

Welcome Packet and Handbook



Parents and Swimmers,

Welcome to the Syracuse Chargers Swim Team. We are excited about the prospects that a new season brings. The coaching staff looks forward to working with each of you to achieve your individual goals. Inside this packet, you will have most of the information you will need for the season.

The purpose of this Welcome Packet and Handbook is to provide to the new and returning team mates an overview of the sport of swimming and an outline of the policies and procedures of the Syracuse Chargers. It should be read by all families so that they may become familiar with important facts and rules of the club.

Swimming is a fun and healthy activity you can participate in for a lifetime. The skills that a competitive swimmer learns can be used well outside the realm of competition. Learning to make goals and striving for them, attaining those goals through hard work and discipline, dealing with disappointment, teamwork, organizing one's time; these are just a few of the many positive attributes that a swimmer takes from competitive swimming.

In regard to equipment, we ask you to have your child ready each day with the following:

- Goggles
- Cap (we provide)
- Swim Suit-Please note that racing style suits are strongly preferred.
- Towel
- Weather responsible clothing to wear after practice.
- Water bottle. Sharing bottles between team mates is not acceptable.
- Team equipment and apparel can be purchased through our team dealer. Please refer to the Appendix on the last page.

Our goal is to provide the best possible swimming experience to you and your athlete. By doing so, we expect to be the best swimming team in Central New York and the Niagara LSC.

If you have questions about anything, please feel free to contact us at admin@medleyaquatics.com.

To the best season possible-

The Syracuse Chargers

Updated: March 24, 2020

The Mission of SYCH is to:

Provide a Positive, Safe Educational Environment for Competitive Swimming in the Upstate Area

Our Shared vision is to provide a structured program with a commitment to the following:

- Advancement of competitive swimming
- Provide athletes the opportunity to share in our mission
- Provide athletes with the highest quality coaching
- Structure a program where success is inevitable
- Develop mutual respect amongst the athletes and coaches
- Encourage positive thinking
- Maintain our philosophy of being an educational program, where athletes should be prepared to learn and grow in and out of the pool.
- Create and maintain a fun, yet productive environment
- Provide each athlete the opportunity to succeed to his or her highest aspirations
- Provide a Safe and Inclusive environment where all can learn and grow

Group Practice Schedule & Pools

Always check the calendar on our website for up to date times and locations. Please have your swimmers at practice at least 10 minutes prior to the group's start time.

We use the Team Up App. Please download from the App Store for Apple or the Android Marketplace. New Link: <https://teamup.com/ksb8ed1f4404cc7f9a>. When you download use group code: ksb8ed1f4404cc7f9a

Practice Notes

All swimmers will be allowed to train on their designated days only. The priority will go to swimmers previously registered with the Syracuse Chargers and new swimmers will be added as space is available. Once you have been approved via the registration platform on the website you are officially on the team. If the coaches feel that a swimmer is not showing the effort that is required to be a part of this team, we reserve the right to allow another swimmer to take that person's place on the team.

Coaches will determine which group a swimmer will be placed in. If a parent feels their child is placed in a wrong group, they can bring that to the attention of one of the coaches to

address, however the coaches will have the last say to which group the swimmer will be assigned.

Attendance

Always be present at the pool at least 10 minutes before the start of practice so that we can start on schedule and make efficient use of our allotted time. Bring all belongings into pool area during practice. Do not leave things in unlocked lockers. We are not responsible for lost items at the pool.

Plan to stay the entire practice. The last part of practice is very often the most important, and usually there are announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, please make sure the coach is notified prior to the start of practice.

Parents should not interrupt or talk to coaches on deck during practice. Our coaches are happy to answer any questions you have. However, please do not disturb our coaches during practice as it takes away from their time with other swimmers. We have a FAQ binder for your use at practice to get answers quickly.

Swimmers who fail to meet their practice requirements will be approached by the coaching staff to ascertain the problem. A continuation of deficient attendance may prevent pre-registration or necessitate a group re-assignment.

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the swimmer's practice coach so they are aware of the problem.

How often a swimmer attends practice depends both on his/her age and the group level in which he/she trains.

****Due into part to past history we reserve the right to add a fee (\$25/occurrence) on your account when a swimmer is late being picked up. Anything more than 15 minutes after the conclusion of the scheduled practice time is considered late. Our coaches take time from their day and family to help our swimmers, although we compensate them for their time, we also like to respect their personal life and get them home in a timely manner.**

Practice Behavior

Swimmers are encouraged to support their teammates at practice as well as in competition. Working together as a unit for the benefit of all individuals in the group is an important part of the "Chargers Spirit."

Chargers are expected at all times to follow the verbal directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer.

Abusive language, lying, stealing, and/or vandalism are intolerable. These behaviors are directly contrary to the objectives of the Syracuse Chargers Swim Team and are detrimental and will warrant strict disciplinary action. Including, but not limited to, removal from the team.

Swimmers may leave practice only with the coach's permission.

Remember, at every pool we go to, we are guests. We must do everything possible to make our hosts happy that we are there.

Inclement Weather

In the event of poor weather conditions, we always follow the Jamesville-DeWitt, Syracuse City or Cazenovia School District's decisions. In general terms, No school for weather, No pool. Syracuse University and Le Moyne College rarely close for weather. Use your judgment on whether or not you should travel to practice.

When at Burnet Park, we will not be able to swim with thunder storms. The pool remains open if it is only raining.

Notification of Health Issues

When signing up for SYCH, there is a medical and allergy disclosure section in our registration. If you missed or omitted any allergies, health concerns or if something has changed, please contact us immediately, so we can plan accordingly.

Disclaimer: Any dry land, workout, practice, etc., done outside of scheduled club practice time, without a USA swimming coach present, does not fall under the USA Swimming Insurance. These activities are "at your own risk" and USA Swimming, Niagara Swimming, Syracuse Chargers Swimming and Medley Aquatics Inc are not liable for practices done on your own.

USA Swimming Meets

Our swim meet schedule is posted on our website and can be found by clicking on the "Swim Meets" tab.

What to Bring to Meets

Updated: March 24, 2020

A team suit (required) and team cap (required if your athlete wears one).

Plenty of towels, warm clothes (sweats) a blanket or sleeping bag to lie down on the floor of the team waiting areas at each meet, water and nutritious snacks.

Please see the swim meet tab on our website for additional information.

At the Meets

Please be on time for the warm-up. That time is listed in the meet information file on our website. Warm-ups are an integral part of preparing for a meet.

Programs with the order of events can be purchased at the swim meets. It is helpful for a swimmer to write his or her event numbers on their hand.

At most meets, a seating area is set aside to seed the athletes. The events that are being seeded are called out as well as posted on a board in that area. The swimmers will then be paraded out to the pool area for their event.

Some events (usually of distances of 400 yards/meters or 500 yards or greater) require a swimmer to “circle in”. This means the swimmer must circle his/her name on a sheet before the event is seeded. There is often a time given on the meet information sheet when you sign up for your events as to when this needs to be done. However, this can change so please pay attention to the procedure when you arrive at a meet. The coaches will circle in for each SYCH swimmer.

If you have entered a meet and then are unable to attend due to illness, please call 315 446-1409.

Championship Meets

If your athlete qualifies for one of these meets, you and your athlete are expected to go. **You will be automatically entered in the meet unless you send us an e-mail requesting to be scratched.**

There are different types of championship meets throughout the year. These include (but are not limited to) The Niagara LSC Championship Qualifier (Silvers), Niagara LSC Championships, Eastern Zone Championships and Speedo Sectionals and Nationals.

For each of these meets there are qualifying times. Often, these meets will have “bonus events”. For example, if a swimmer has a qualifying time in one event, he/she is allowed to enter an additional event for which he/she has not received a qualifying time. For some meets, these bonus events also have a qualifying time.

Most of these meets have preliminaries and Finals. In other words, you will swim in the morning and then if you are in the top 8-16 finishers, you will swim the event again at night in the finals. That is where your actual place and team points will be determined. **If you swim in these meets and make the finals for your event, you are expected to swim.**

Relays

SYCH pays for relays in each meet. We will enter relays per age group if available.

Meet Fees

Meet fees are charged for mostly every meet. Your swimming dues do not cover this expense. The fees will be automatically charged to your account. An invoice will be e-mailed to you monthly.

Generally, local meets cost between \$10-\$15 per swimmer. This includes individual event fees (\$3.50-\$5.00 per event), Splash Fee (\$3-\$5 per swimmer). Regional and National Meets have higher costs.

Disqualifications

When a swimmer is disqualified for a rules infraction, an official will come up to the swimmer or the coach and notify them they why there are disqualified. Swimmers at ALL levels of competition get disqualified (DQ'd) so do not get discouraged. It is part of the learning process in this sport. If you have questions, ask one of your coaches at the meet to clarify.

Ribbons/Awards from the meet

Ribbons and any awards earned at a meet will be handed out to swimmers at practice. We will hand them out at the earliest point following the meet.

Team Uniform

The team colors are Navy and Yellow. All swimmers on the team should wear a team suit during swimming competition and team cap. Suits and Team Clothing is available at Ultimate Swim Shop. Caps are available from the coaches.

Team Hotel

When traveling to away meets, SYCH will establish a team hotel and a rooming block. It is the parent's responsibility to book their rooms and pay associated hotel costs.

Team Awards

We have SYCH team rewards for best times, new events completed, group changes, newly acquired cut times and other mystery categories.

Coaches

Biographical and contact information can be found on our website and by clicking on *Team Info*.

USA SWIMMING

All Syracuse Chargers Swim Club members are registered with USA Swimming (USAS); the governing body for swimming in the United States. The USAS registration fee provides for on-going initiatives the organization provides. It is a requirement for all clubs and serves as insurance for your swimmer as well as other administrative functions within USAS.

Each swimmer receives a USA Swimming Identification number in order to swim in the meets. The website for USAS is <http://usaswimming.org/>.

The Eastern Zone

USAS divided itself into 4 zones nationally. They are the Eastern, Southern, Central and Western Zones. Niagara Swimming is a part of the Eastern Zone. The Eastern Zone website is <http://www.easternzoneswimming.org/>.

Niagara LSC (NI)

There are 59 Local Swimming Committees (LSC) within USAS and SYCH is part of the Niagara LSC. The NI LSC is defined as the portion of New York State west of and including the counties of Oswego, Onondaga, Cortland and Broome. The website for the Niagara LSC is <http://niagaraswim.org/>.

Swimming Time Standards

Niagara LSC Time Standards

Time standards are used for qualifying for specific larger championship style swim meets in the Niagara LSC. There are short course standards and long course standards. The September through March season is the short course season for the NI LSC, where meets are swum in a 25 yard pool. April until August is the long course season, meets are generally held in a 50m pool.

Niagara LSC sets those time standards around October. Please visit niagaraswim.org for more information.

National Time Standards

Also, there are National Age Group Motivational Times and Top Ten Reportable times (T-10). These times are universal among USA swimming. These standards can be found on the USA Swimming Website, the NI web site (in the Swim Guide section), and our website.

Technology

Through our website provider, you can search the App Store for Apple or the Android Marketplace for *OnDeck*. It will link your phone to our website so you can track events and times for your swimmers. This app is free.

e-mail log in: your SYCH website e-mail

password: your SYCH website password

You can also download the USA Swimming App called Deck Pass. To access it, you will need a USA Swimming website log in and password. This app is free.

Billing

We will send out billing reminders during the last week of each month. Your monthly invoice will include the monthly team dues and any accumulated swim meet entry fees.

SYCH accepts Visa/Mastercard/Discover through our automated billing system on our website. If you enter your card for auto pay there, there are no additional fees. You may enter your bank account for automated ACH drafts. You can also pay on demand through our site, but there is a 3% processing fee. On your credit card statement, please note that you may see Medley Aquatics listed as the merchant.

We also accept American Express and Apple Pay through Square. Please call for additional details.

You can mail checks to our office, 5858 East Molloy Road, Suite 104, Syracuse, NY 13211. Please make checks payable to Syracuse Chargers.

All invoices are due no later than the 20th of the month. After that, a \$10 late fee is added to your account. On accounts 90 days past due or more, we reserve the right to limit practice time to swimmers or not enter a swimmer in a swim meet.

Please refer to the Appendix about how to set up Auto pay and bill pay.

Contact Information

Syracuse Chargers Swim Club
5858 East Molloy Road
Suite 104
Syracuse, NY 13211
www.syracuseswimming.com

315 446 1409

Twitter: @SwimSyr

Instagram: @SwimSyr

Facebook: facebook.com/syracusechargers

Appendix

How To...

Pay my Syracuse Chargers Bill?

1. Go to our website. [LINK](#)
2. Sign in to your account.
3. Click on the **My Invoices** under My Account on the left hand side.
4. This will take you to the Invoices Page from here you will be able:
 - Enter payment information in the **Current Payment Method**
 - Change/add ACH Bank account
 - Change/Add Credit Card account
 - View Current and Past TU Invoices as well as payments made.
5. You can mail a check payable to Syracuse Chargers, PO Box 54, DeWitt, NY, 13214-0054.
6. All automated charges (ACH, DC, CC) occur on the 1st business day of the month. In order to pay by DC, CC, ACH, your information MUST be in the system by the 20th of the month. See below.

Sign up for Auto Pay?

Once logged in to your personal account you can select credit, debit, ACH processing by:

- Clicking on **My Account** tab
- Then **\$ Payment Setup** tab
- Click on the pull down menu and select **Automatically charge CREDIT CARD or BANK ACCOUNT**
- Click on the Edit link and fill in the data **Completely** and **Save Changes**
- Once that window closes, click **Save Changes** at the bottom right of the page
- You're set! The system will automatically charge your card on the 1st of every month

Sign up for a Swim Meet?

1. Go to our website. [LINK](#)
2. Sign in to your account
3. Click the "Swim Meets" tab on the top ribbon
4. Click the "attend this event" tab for the meet you wish to sign up
5. Select the athlete
6. You may select events to swim. If you are unsure of what to swim, leave blank and the Head Coach will choose them for you.

7. Some meets have time standards for each event. If your athlete does not have a qualifying time in the event, you will not be allowed to enter that event and/or meet.

*Coaches will review events and may change some events. No athlete will be put in an event that the coach does not think he/she can finish successfully.

** Your account will be billed the day after the deadline for the meet. No refunds are given once payment has been submitted. This is also true for any meet we hold.

***If you see a discrepancy in the time listed for your athlete in a certain event, notify the coaching staff by e-mail to: admin@medleyaquatics.com

Obtain Team Apparel?

We use Ultimate Swim Shop. You can call them at (800) 628-SWIM, their address is: 1631 Setlton Road, Piscataway, NJ 08854, and website: ultimateswimshop.com

If you call, identify that you are from the Syracuse Chargers and are interested in our Team's apparel.

To order on their website (ultimateswimshop.com), go to account on the middle right, click register, fill out information, select Syracuse Chargers as your club and click submit. Our club store is at the bottom on the page.

All swimmers competing in a swim meet must have a SYCH team suit. You can also order fins and other equipment from Ultimate.

All logoed items will have specific due dates. Please adhere to those when ordering.