



Bayside Aquatics
Team Handbook
2020-2021

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Welcome

It is my pleasure to welcome you to the inaugural season for Bayside Aquatics. I look forward to working with each swimmer to help them progress toward their goals.

I believe participation in swimming builds a foundation for a lifetime of healthy habits. At Bayside Aquatics, we strive to instill traits in our swimmers that are vital to success in life. Our primary goal is to develop young athletes who demonstrate courage and perseverance by taking risks, confidence from the hard work and commitment they put in, and sportsmanship from working together and motivating each other. Most importantly, Bayside Aquatics focuses on teamwork, friendships, and fun.

My primary focus this year will be technique driven swim training and team unity. As we begin to write the first chapter in the history of Bayside Aquatics, we must set the standard in supporting our swimmers in a safe and healthy environment. We must encourage all swimmers to push themselves to achieve their best, but also to encourage and support every member of the team.

I am extremely excited about this season. Let's work hard, have fun, and make amazing memories.

Coach Karen

What is Bayside Aquatics?

Mission Statement

Bayside Aquatics strives to make a positive impact on the lives of its team members and to inspire and empower them to achieve excellence in the sport of swimming as well as in life. Our mission is to create a safe and positive team environment, to provide the best possible instruction at all levels within the team, to instill our core values in each athlete, and for our swimmers to grow as athletes and individuals who are able to contribute to their team, family, and community. Our goal is to provide coaches who are role models and for our athletes to learn that success is achieved through hard work and goal setting.

Vision

Bayside Aquatics strives to produce athletes with the ability to excel at all levels of competition within the sport of swimming- from novice to national. Our goal is to be recognized as a valued member of the Crofton/Bowie community.

Our Values

These are the values Bayside Aquatics strives to instill in each athlete:

Perseverance – Courage – Sportsmanship – Respect

Confidence – Self-discipline – Pride – Responsibility

Cooperation – Growth – Integrity – Commitment

Team Information

Coaches

All Bayside Aquatics coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR for the Professional Rescuer certification. Coaches are required to complete the USA Swimming Safety Training for Coaches Course. Bayside Aquatics coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and Bayside Aquatics. Bayside Aquatics coaches are committed to the success of all of our swimmers and are expected to mentor swimmers in life skills and positive values and to build relationships with team families.

Facility

Our practices take place at the Bowie State University pool in the Leonidas S. James Physical Education Complex. 14000 Jericho Park Rd, Bowie, MD 20715

USA Swimming

USA Swimming is the national governing body for the exciting world of competitive swimming. By joining Bayside Aquatics, your child will become a member of the country's largest, most organized, and competently coached youth sports. In addition to your membership with USA Swimming, you are also joining the Maryland Swimming LSC. Please visit the following websites for more information on the two organizations.

- <https://www.usaswimming.org/>
- <http://mdswim.org/>

USA Swimming launched a swimmer-focused program called **Deck Pass**. Deck Pass provides you an opportunity to track and share your accomplishments as a swimmer. You can participate on-line or through an app on your smart phone.

Practice Groups

Minis: Swimmers in Minis will be introduced to competitive swimming with a strong emphasis on the proper technique of all 4 strokes as well as starts, flip turns, and kicking. Swimmers will also learn proper practice and meet etiquette. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle. They should also demonstrate an ability to focus and listen well in a group setting. 45 min practices per week 2-3x per week

Age Requirement: 6-8 years old

Attendance Requirement: None

Required Equipment: Fins, Kickboard, Pull Buoy

Meet Participation: Every 4-6 weeks

Novice: Swimmers in Novice will focus on improving stroke technique, body position, and kick in all 4 strokes. Solid practice habits will be taught and reinforced, including using the pace clock during practice. They will be introduced to basic training sets. Swimmers should enter the group able to legally swim all 4 strokes and should be comfortable doing 50 yard repeats during practice. 1 hour practices 3x per week

Age Requirement: 8-10 years old

Attendance Requirement: Average 75% per month

Required Equipment: Fins, Kickboard, Pull Buoy

Meet Participation: Every 4-6 weeks

Juniors: Swimmers in Juniors will be working toward improving their stroke technique and racing skills and increasing endurance levels. Swimmers should enter the group able to legally complete 100 yards of all 4 strokes and should be working toward competing in 200's of all of the strokes and the 500 Free. 1-1.5 hour practices 5x per week

Age Requirement: 10-12 years old

Attendance Requirement: Average 75% per month

Required Equipment: Fins, Kickboard, Pull Buoy

Meet Participation: Every 4-6 weeks

Seniors: Swimmers in Seniors continue to develop strong stroke technique while training and competing at a higher level. Senior swimmers are expected to have a positive attitude, great work ethic, and be role models to other swimmers on the team. 2 hour practices 5-6x per week

Age Requirement: 13 years old & older

Attendance Requirement: Average 80% per month

Required Equipment: Fins, Kickboard, Pull Buoy, Snorkel, Paddles

Meet Participation: Every 4-6 weeks

Progression Policy:

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is developmentally appropriate. The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increase workload, timing within the season, and space also influence the decision. Racing times are not a primary factor for group placement, although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

Athlete Protection

The USA Swimming Safe Sport Program offers free athlete protection training for parents and athletes. This training is not required by USA Swimming unless you are an adult athlete, a coach, or a member of the team's leadership. However, **as added protection to Bayside Aquatics athletes, we will require all parents/guardians to complete the training and all swimmers ages 12 and over will be required to watch a safe sport video.** We understand that time is finite in our busy lives, however any opportunity to protect athletes from sexual predators, bullying, knowing appropriate boundary's between members of the team, and the risks of concussions is worth every minute. Please follow the links below to login/register and then access the course.

- Parents: learn.usaswimming.org Course: Safe Sport for Swim Parents
- Swimmers: www.usaswimming.org/learn Course: Safe Sport for Athletes

Each family is also required to read the following documents and return the Bayside Aquatics Safe Sport Signature Sheet

- Bayside Aquatics Team Handbook
- Code of Conduct for Parents
- Code of Conduct for Swimmers
- Action Plan to Address Bullying
- Team Travel Policy
- Member Acknowledgment of Minor Athlete Abuse Prevention Policy
- Electronic Communications Policy
- Locker Room Monitoring Policy
- Photography Policy

Team Fees

Bayside Aquatics charges a \$200 registration fee. This fee includes USA Swimming membership, 9 months of training, a Bayside swim cap, and a Bayside t-shirt. Bayside Aquatics fiscal year runs from September 1st to August 31st. Team fees are paid via credit card on the team's website. For the 2020-2021 season, fees will be collected monthly on the 1st of the month starting in September and ending in May. Monthly fees will not be collected if we do not have access to a pool due to COVID-19.

Team Fees:

Minis (8&unders): \$155/ month
Novice (8-10 yrs old): \$195/ month
Juniors (10-12 yrs old): \$240/ month
Seniors (13 yrs or older): \$280/ month

Meet fees will be paid through the team website. Once a family declares their intent to participate at a meet, the family will be charged for all events they registered for, regardless of whether their swimmer swims the event. The team is charged for each entry submitted. Once we get confirmation of which entries were accepted at a meet, anticipate a charge to your credit card on file prior to the meet. This will ensure consistency of charging and avoid accumulation of meet fees due to the team. If a meet is cancelled for weather purposes, if the team that is hosting the meet does not give a refund, the team will still need to pass the costs to the families.

Refunds

Once approved, all registrations are final and no refunds will be given. Written notification of resignation stating the swimmer's last date of participation must be provided to the Bayside Aquatics staff. An early termination fee of one month's swim team fees is charged if such resignation occurs after October 31st. Partial months are not prorated.

Communication

As a new team, Bayside Aquatics encourages open communication. Be sure the team has your current email address.

1. Our monthly newsletters, swim meet sign-ups, volunteer job postings, and updates will all be distributed from our Team Unify website www.swimbayside.com.
2. If you have any questions, email us anytime! If you are unsure of who to email, contact Karen Bisnett Karen@swimbayside.com
3. Coaches can be available before or after a swim practice if planned ahead. If you would like to schedule a meeting with a particular coach, please arrange a meeting ahead of time. This will help the coaches make time for you and your questions. During practices, our first priorities are the swimmers in the water.
4. Like our Facebook and Instagram pages!

Photography

Each Bayside swimmer's registration includes a photo release if photos are taken by a Bayside Aquatics staff member. If you are taking your own photos at a swim meet or practice, please always ask a parent's permission first. We love showing off the awesome stuff our swimmers do, but being respectful to our families is also very important.

Bayside Aquatics has a NO cell phone policy in our locker rooms and we do NOT allow photos to be taken in the locker room areas.

Attendance

Consistency is the key to success. The coaches highly encourage swimmers make it to all of their assigned practices. The coaches will take attendance at each practice and use attendance as a measure of performance. The team does encourage multisport athletes, so if you need to miss a practice to attend another sport, the coaching staff supports you.

Practice Cancellation

We follow the Bowie State University's campus closure policy. If the university cancels classes or closes the campus, we will not have practice. Information regarding any cancellation will be sent via email, text and social media as early as possible. At times, there are weather related issues such as lightning, or unforeseen pool/facility issues that may require practice to be cancelled on short notice. Every effort will be made to contact parents for early pickup. Please remain available by cell phone while your swimmer is at practice.

Swim Meets

All swimmers are expected to participate in meets. They are highly recommended for personal betterment and team building! A swimmer's age on the first day of the meet determines each swimmer's age group for that particular meet. Meets are generally scheduled every 4-6 weeks. Swimmers are expected to wear the Bayside team bathing suit, cap, and gear during all swim meets. All members of Bayside will sit together as a team.

Meet Entry Policy:

1. Coaches choose the meets that the team will attend. The meet schedule will be posted on the team website.
2. The coaches have the final say on a swimmer's events in the meet.
3. Swimmers are notified of an upcoming meet via email and are given a deadline to declare their attendance. If a swimmer is not planning to attend, the coaches want parents to declare that on the team website.

Team Apparel

The team will issue a Bayside t-shirt and swim cap to each swimmer after registration. Swimmers are encouraged to purchase the team bathing suit or a plain navy bathing suit. Additional apparel will be available for purchase after registrations in September.

Parent Volunteer Opportunities

Parents are encouraged to volunteer. For the 2020-2021 season, we will have no volunteer requirements. We will be setting up a Parent Advisory Board that provides support for the swim team relating to swim meets, coaches support, and special team activities. The board is an important for ideas, improvements, and communication for the coaches and parents of the swim team.

Parent Volunteer Opportunities:

- Officials: Parents are strongly encouraged to become a certified USA Swimming Official.
- Timer: Depending on the meet, timers may be needed.
- Membership/ Registration
- IT Coordinator: Become trained on the computer based programs such as Team Unify, Meet Manager, and Team Manager
- Fundraising Coordinator
- Social Events Coordinator
- Team Apparel Coordinator
- Volunteer Coordinator: Schedule volunteers for meets

By signing below, I acknowledge the policies contained within the team handbook.

Print Parent Name: _____ Date: _____

Parent Signature: _____