



**2019-2020 Commonwealth Swimming
Online Team Handbook**



2019-2020 Team Handbook

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Tuition and Payment Policies:

1. By registering for the Commonwealth Current, you are committing to the team and we are committing to you. Should you choose to discontinue enrollment with Commonwealth Swimming, the remaining tuition payment for the year is required to be paid in full, as well as any outstanding meet fees. Athletes will not be released to attach to another team until the outstanding balances are paid.
2. The Commonwealth Current has an Annual Tuition for each practice group. For our families' convenience, these can be paid on three schedule options: 1-Annual, 2-Four payments (September, November, February, April), or 3-Ten payments (Monthly from September-June). **Swimmers not participating for a portion of the year are still responsible for the annual tuition**, unless approved by Coach Chris (see refunds/prorates below).
3. All accounts are required to utilize the AutoPay function of the Team Unify website. Once your registration is approved, you will be responsible for making sure the AutoPay portion of your account is established.
4. At the time of registration you will be charged \$250.00 per athlete for the annual USA Swimming Membership Registration Fee, two team shirts, one silicone cap and one installment of your chosen payment structure. For example, one Senior Group athlete on a monthly billing cycle will be charged \$345.00 + \$250.00, for a total of \$595.00.
5. In lieu of an Escrow Account, Meet Fees will be invoiced in each month they occur and will be charged with all other recurring charges. In addition, there will be a \$15.00 per athlete per meet charge to help offset coaches costs.
6. Accounts with outstanding balances may be prohibited from competition.
7. For families with multiple swimmers, there will be a 5% discount on any swimmer after the 1st registered. Tuition for High Performance, National Team and Senior Groups will not be discounted.
8. Invoices are generated on the 20th of each month, and outstanding balances will be charged to the payment method on file on the first of each month.
9. For all accounts with an outstanding balance after the 15th of each month will be charged a \$25.00 late fee.
10. Prior season's balance due must be paid in full before a swimmer can register for the next season. This includes any outstanding Meet Entry Fees, Uniform Costs or Tuition Fees.
11. Refunds/Prorated dues are not available unless approved by Head Coach Chris Sheppard. Swimmers participating in School Sports will not receive prorated team dues. NO REFUNDS for swimmers suspended from Commonwealth Swimming for disciplinary reasons. Missed days are not subtracted from membership fees.
12. Although this is distasteful, the coaching staff will reserve the right to refuse admittance to practice for any swimmer due to delinquent fees.
13. Accounts with outstanding balances may be prohibited from competition.



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Commonwealth Swimming Membership Agreement and Liability Release Form:

1. Prior season's balance due must be paid in full before a swimmer can register for the next season. This includes any outstanding Meet Entry Fees, Uniform Costs or Practice Fees.
2. Refunds/Prorates are not available unless approved by Chris Sheppard, Commonwealth Swimming Head Coach/Owner. NO REFUNDS for swimmers suspended from Commonwealth Swimming for disciplinary reasons. Missed days are not subtracted from membership fees.
3. All members must review all membership information enclosed in this handbook and on the team website; by signing this form they agree to adhere to those policies.
4. If a swimmer is sent home from a Team Travel trip for disciplinary reasons, parents agree to cover immediate transportation costs to send the athlete home.

Release and Indemnification:

For and in consideration of the benefits to me from the use by me and/or my child(ren) of the facilities of Commonwealth Swimming, LLC and all facilities utilized by Commonwealth Swimming, LLC, and other good and valuable consideration, the undersigned, individually and for his/her heirs and personal representatives, hereby release Commonwealth Swimming, LLC and all facilities utilized by Commonwealth Swimming, LLC, their directors, officers, agents, and employees from any and all claims of any kind or nature whatsoever, arising out of the use by me and/or my child(ren) of said facilities. The undersigned, individually and for his/her heirs and personal representatives, further agree to indemnify, defend and forever hold harmless Commonwealth Swimming, LLC and all facilities utilized by Commonwealth Swimming, LLC and their directors, officers, agents, and employees from any and all liability or loss whatsoever, (including any cost of defending claims) arising out of our said use of said facilities.



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Parent and Coach Communication:

A successful swim program requires understanding and cooperation among parents, swimmers and coaches. An important link in this triangle is the line of communication between parents and coaches. If questions, concerns or problems arise, we readily encourage and want parents to contact our coaches. While we appreciate feedback, please understand that our coaching staff always considers the larger team picture and the Head Coach does have final say in team matters.

Notice of short term absence or illness, questions about your child's swimming and coaching decisions should first be sent to your practice group coach only.

Notice of long term absence, injury or long term illness, questions regarding meet selection or meet absence, or other scheduling questions should be directed to your athlete's practice group coach and Head Coach Chris Sheppard.

If questions regarding your child's swimming or coaching decisions still remain after communicating with your practice group coach, please bring Head Coach Chris Sheppard into the conversation. Typically the practice group coaches will have already brought Coach Sheppard up to speed.

All questions about team policy, fundraising, billing, or other areas not detailed above should be directed to Head Coach Chris Sheppard.

UnderCurrent Coach: Jenna Willis, commonwealthundercurrent@gmail.com

HighTide Coach: Ellen Caruso, hightidescs@gmail.com

RipTide Coach: Mike Prout Jr., commonwealthriptide@gmail.com

Head Coach Chris Sheppard:

Email: commonwealthswimming@gmail.com

Phone: (617) 909-9475

Commonwealth Swimming has a website, Twitter feed, Instagram and parent e-mail list. Occasionally parents will develop phone trees specific to events or pending weather issues. If these modes of communication don't fit your professional/personal lifestyle, please let Coach Chris Sheppard know the best way to reach you.



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Watching Practices:

All Commonwealth practice sessions are open to any Commonwealth Swimming family member who would like to watch.

All observers should follow the guidelines below:

1. Observers must stay in the designated areas.
2. If someone other than your child's parent or guardian would like to observe practice, please clear this with the Head Coach in advance. This is for your child's protection so that unauthorized spectators are not given access.
3. Do not communicate with your child during practice, or attempt to get their attention.
4. Do not communicate with the coaches on deck unless there is an emergency. Typically coaches will be available after practice during the 15 minute pick up period to chat. If you would like to address larger issues, please arrange a meeting.
5. Filming and/or Photography is absolutely prohibited unless for designated team needs. This is for the protection of our young athletes.
6. Do not attempt to coach your child. If you have questions about a training session or our methodology, please contact the Head Coach.

Violation of these guidelines will result in the loss of practice watching privileges.



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Competition and Meet Participation:

Competition is a crucial aspect of the Commonwealth Swimming program. Just as tests and quizzes provide valuable feedback to teachers on what areas in which students are strong and which they need more work, competition provides the coaches and athletes the same. As such, all athletes will be entered in all days of all meets designated for their practice group. Athletes will be entered in the events that the coaches deem necessary based on the long term developmental goals and placement within the season.

If your swimmer is unable to attend meets designated for their group, coaches must be informed at the start of the season. Parents **DO NOT** declare their intention to go to a meet using the Team Unify system. Instead, parents must email Head Coach Chris Sheppard **prior to September 25th** to indicate they will not be attending any of the meets indicated for their swimmer(s) on the meet schedule. All emails must include the date and location of the meet as well as the reason for not attending the meet.

If there is a change to availability, please email Coach Chris as soon as you know. The coaches will do everything within their power to make the appropriate adjustments. ***Please be aware that if entries have already been submitted, refunds for entry fees cannot be refunded.***

Athletes will be entered in all end of season meets (Regionals, Silvers, etc) as they qualify and a coach deems necessary.

Again, entry fees are non-refundable.

Travel Meets/Training Trips:

Team Travel is arranged for selected meets for athletes age 11 & over. These meets are designated on the Events page of the website. Team Travel is defined as: Travel to and from as a team, stay in a hotel as a team, eat as a team. Price will include transportation and hotel and the swimmer will be typically be responsible for covering their own food expenses. Funds must be collected before the team leaves on a trip. In addition, those with any delinquent CS fees will not be eligible to travel with the team until full payment is received.

Athletes age 10 & Under who qualify for the Age Group invitational travel meets are welcome to attend, however parents are required to make their own travel arrangements and travel with their children. Commonwealth does not allow for 10 & Unders to travel with the team.

When Team Travel Meets are organized, parents are encouraged to stay home and allow the athletes to make the sport truly their own.

All members of the Senior 2, National and High Performance groups are required to attend all travel meets they are qualified for, as well as the holiday break training trip.

To assist in budgeting annual travel costs, consider the following costs as representative of an annual season. Every season is different; however, the information below is a guideline that can be used:

- OLY Invite, Indianapolis, IN (December, HT/RT/SEN/NAT/HP): \$700.00
- Holiday Training Trip (Wesleyan University, CT): \$850.00
- Sectionals (Spring, SEN/NAT/HP): \$400.00-\$800.00 depending on location and size of group
- Sarasota YMCA Shark Invitational, (June/July, HT/RT/SEN/NAT/HP): \$850.00-\$900.00
- August Senior Travel Meet (Futures, Juniors, ISCA or other similar): \$750.00



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Commonwealth Swimming Anti-Bullying Policy:

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following approach:

FINDING OUT WHAT HAPPENED

1. First, we get the facts.
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
 - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.

DETERMINING IF IT IS BULLYING

There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

1. Review the USA Swimming definition of bullying;
2. To determine if the behavior is bullying or something else, consider the following questions:
 - a. What is the history between the kids involved?
 - b. Have there been past conflicts?
 - c. Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
 - d. Has this happened before? Is the child worried it will happen again?
3. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
4. Once you have determined if the situation is bullying, support all of the kids involved.



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CS Anti-Bullying Policy Continued:

SUPPORTING THE KIDS INVOLVED

1. Support the kids who are being bullied
 - a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
 - b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
 - c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

ADDRESSING THE BULLYING BEHAVIOR

1. Address bullying behavior.
 - a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
 - b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
 - c. Work with the child to understand some of the reasons he or she bullied. For example:
 - i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
 - ii. Other times kids act out because something else (issues at home, abuse, stress) is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
 - d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - i. Write a letter apologizing to the athlete who was bullied.
 - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
 - iii. Clean up, repair, or pay for any property they damaged.
 - e. Avoid strategies that don't work or have negative consequences:

CS Anti-Bullying Policy Continued:



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- i. Zero tolerance or “three strikes, you’re out” strategies don’t work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - ii. Conflict resolution and peer mediation don’t work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

SUPPORTING BYSTANDERS

1. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help, but don’t know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.
 - a. Be a friend to the person being bullied;
 - b. Tell a trusted adult – your parent, coach, or club board member;
 - c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. “Let’s go, practice is about to start.”
 - d. Set a good example by not bullying others.
 - e. Don’t give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.



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Athlete Abuse Prevention Policy

These policies will be officially adopted by Commonwealth Swimming on June 23, 2019

THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes. Collectively “Applicable Adult(s)”

GENERAL REQUIREMENT

USA Swimming member clubs and LSCs 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, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

ONE-ON-ONE INTERACTIONS

- I. Observable and Interruptible
 - A. One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.
- II. Meetings
 - A. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
 - 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 Applicable Adult or athlete’s hotel room or other overnight lodging location during team travel. copy the minor athlete’s legal guardian on any electronic communication response to the minor athlete. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.



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- III. Meetings with Health Care Professionals and/or Health Care Providers
 - A. If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:
 - 1. The door remains unlocked;
 - 2. Another adult is present at the facility;
 - 3. The other adult is advised that a closed-door meeting is occurring; and
 - 4. Written legal guardian consent is obtained in advance by the Mental Health Professional and/or Health Care Provider, with a copy provided to the club.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS

- I. Content
 - A. All electronic communication from Applicable Adults to minor athletes must be professional in nature.
- II. Open and Transparent
 - A. Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.
 - B. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.
- III. Requests to Discontinue
 - A. Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult 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
 - A. Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.
- V. Prohibited Electronic Communication
 - A. Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult 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" the club and/or LSC's official page.



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INSTAGRAM

The club has an official Instagram feed that coaches, athletes, parents and fans can follow for updates on the team. The Instagram feed is monitored by all of our lead group coaches as well as the Head Coach. **All athletes who have one or more Instagram accounts are required to make all of their accounts visible to the official team account.**

TWITTER

The Club has an official Twitter page that coaches, athletes and parents can follow for information and updates on team-related matters. Coaches are not permitted to follow athletes on Twitter from personal Twitter accounts. Likewise, athletes are not permitted to follow coaches' personal accounts on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

- B. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL

I. Local Travel

- A. Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s). Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

II. Team Travel

- A. Team travel is travel to a competition or other team activity that the organization plans and supervises.
 - 1. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained. When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult. Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.
 - 2. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete. Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete's legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.



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3. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

LOCKER ROOMS AND CHANGING AREAS

- I. Requirement to Use Locker Room or Changing Area
 - A. The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).
- II. Use of Recording Devices
 - A. 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 Applicable Adult is prohibited.
- III. Undress
 - A. An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.
- IV. One-on-One Interactions
 - A. Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.
- V. Monitoring
 - A. The club 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:
 1. Conducting a sweep of the locker room or changing area before athletes arrive;
 2. Posting staff directly outside the locker room or changing area during periods of use;
 3. Leaving the doors open when adequate privacy is still possible; and/or
 4. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms. 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.
- VI. Legal Guardians in Locker Rooms or Changing Areas



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- A. Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES

Definition: In this section, the term “Massage” refers to 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.).

I. General Requirement

- A. Any Massage performed on an athlete must be conducted in an open 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 legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
- B. Legal guardians must be allowed to observe the Massage.
- C. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.



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Commonwealth Swimming Equipment and Uniforms:

The Commonwealth Current is an Arena Team. Our sponsorship includes many perks, and in return we are required to wear Arena gear to swim meets. This means that athletes cannot wear any other suit, cap, or warm-ups or carry any other bags at any swimming competition.

Team Uniforms must be ordered through our vendor, Swimwear in Motion at the beginning of the season.

Commonwealth Swimming receives discounts and additional team benefits based on the amount of items purchased through our team vendor throughout the year.

Team Suit Fitting will take place at Simmons on September 10th. The online team store is now open and will remain open until September 16th.

All registrations include two team shirts (White, Season End Shirt in February) and one silicone cap (White).

Prior to the start of a competition, the uniform for the meet will be distributed to all participating athletes. This will also be listed on the event webpage on the team site. Athletes are required to arrive in the appropriate shirt for each day of the meet and be prepared with the appropriate suit and cap.

During practices that include dryland athletes are required to be in their dryland uniform: athletic shoes that tie, Commonwealth team shirt and black athletic shorts or pants.

In addition to meets, athletes who wear caps in practice are required to wear team caps every practice except Fridays (FUN CAP FRIDAYS).



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Commonwealth Swimming Equipment and Uniforms cont.:

Mandatory Equipment			
UnderCurrent	HighTide	RipTide	Senior 1, 2, National, High Performance
Mesh Equipment Bag	Mesh Equipment Bag	Mesh Equipment Bag	Mesh Equipment Bag
Kickboard	Kickboard	Kickboard	Kickboard
Front Mounted Snorkel	Fingertip Paddles	Fingertip Paddles	Strokemaker Paddles
Fins	Pull Buoy	Pull Buoy	Pull Buoy
	Front Mounted Snorkel	Front Mounted Snorkel	Front Mounted Snorkel
	Fins	Arena PowerFin Pro Fins	Finis Forearm Fulcrum
	Forearm Fulcrum	Forearm Fulcrum	Arena PowerFin Pro Fins
		DragSox**	Ankle Strap
			DragSox**
		**The DragSox must be ordered from www.aquavolo.com	
Mandatory Uniform			
UnderCurrent	HighTide	RipTide	Senior 1, 2, National, High Performance
Navy, White, Black Shirts	Navy, White, Black Shirts	Navy, White, Black Shirts	Navy, White, Black Shirts
White, Navy, Silver, Black Cap	White, Navy, Silver, Black Cap	White, Navy, Silver, Black Cap	Senior Team Shirt
	Team Backpack	Team Backpack	White, Navy, Silver, Black Cap
			Team Backpack
			Team Warm-Ups
Optional Uniform			
UnderCurrent	HighTide	RipTide	Senior 1, 2, National, High Performance
Team Backpack	Team Backpack	Baseball Cap	Baseball Cap
Team Warm-Ups	Team Warm-Ups	Beanie	Beanie
Joggers	Joggers	Joggers	Joggers
Baseball Cap	Baseball Cap	Team Shorts	Team Shorts
Beanie	Beanie	Team Warm-Ups	
Joggers	Joggers		
Team Shorts	Team Shorts		



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The Commonwealth Current Athlete Code of Conduct:

This Code has been established to provide the guidelines necessary to create an educational, supportive and safe environment for all members of Commonwealth Swimming, and is designed to allow all athletes to maximize their opportunities for success. Any athlete found in violation of this Code is subject to suspension, expulsion or other punishment. Commonwealth coaching staff holds the final word on any rules, regulations and/or disciplinary actions.

1. Commonwealth Swimming and The Current strives to be an open and inclusive environment. Our community is enriched by the many individual journeys of our athletes, coaches and community members, and we value what these identities bring to our team. All athletes have the right to feel respected and welcomed by coaches, teammates and community members. Athletes are expected to treat each other and all members of the CS community with respect and dignity.
2. All Commonwealth Swimming athletes are expected to be active participants in the Commonwealth Current Program. This includes, but is not limited to: attending practice, meets and team functions. Athletes will be on time with the appropriate gear and uniform.
3. Our training gear plays a consistent and important role in our practice sessions. Athletes are required to bring their complete equipment bag to every practice session. Athletes in the RipTide, Senior 1, Senior 2, National and High Performance groups with missing equipment will be given exactly one week to find or replace the missing equipment or they will not be allowed in the water until the equipment is replaced.
4. Athletes will attend practices consistently and in accordance to their practice group schedule.
5. All Athletes are expected to treat all teammates, parents, officials, timers and opponents with the highest level of respect. All Commonwealth Current team members will be supportive of their teammates, participate in team cheers, and assist younger/less experienced athletes.
6. Athletes are expected to represent themselves and the team with decorum and respect in all online forums, including but not limited to: Facebook, Instagram, Snapchat, YikYak, Blogs, Twitter, etc. Text, image or video posts that indicate or imply a violation of the code of conduct will be dealt with the same way an actual violation of the code of conduct would be handled. Athletes are also expected to use their best judgment with regards to posts that are not technically violations of the code of conduct, but might be questionable. Just because it isn't against the rules does not make it OK.
7. All athletes who have one or more Instagram accounts are required follow the team account (@commonwealthswimming) and to make all of their accounts visible to the official team account.
8. No loud or disruptive noise and behavior will be tolerated in the hallways, public areas or on pool deck at meets or at our practice pools.
9. All Athletes must follow the team uniform policy. When wearing any item representing the Commonwealth Current, the athlete should remember that his/her actions and words reflect on the team, regardless of whether it is a team function or not.



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10. No athlete will physically assault a teammate, opponent, parent or coach.
11. Athletes are expected to follow a nutritious diet.
12. The consumption or purchase of alcohol, cigarettes, chewing tobacco or use of any illegal drug or substance of any kind will not be allowed. Any team member found to be in possession of or partaking in any of the above activities will be subject to suspension and/or expulsion from Commonwealth Swimming.
13. If an athlete will be late to warm-ups, or not attending a session, the Coach on Duty must be text messaged in advance. Athletes arriving after the start of warm-up are subject to being scratched from the meet. Coaches will do everything in their power to get an erroneously scratched athlete into the meet.
14. Athletes will arrive at meets dressed in the CORRECT TEAM UNIFORM; this includes the correct color team shirt, cap and team suit in good condition (this means that the suit should not be excessively worn, and it should be the correct size). Correct uniform also includes warm clothes to be worn between events, sneakers and socks to keep feet warm and reduce fatigue.
15. Team areas at meets and at practice are to be kept neat and all trash should be handled appropriately. Athletes must clean up after themselves; coaches and parents should not (will not) take on this responsibility.
16. In a trials/final competition, athletes who qualify for finals are expected to participate in the finals (even on the final day of the meet).
17. When a part of a Commonwealth Swimming Travel Team, athletes must behave with the utmost discipline and decorum. Some behaviors that may be tolerated at home or school may not be appropriate on the trip.
18. Proper clothing must be worn at all times while in public. Pajama pants or athletic shorts are unacceptable for restaurants, airports or other public spaces. Athletes are expected to wear team gear or colors at all times.
19. Athletes of opposite gender are not permitted in hotel rooms with each other, unless supervised by a chaperone or coach.
20. Violations of rules laid out by coaches or chaperones during a travel trip will result in the athlete being sent home at the parents' expense.
21. When an athlete is representing New England Swimming in any event (i.e. Zones) s/he should uphold the Commonwealth Current Honor Code, remembering that his/her actions and words reflect on the team.



2019-2020 Team Handbook

Commonwealth Current Photography and Videography Release Form:

By signing below, we acknowledge and allow photographs and videos to be taken of our child by CS and its representatives. We recognize and approve that pictures may be used for websites, pamphlets and promotional materials.

If I do not sign the Photography Consent Form, I acknowledge that our swimmer(s) will NOT:

1. Be eligible to participate in any team or other group pictures.
2. Be able to have any picture appear in any team scrapbook.
3. Be included in any swim meet program featuring pictures of swimmers or teams published by or on the behalf of Commonwealth Swimming.
4. Be included in any website featuring pictures of swimmers or teams established by or on behalf of Commonwealth Swimming.
5. Be included in any marketing materials such as informational brochures or team handbooks.
6. Be videoed by Commonwealth Swimming Coaching Staff for technical instruction purposes.

Medical and Travel Release:

I, the undersigned, hereby give permission for the swimmer(s) listed above to travel with Chris Sheppard, Commonwealth Swimming and any other affiliated coaches. Furthermore, I authorize the aforementioned parties to seek and administer any medical care which they deem necessary to my son/daughter/children listed on this form.