



Team Handbook

Swim Office Phone 781-682-5820

75 Finnell Dr, Weymouth, MA 02188

www.weymouthclubwaves.com

Contents

Page 3	Mission Statement & Vision
Page 4	Team Dues
Page 5	Weymouth Club Membership
Page 6	Meet Entry Fees & Travel Trip Fees
Page 7	Communication & Parent Education
Page 8	Parent Code of Conduct
Page 9	Behavioral & Discipline Policy

Mission Statement

Weymouth Waves Swimming has high expectations. We are committed to providing a challenging, supportive, and fun environment, to teaching good values that reach beyond the pool, and to giving our swimmers the opportunity to reach their full potentials in competitive swimming.

The **Vision** of the Waves Swim Team is to be recognized as the model for swimming development from novice to national level, and to develop swimmers to the highest levels of national and international swimming.

Team Values: Teamwork, Dedication, Integrity, & Toughness.

Team Motto: ARETE – comprehensive excellence.

Team Objectives:

1. Provide stability and consistency throughout the program with a staff of professional coaches. The coaches direct the overall philosophy and direction of the team.
2. Promote goal setting throughout the program.
3. Develop each athlete's independency and emotional stability.
4. Encourage and reward "work-ethic." Success is the result of proper hard work.
5. Develop sportsmanship, team unity, and leadership qualities.
6. Prepare for the next step; entering into the collegiate ranks; academically and athletically.

Team Dues

The Waves Swim Team is a year-round competitive swim team.

A couple of changes have been made as we head into the 2019-2020 season. We have followed the lead of most other teams in New England and our immediate area and now require a year round commitment. In order to allow proper planning and budgeting, swimmers and their families are required to make a financial commitment for the entire swim year from September through August.

Should you decide to terminate your participation with the Waves, the unused portion of the annual dues is nonrefundable and any outstanding dues (including the remainder of monthly dues payments), and entry fees are considered an obligation to the Waves and are due upon termination of participation.

The one exception to the full-year commitment is for swimmers who are new to the Waves. If a swimmer has not swum for the Waves before, there is a free two-week tryout period. If the swimmer chooses to join the Waves other than in September, the swimmer may, for the first year only, select the monthly payment option, with payments starting in the month he or she joins the team.

All Returning Waves swimmers are required to register for the full year.

Note that the names of the training groups have changed:

Junior B (old Age Group 1)

Junior A (old Age Group 2)

Senior B (old Junior)

Senior A (old Senior)

There are two payment options for our 4 Waves team groups: you may choose to be billed monthly, or once for the entire year. Our monthly payment plan is for our families' convenience and is not a mechanism for partial year membership. Also note that families who pay yearly get a 5% discount per swimmer.

After several years of fees staying the same, this year the fees for each group are increasing slightly, as noted below. The Registration fee at the end of the checkout process covers the USA Swimming registration and insurance as well as a Waves team cap and Waves t-shirt for your swimmers for the upcoming year. This way each swimmer can be fully outfitted at meets.

If you are setup online on auto bill pay which is encouraged then on the 1st of each month the dues will be automatically deducted from your account or credit card. We require that everyone have a credit card on file. If you do not wish to be billed on your credit card you must let the team know. If you wish to pay another way it must be by the 15th of each month, or your card on file will be billed.

<u>Group</u>	<u>Yearly</u>	<u>Monthly</u>
Junior B	\$1724	\$165
Junior A	\$2142	\$205
Senior B	\$2665	\$255
Senior A	\$3083	\$295

Weymouth Club Membership

All members of the Weymouth Waves are required to be members of the Weymouth Club. The club is very supportive of our swim team and allows us to use all of the facility. This enables us to build a program with resources no other team in the Greater Boston Area can claim. We are very pleased to be a part of the club. If your swimmer is a family member of the club, there are no additional dues. If you are not family members, the Club provides us with a special Junior Membership for the swimmers. The cost is \$399 dollars a year; a monthly option of \$39 is also available.

Meet Entry Fees

In order to reserve our team's spot in meets we need to enter early into meets. We will set the deadline according to what is posted on New England Swimming's website. Parents and swimmers are responsible for "committing" to attend the meet, or we cannot guarantee they will be entered.

All members are required to pay for meet entry fees accumulated throughout the season. Meet fees will be tabulated for each meet and added onto your online account. There will be a \$5 coaches' travel fee added to each meets fees. Every month that your account incurs meet fees, an invoice will be sent out to your email and will be billed accordingly. Invoices will be sent out on the first of each month that you have incurred charges.

IMPORTANT: The Waves coaching staff will select the appropriate events for each swimmer.

IMPORTANT: Please also note that this year there will be a change for the Senior A and Senior B entries: the coaches will assume that each swimmer in these training groups will be attending each team meet that they qualify for and will thus enter all swimmers from these groups; if your swimmer cannot attend, it is incumbent on you to let the coaches know before the entry deadline.

Travel Trip Fee

Travel Trips are scheduled throughout the year, often with a large team travel trip open to all team members in December.

The Senior groups may have travel opportunities if qualified in December, January, March or April, and August to higher level competitions. All travel is optional, but highly encouraged.

Billing for travel trips will be a flat amount that will post to your account on the 1st of the month a month prior to the travel. In order for swimmers to attend the trip their travel trip fee must be paid prior to departure.

Communication

Website: Weekly newsletters, announcements, upcoming events, meet info, results, and special interest items will be posted on a regular basis on the Website. We encourage parents and swimmers to check the team website sporadically throughout the week.

Weekly Newsletter Email: Every week, we will be sending out a newsletter through email to your main email linked to your team account. It will contain all major items of note for that week. Please read it carefully. It is also located under the news tab once you are logged in.

Social Media: We will post regularly to our Facebook and Instagram page. We hope that all Parents, Swimmers, and their friends and relatives will follow along. We also hope that they will help spread the news on the Waves.

Parent On Deck Policy

The Weymouth Club Waves has a "no parent on deck policy". This is due to our USA Swimming insurance coverage, the Weymouth Club operations and programs, and most importantly to allow the swimmers to focus on the coach's instruction without any outside distractions. We thank you in advance for adhering to the policy.

Parent Code of Conduct

As a parent of a swimmer and member of Waves Swim Team, I will abide by the following guidelines:

Practice teamwork with all parents, swimmers and coaches by supporting the values of: Perseverance, Honesty, Accountability, Commitment and Teamwork.

As a parent, I will respect the coaches' decisions on all group placements, practice types and meet entries. I realize they know best and will not question their judgment.

As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck or at the team hotel during travel meets.

I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at all meets and practices.

I will maintain self-control at all times. I understand the roles of all involved:

Swimmers Swim

Coaches Coach

Officials Officiate

Parents Parent

I understand that criticizing or using abusive language or gestures directed toward coaches, officials, chaperons and/or any participating swimmer will not be permitted or tolerated.

I will support the Waves Swim Team, its swimmers, coaches and other parents with positive communication and actions.

During competitions, I will direct questions or concerns regarding decisions made by meet officials to a member of our coaching staff.

Sanctions: Should I or a family member conduct myself in such a way that brings discredit or discord to the Waves Swim Team, or USA Swimming, I voluntarily subject myself to disciplinary action. The Weymouth Waves and the Weymouth Club maintain the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

As a parent of a child on The Weymouth Club Waves Swim Team, I agree to follow the Weymouth Club Waves Team Parent Code of Conduct at all times.

Behavioral / Discipline Policy

Our program is designed to offer each swimmer the opportunity to excel in a positive and safe environment. All swimmers are expected to behave in a mature manner when at practice and meets and to treat all others with respect. Any swimmer behaving in a manner that is deemed by the coaches to be either inappropriate or distracting to other swimmers will be subject to the following procedures:

- Coach will notify swimmer that their behavior is not appropriate and must be stopped.
- If behavior persists or if actions are grave enough to warrant deemed necessary by the coach, the swimmer will be removed from practice and the parents will be contacted to pick-up their child.
- The swimmer will not be allowed to attend the next practice until the parents have discussed the issue with the Head Coach, with the swimmer present.
- If the above actions are not able to resolve the issue, at the discretion of the Head Coach, a swimmer may be suspended for a period of time or permanently removed from the team.