



New Parent Handbook

2017 – 2018

Welcome to SwimMAC Carolina!

SwimMAC Carolina is a 501(c)(3) nonprofit that offers swimming programs for people of all ages and experience levels. Established as the Mecklenburg Aquatic Club in 1977, we have grown from a small competitive team into a highly-regarded organization that provides aquatic instruction and training for nearly 10,000 people in the Charlotte region each year. Our mission is to empower young people to be champions in life through excellence in swimming by continually working toward these four ends:

Engage: Children and families entering the sport with an opportunity for lifelong enrichment

Develop: Athletes benefiting from collegiate swimming opportunities

Inspire: Athletes inspired to train for elite levels

Lead: The SwimMAC Carolina model of excellence is embraced by other members of the global competitive swimming community

SwimMAC Carolina is a big family with several branches that support one another:

Program	Number of Participants
Swim School	6,500
Home School/Mid Day	200
Junior Swim League	1,000
Teen Fit	600
Competitive Team	850
Masters/Adult Fitness	150
Total	9,300

Within the competitive team, each age group division (Marlin, Dolphin, Shark, and Senior) is broken into three levels by experience, maturity, time commitment and performance.

Although we are a large swim club, our goal is to feel as small as possible. The information in this New Parent Handbook is intended to help you understand a bit more about the sport and SwimMAC, but it's just a starting point. Your questions are encouraged! Parent meetings will be held in September, and you may email us any time using the addresses below. We hope you will become an engaged, enthusiastic supporter of your swimmer(s) and our organization. Thank you for choosing SwimMAC!

Who to contact with questions:

Dues/Billing billing@swimmacarolina.org
Registration registration@swimmacarolina.org

Meet Squad meetsquad@swimmacarolina.org

EMPOWERING YOUNG PEOPLE TO BE
CHAMPIONS IN LIFE
THROUGH EXCELLENCE IN SWIMMING

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COMPETITIVE SWIMMING 101

Governing Organizations

USA Swimming: USA Swimming is the national governing body for the sport of swimming. Participants in the SwimMAC year-round competitive swim programs must be members of this organization. Membership, which is renewed in the fall of each year, provides limited, co-benefit accident and liability insurance for swimmers participating in supervised workouts and swim meets. Visit www.usaswimming.org for more information including rules, current time standards, and many other resources for parents and swimmers.

North Carolina Swimming: North Carolina Swimming (NCS) is a member of USA Swimming and is the Local Swim Committee (LSC) that governs our geographic area. Its responsibilities include processing memberships, scheduling competitions, training /certification of officials, athlete recognition programs, and assembling the NCS Zone Team. Visit www.SwimNC.com for more information.

Geographic Structure

USA Swimming divides the country into four zones: Western, Central, Eastern, and Southern. SwimMAC, as part of North Carolina Swimming, competes in the Southern Zone.

Seasonal Structure (Short vs. Long Course)

Swimming is a year-round sport that is divided into two seasons, with championship-level meets held at the end of each season.

The short course season lasts from September through March. All practices and meets are typically conducted in 25-yard pools. The United States is the only country that competes in 25-yard pools. High school and collegiate competition is conducted in the 25-yard format and is considered a winter sport.

The long course season lasts from April through early August. Most swim meets are conducted in 50-meter pools. Practices are held in a combination of 25-yard and 50-meter pools. All international competition takes place in either 25-meter or 50-meter pools. The Olympics are always held in a 50-meter pool.

Time Standards

USA Swimming establishes motivational time standards for each age group every four years. The current standards will be in place until August 31, 2020 and are available on USA Swimming's website here: <https://www.usaswimming.org/Home/times/time-standards>.

Time standards and age determine the type of meet in which a swimmer may participate. Age group standards progress from (slower to faster) B, BB, A, AA, AAA, and AAAA. In addition, there are specific time standards for various championship meets that will be provided as appropriate for your swimmer.

For in-season meets, 12 and under age-group swimmers are typically classified as follows:

BB swimmers – have a BB time in two different strokes

A swimmers – have an A time in two different strokes

AA swimmers – have AA times in two different strokes

Senior level swimmers are divided into two categories—Senior Development and Senior Circuit swimmers. Senior Circuit swimmers have achieved a 13-14 AA time standard in two different strokes. All other swimmers are considered Senior Development swimmers.

Unless a swimmer has previously competed in a USA Swimming meet, s/he is considered a B/C swimmer and will be entered with NT (No Time) in the event. If the swimmer has competed in a USA Swimming meet with another team, please turn in his/her best times to one of the SwimMAC coaches so the times can be entered in our database.

PARENT ROLE AT SWIMMAC

Parent-Athlete Support

It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's role to provide love, recognition, and encouragement necessary to help a young athlete feel positive about him/herself. Be the person that your swimmer can look to for constant, positive reinforcement.

Strive to provide your swimmer with the basic opportunities s/he needs to have a positive swimming experience. Make sure your swimmer regularly attends practice and swim meets.

Every individual learns at a different rate and responds differently to the various methods of skill presentation. Some swimmers take more time to learn; this requires patience on the part of the coach and the parent, both of whom must remember that the swimmer's ultimate swimming potential may be as great or greater than that of a faster learner.

Avoid comparing the skill, courage, determination, attitude, performance, or improvement of your swimmer to other swimmers. Swimmers mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could be leading practices in the future.

The etymology of the word "competition" goes back to the Latin words "com" and "petere," which mean "together to strive." It is important to teach young swimmers to compete with, not against others, and to use competition to help them strive to be their own best self.

"Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best, IS a direct reflection of your parenting."
Author Unknown

Guidelines for Watching Practice

Parents are encouraged to watch practice from time to time. Here are some important guidelines when observing practice.

First, young swimmers want parental approval more than anything in the world. For swimmers to learn as much as possible during practice, it is imperative that coaches have each swimmer's undivided attention.

Please do not communicate with your swimmer during practice and do not compete with the coach for your swimmer's attention.

Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group). Scheduling an appointment with the coach during posted office hours is ideal.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Every training set or instructional drill has a purpose. One practice and/or practice set often builds on another during each week. If you have not watched all of the practice sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Fourth, when observing practice there should be no video recording or filming of any kind.

Finally, please do not coach or advise your swimmer based on what you see (or think you don't see) him/her do during practice. Many times when teaching stroke skills, coaches ask their swimmers to do things that may not look correct or actually might be illegal during competition. However, the drills have an important purpose in teaching skills. Swimming a one-arm butterfly stroke or using a flutter kick with breaststroke are examples of drills with a specific purpose.

To reiterate, when observing practices we ask you to respect the practice, coaches, and your child's teammates by staying off the pool deck during practices, and not attempting to coach your swimmer based on what you observe at practice.

To comply with USA Swimming Insurance coverage anyone on the pool deck must be a USA Swimming member coach or a USA Swimming athlete member. USA Swimming's Insurance is void if the rules are not followed. Therefore parents should watch practice from the following areas:

- Davidson College: the balcony overlooking the pool
- Huntersville Family Fitness & Aquatics (HFFA): the hallway outside of the pool area or in the first section of bleachers on the left side of the entrance doors.
- Moss Creek: parents are not allowed inside the black fenced in area. Parents can watch from the balcony. When the structure covering the pool is up parents will be able to watch practice from a designated spot one day / week.
- Champions: must stay outside the railing
- SwimMAC Swim Center: the glass viewing room

Note: Please make sure siblings are safe, courteous, and well behaved at all facilities. Also, please make sure the area is clean before leaving.

Parent-Organization Support

Be a G.R.E.A.T. SwimMAC parent!

G - Get Involved! Volunteer to do more than just be a timer at meets. If you're not sure what you might want to do, email meetsquad@swimmaccarolina.org and we'll get you headed in the right direction!

R - Read the Emails! Emails will come from coaches, the business/billing office, Meet Squad, the webmaster and others. They wouldn't be emailing if it wasn't important for parents to know!

E - Educate Yourself. Ask questions. Make friends with other parents. Use the substantial online resources available to you:

SwimMAC	http://swimmaccarolina.org/
SwimMAC's Team Unify	https://www.teamunify.com/ncmac
North Carolina Swimming	http://ncswim.org/
USA Swimming	http://usaswimming.org/

A - Attend meetings and ask questions. Coaches meetings, parent meetings, parent coffees, college information meetings, volunteer committee meetings to name a few.

T - Think fun and be positive! Your child will enjoy the sport so much more if it is fun! Yes, they will lose their goggles three times in the first two months, and yes, there will be moments when they are frustrated or tired, but if you do all you can as a parent to make it fun you will ALL have a better time!

Meet Squad & Volunteering

SwimMAC Carolina hosts a number of competitions throughout the year to provide our athletes opportunities to hone their skills without the expense and inconvenience of travel. Meet Squad is the SwimMAC name for all of the volunteer work that goes into making these events successful. Every SwimMAC family should pitch in, but unfortunately, not everyone does. Required Meet Squad minimums help spread the workload and are detailed in the Registration Packet. The requirements and Meet Squad job descriptions are also available at www.SwimMACCarolina.org and on Team Unify at www.teamunify.com/ncmac in the documents section.

There are lots of other ways to support the team besides working at meets. Volunteers are always needed for a variety of functions including securing sponsorships, marketing support, community relations, and more. If you're interested in helping or have a business that might be able to provide services, please send an email to meetsquad@swimmaccarolina.org to let us know.

Communication

Great communication between athletes, parents, and coaches is one key to a successful experience in the SwimMAC program. SwimMAC lead coaches work to communicate all the information you need for you and your swimmer to be in the know, have a good experience, and be excited about our program and all the opportunities we offer. There are several critical paths that coaches can communicate with you, aside from direct communications and interactions:

- You will receive weekly emails from your child's lead coach that are your primary source of information. Please read them carefully.
- You will also receive team emails to help keep you informed on SwimMAC opportunities and items of interest. These are often from a Team Unify account and contain great information.

- We encourage you to stay engaged with the SwimMAC program by checking our [Team Unify](#) site and interact with us on social media. SwimMAC has an active presence on Twitter (@swimmac), Facebook, Instagram (swimmac_1977), and YouTube.

We encourage you to communicate with your coach. It is important that parents and athletes learn how to ask questions and be engaged in the process to become a better swimmer and develop a relationship with lead coaches. This starts with communication. When you have a specific question or concern regarding your swimmer, go directly to your swimmer's lead coach. Most questions are answered quickly at this level.

If you need additional help, please reach out to the appropriate Division Lead. If you feel that your question has not been answered satisfactorily, please consult the Associate Head Coach for North location questions and the Head Coach for the Latin location questions. Staff roles, email addresses and phone numbers are available on the website and attached to this document.

To contact a coach you may email, text or call. Please use the following guidelines for communication:

- **Email:** For questions that are logistical in nature and specific to your swimmer(s) such as practice time, missing practices, attending meets, etc. or if you would like to set up a meeting with a coach. Emails will be answered within 24 hours unless after Friday at noon. Coaches will respond no later than Monday if emailed Friday afternoon or over the weekend.
- **Phone Call:** Phone calls are a preferred method of communicating when you are discussing your swimmer(s) progress, feedback, or key family/ medical updates that may affect their attendance or focus. Please use the new SwimMAC phone system. Your swimmers' lead coach will return your call within 24 hours unless after Friday at noon. Coaches will respond no later than Monday if called Friday afternoon or over the weekend.
- **Text:** For short messages with immediate importance that involve letting coaches know about the potential of missing practice, meet events, etc. You may not receive a text back unless it is a quick question that only needs a short response. Please be respectful of coach's personal time and limit texts to normal business and practice hours once those times are set.

PRACTICE EXPECTATIONS

Goals & Objectives

SwimMAC strives for continuity across all of our programs, so that children can enter swim lessons, continue learning with our Junior Swim League, progress into a competitive team member, and return as a masters swimmer. Similarly, we strive for continuity and developmental progression through our competitive team divisions. A summary of the information below is available under Parent Resources on www.SwimMACCarolina.org and on Team Unify at www.teamunify.com/ncmac in the documents section.

Just like a new school year, the beginning of a swimming season is a great time to review the foundation we've built and look forward so we can set goals for the future. SwimMAC coaches are talking with your student athletes about expectations for their practice groups and going over some of the basics to establish (or re-establish) good habits. For parents, it's a good time to review the structure of the SwimMAC competitive program, the purpose of each division, and the role of the coaches that lead those divisions.

As you know our competitive program has four divisions: Marlin (10 & under), Dolphin (11-12 year olds), Shark (13-14 year olds), and Senior (15 & older). Each division has a specific purpose and an assigned division leader.

Marlin Division Purpose: FUNdamentals

The Marlin division's focus is to establish a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. Athletes and parents are introduced to competitive meets with a family-friendly atmosphere. Swimmers may have opportunities to qualify for state or sectional level competitions.

Dolphin Division Purpose: Learn to practice

In the Dolphin division, SwimMAC athletes will build on the fundamental skills and techniques taught in the Marlin division. They will progress to an advanced level of learning that requires implementing specific skills in practice sets. Establishing good habits in a practice setting translates to better performances at meets, as well as long term development in the sport of swimming. Dolphin division athletes will be led towards IMX events ([the IMX program established by USA Swimming](#) to promote and reward versatility in age group swimming) as they compete at the local, state, and possibly regional level.

Shark Division Purpose: Practice to compete

In the Shark division, SwimMAC athletes' focus broadens substantially. Swimmers learn about the effect their decisions and behavior outside of the pool has on their performance in the pool. Athletes continue to build on good practice habits with progressive skills, drills, and a variety of techniques. Swimmers also build a strong foundation in all strokes and events that leads towards IMX events ([the IMX program established by USA Swimming](#) to promote and reward versatility in age group swimming). Low to medium intensity aerobic conditioning is emphasized while working to challenge them and prepare for the senior level. Shark division swimmers compete at the local, state, regional, and possibly national level. Competing at the highest level meet they are qualified for starts to become a priority to give them a glimpse of their future swimming experiences.

Senior Division Purpose: Compete to excel

In the Senior division, SwimMAC athletes continue to learn and be taught progressively, but an increased emphasis is placed on taking ownership of individual goals and the work needed to progress towards those goals. Student athletes will be introduced to collegiate opportunities and encouraged to be positive role models for the younger age group swimmers. Each person will be challenged to take steps forward in work ethic, goal setting, time management, discipline in detail, and developing a growth mindset. The senior program will challenge each person in these areas and will provide the opportunity to achieve excellence for those athletes and families willing to continue developing a competitive spirit.

Each division has two leaders: one assigned to the north region and one assigned to the south. SwimMAC Division leaders are crucial to our curriculum and the quality of our program. It is their responsibility to provide leadership and to ensure the SwimMAC curriculum, philosophy, and policies are being followed by providing day-to-day management

Practice Facilities

SwimMAC is fortunate to have its own training center in south Charlotte on the campus of Charlotte Latin School. We rent space at a number of other pools and must follow the rules and regulations in place at each facility. Please be respectful at all times and help us maintain positive relationships with these important partners. Addresses for each location and detailed facility use policies can be found on www.SwimMacCarolina.org. Go to the Contact Us tab and click on Locations.

Practice Schedules

Seasonal practice schedules are available on Team Unify at www.teamunify.com/ncmac in the team information section. Coaches will send weekly emails to the families in each practice group that will detail any updates or changes. If you have questions, please contact your coach.

Swimmers in Marlin 2 and 3, Dolphin 3, Shark 3, practice groups are encouraged to participate in other sports and activities, and are offered a flexible schedule of practice times to choose from. Keep in mind the more consistent practice is attended the more improvement swimmers will see.

Inclement Weather

SwimMAC uses a number of different facilities and each has its own inclement weather policy. Coaches will notify families of changes to practice schedules by email.

Please be sure to keep your contact information correct on our Team Unify account. If you need to make changes to your account (i.e. you have a new phone number, email address), follow SwimMACCarolina.org website and sign in with the user name and password you set up.

Required Practice Equipment

All practice equipment can be purchased from the Carolina Swim Shop, located at Huntersville Family Fitness & Aquatics and the SwimMAC pool at Charlotte Latin School. Also available 24/7 at www.CarolinaSwimShop.com. Please mark all equipment with your swimmer's name. The full equipment list for all divisions is available on Team Unify at www.teamunify.com/ncmac under the resources tab. The resources tab will be added to the Team Unify site in the next few weeks.

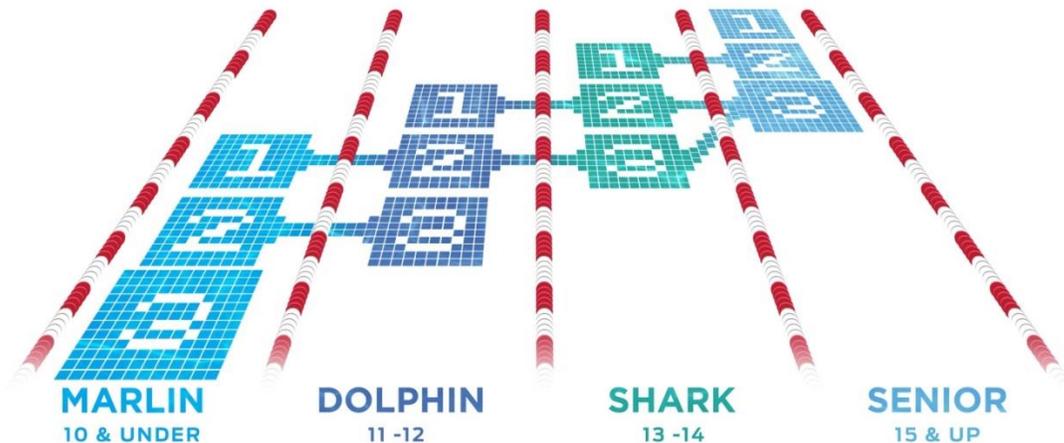
Practice Behavior

Swimmers are encouraged to support their teammates at practices and during competition. Working together is an important part of the "SwimMAC Spirit." Swimmers are expected to follow the directions of the coaching staff, be respectful at all times, and may only leave practice with the coach's permission. Each coach or practice group will have its own procedures and practice etiquette that teammates will be expected to follow.

Abusive language, lying, stealing, or vandalism will not be tolerated.

SWIMMAC GROUP PLACEMENT PHILOSOPHY

SwimMAC coaches work toward a common goal of continuity and developmental progression. Each season, swimmers are evaluated for the best placement within our team structure, and may be assigned to a different group as they age and/or evolve. Swimmers may move to a different level within their division (i.e. from Marlin 3 to Marlin 2) or transition to another division (i.e. Marlin 2 to Dolphin 3), which is generally driven by age. Divisional advancements often require a change in level as well, since those swimmers will be among the youngest and least experienced in their new division. As an example, a Dolphin 1 swimmer who just turned 13 may be moved to Shark 2 the following season.



Group placement and transitions are based on many factors, including a fair bit of coaching instinct. But SwimMAC coaches are guided by a team-wide philosophy that drives our decisions, and we hope that communicating these ideas will allow for a better understanding of group placement decision-making.

Some of the most important factors driving group placement are a swimmer's commitment (practice attendance, meet participation, prioritization of the sport), maturity (chronological age, physiological age and emotional development), training ability, and technique. Racing times are not a primary factor, although they are taken into consideration because times translate to meet qualification and training needs. Finding the appropriate group for each swimmer is the goal, and our top priority is to place every swimmer in a group that will allow them to develop and shine while continuing to progress at SwimMAC. The coaches want swimmers to focus on the process of what they are doing every day in practice and to be immersed in an environment that will help them succeed in all areas of their swimming.

We understand that group moves are not a small change in your lives as parents. The change in schedule can potentially affect other activities, carpools, team dues, coaches and expectations. But just like going from middle school to high school, or from one level of math to the next, these moves are necessary steps along the path towards successful long-term swimming.

At SwimMAC we believe that teaching each swimmer to take pieces of ownership in their sport is critical to self-development and success. A major part of ownership is building a relationship with his/her coach through open communication and trust. As parents, you play a critical role in how your swimmer thinks and feels about this process, and we encourage you to model open communication by setting up a meeting with your coach if you have questions or concerns about group changes.

COMPETING FOR SWIMMAC

SwimMAC's Competition Philosophy

In preparing for your swimmer's meets, the following are some basic fundamentals of competition that SwimMAC coaches stress.

1. Each swimmer should compete with him or herself. It is more beneficial to improve one's time and/or technique than to win a ribbon or medal.
2. In addition to earning best times, the coaches praise swimmers for working on technique and/or racing strategies. Swimmers may not improve their time when trying something new (i.e. flip turns, underwater dolphin kicks, etc.), but if a swimmer continues the skill or technique, the time will improve more in the long run.
3. Swimmers are taught to set realistic goals, and as they get older, they are taught to relate performance in practice to their goal times.
4. The coaching staff encourages age-group swimmers to compete in every event they are eligible for. This helps to promote versatility since swimmers are continuously switching best events as they grow, mature, and change body shapes and sizes.
5. Sportsmanship is a MUST at SwimMAC. We expect all swimmers, parents, and coaches to respect the officials, competitors, and the facilities we use. We also want swimmers to encourage and support their teammates.
6. SUCCESS = Improving one's own, best self.

Competition Schedule

The competition schedule for each season is available on Team Unify at www.teamunify.com/ncmac under the meets and events tab. Coaches will send weekly emails to the families in each practice group that will include any updates or changes. If you have questions about which meets your child should attend, please contact your coach.

Entering Meets

SwimMAC families are required to commit to competitions through their account in Team Unify. Coaches will notify families when the event becomes available on Team Unify and the deadline for committing their swimmer.

The process to indicate your swimmer will be able to participate in the meet (or any portion of the meet) is as follows:

1. Go to www.teamunify.com/ncmac and sign in to your Team Unify account.
2. Click on the Event tab and open the assigned meet for your child.
3. Click on the Attend/Decline button (upper right part of the page).
4. Click on the name of the athlete you want to commit to the event.
5. The athlete sign up page appears.
6. Commit the athlete by using the Signup Record and selecting "yes please (swimmer's name) will attend this event."
7. Always remember to click on Save Changes!

Once the deadline has past, you will NOT be able to commit your swimmer. At this time the entries are processed. Declaring for a meet will turn off on midnight the day of the deadline.

After you've committed to the event, your coach will select the events your swimmer will compete in and will notify parents by email that entries are complete. Check the entries for your swimmer and let your swimmer's coach know as soon as possible if there are any problems.

All meet fees will be billed through TeamUnify and will be posted to your account the week following the meet. The fees will be drafted at the same time as your dues, which is the first of every month. This can only be accomplished by setting up credit card or ACH payment (which is setup by entering your checking account information). You will be notified by email when meet fees have been posted to your Team Unify account.

Swim Meet Procedures

1. Arrive at the pool 15-20 minutes prior to the scheduled warm-up time, and locate the SwimMAC team area where all team members sit. The meet warm-up time will be listed in the meet information provided by your coach, as well as within the event listing on Team Unify.
2. Warm-ups are always conducted by the SwimMAC coaching staff. It is very important for all swimmers to warm-up with the team.
3. All SwimMAC swimmers are required to wear the team suit and SwimMAC team cap during both warm-ups and actual competition. Swimmers also are asked to wear their team t-shirts. All other team apparel is optional but encouraged to promote team unity and pride.
4. Each swimmer is responsible for knowing which events s/he is swimming and for being on time to swim his/her event. It is customary to write event numbers, heat and lane assignments on a swimmer's hand, arm, or leg. You can get that information by purchasing a heat sheet.
5. At the conclusion of each race, younger swimmers are expected to go immediately to their coach. Older swimmers should warm down first, if possible, and then see their coach. The coach discusses the race with each swimmer individually and gives positive comments concerning splits, stroke technique, and race strategy.
6. Electronic timing is used at most meets. Generally, the official time is the one recorded in the computer when the swimmer touches the touch pad. This time appears on the scoreboard, however, if a swimmer misses the touch pad, or if there is a mechanical failure, various back-up times may be used. The timing and score keeping personnel analyze all times to determine the official times, which are then posted as final results.
7. According to USA Swimming rules, parents are not allowed in the immediate competition venue unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet should be referred to the SwimMAC coaching staff. They, in turn, will pursue the matter through the proper channels.
8. In between races, swimmers are asked to rest and stay warm. All energy should be stored up and used in competition. Stay hydrated and eat light, nutritious snacks as needed.
9. It is very important that parents and/or swimmers check with the coaching staff prior to leaving the swim meet, making certain that their swimmer has not been placed on a relay.

What to Bring

1. Team swimsuit
2. Two team swim caps
3. Two pairs of goggles

4. SwimMAC team t-shirts
5. Two towels (minimum)
6. Old blanket or sleeping bag
7. Quiet games or books
8. Food—nutritious snacks
9. Water bottle

Be sure to put your swimmer's name on all belongings and equipment. Please do not hesitate to ask any veteran parent on the team for help or for information.

Competition Apparel

Swimmers are expected to wear the assigned SwimMAC t-shirt for each session of a swim meet. All other SwimMAC apparel is optional, but encouraged.

Typical SwimMAC T-Shirt Schedule for Meets*

*This order could change so please watch for information in the swim meet notice that will be provided by your coach.

Thursday – Any SwimMAC T-shirt

Friday – Navy T-shirt

Saturday – Registration T-shirt

Sunday – Orange T-shirt

Competition Suit Policy

All SwimMAC swimmers are required to wear the SwimMAC team suit and navy SwimMAC cap during meets attended by SwimMAC. Please refer to the SwimMAC Competition Suit Policy in the Documents section of Team Unify for details.

SWIMMAC POLICIES

All SwimMAC members must adhere to the following policies and waivers, available at www.teamunify.com/ncmac in the documents section. Note that you must be logged in to your account to access these documents:

- SwimMAC Carolina Code of Conduct and Travel Policies
- Drugs, Alcohol, and Tobacco Policy
- SwimMAC Carolina Safe Sport Policy and Bullying Action Plan
- SwimMAC Swimwear Policy
- SwimMAC Carolina Medical Waiver

Violations of team policies posted on Team Unify may result in suspension or termination of membership at SwimMAC Carolina. These policies and releases have been created to ensure the safety of SwimMAC Carolina members and staff and promote the betterment of SwimMAC Carolina as an organization.

SWIMMING TERMINOLOGY

If your family is new to competitive swimming, there are a lot of commonly used terms that may be unfamiliar to you. We've put together a swimming glossary as a resource for our families. It is available on Team Unify at www.teamunify.com/ncmac under the resources tab. The resources tab will be added to the Team Unify site in the next few weeks.

Still have questions?

Ask your coach, an experienced SwimMAC parent, or email any of the following departments. Thanks again for choosing SwimMAC and welcome to the family!

Dues/Billing	billing@swimmaccarolina.org	Meet Squad	meetsquad@swimmaccarolina.org
Registration	registration@swimmaccarolina.org		