



Welcome to the Friends of Cape Cod Swim Club,

Your swimmer has joined the competitive program of Cape Cod Swim Club (CCSC) and you are now a member of Friends of Cape Cod Swim Club (FOCCSC.) The FOCCSC has a board that meets every month to plan team days, food drives, special T-shirt sales, various fundraisers and we plan the Annual Swim Banquet which involves a silent auction, live music, dancing and awards. FOCCSC is always looking for parents to help in any of these endeavors.

The role of a parent on FOCCSC is to support the swimmers, coaches, and the club in a variety of ways. A parent supports the swimmer by encouraging each and every swim and by supporting the coach at both practices and meets. A parent supports the club by being involved with our volunteer group (FOCCSC) and by working at our home swim meets in a variety of positions: officials, timers, computer room and technology “specialists”, café, admissions and security. The only position that requires outside training are the Official positions. Officials are the on-deck educators for the swimmers during meets since they provide a fair and equal opportunity to swim for each swimmer by enforcing USA Swimming Rules. It all starts at the local level and must be consistent all the way up to the Olympic level. Officials are required for swims to be validated. If you have any interest in becoming an official, please speak to Sarah Hawley or me (friends@capecodswimclub.com) as we are always in need as officials “age up” with their swimmers. You have the best view of your swimmer and we can’t a run a meet without officials.

During a home meet one parent is required to work every session that the swimmer is in from start to finish. There are a variety of jobs to select from (most are listed above) and you sign up once the portal is open. At the close of the sign-up period, any family who missed signing themselves up, the FOCCSC representative will fill in any open slots. Each family is also assigned a food item to help support the café.

An away meet is where we travel to another club. Some are close enough to travel to each day of competition while others are a bit further away and you may want to make a hotel reservation. There is usually a room block reserved and the hotel information is posted on the CCSC team website. Away meets frequently require CCSC to supply timers for one or more lanes for each session. Timers are required, by each club, at all Regionals, Silver and Age Group Meets. When that happens, we expect each family to sign up with the parent volunteer to time for at least one hour for each session your swimmer is in. Pitching in by all is the way to make the time and meet run smoothly. Officials are always needed at away meets and we encourage the CCSC Officials to let the Meet Referee know in advance if you plan to officiate so they can plan accordingly. When travelling to an away meet seating is not always plentiful or comfortable so a folding beach chair is a common sight in the hallways, one also sees many bleacher cushions/chairs in use.

Attached are a few pages with helpful information. If you have any questions please feel free to contact us at friends@capecodswimclub.com Again, welcome to the CCSC and FOCCSC world of swimming.