circle): Dev1 Dev2 AG1 AG2 AG3 Junior Senior		
T-shirt size: YS YM YL AS AM AL AXL If transferring from another USA Team, add club code:			
Health/physical/emotional concerns:			
Group	Fee*	Number	Total
First Competitive Swimmer Deposit (Senior, Junior, AG3, AG2, AG1)	\$200		
Second Competitive Swimmer Deposit (Senior, Junior, AG3, AG2, AG1)	\$150		
Developmental Swimmer Deposit (Developmental 1 or 2)	\$100		
Additional team t-shirts for family members (indicate number and size) ___YS ___YM ___YL ___AS ___AM ___AL ___AXL ___A2XL ___A3XL	\$15		
Total Due at Reg			

*Nonrefundable. Deposit includes 2021-2022 USA Registration Fees (if applicable), 2 silicone caps, team apparel (not swimsuit), and administrative fee.

For any questions regarding registration, please email swimteam@newtownathletic.com.

I understand that by registering for the 2021-2022 NAC Swim Team, I am indicating agreement with financial commitments and monthly billing requirements (Sept 15, Oct 15, Nov 15, Jan 15, Feb 15) as outlined in the team handbook.

Parent/guardian's signature

Date

