City of MASON MANTA RAYS

Information Packet
2022-2023

Welcome to the 2022-2023 competition year (September 2022 – July/August 2023)

Group descriptions, team policies, and the fee schedule are enclosed in this packet.

Practice schedules and meet information will be posted to masonswimming.org and are subject to change.

ONLINE REGISTRATION DATES

	Registration Begins	Registration Ends
Returning Manta Rays	Wednesday, August 10, 2022 Beginning at noon	Sunday, August 14, 2022 6 p.m.
New Manta Rays	Monday, August 24, 2022 Beginning at noon	Saturday, August 28, 2022 6 p.m.

New Requirement: A Premier membership is required for all Manta Ray swimmers. Your Premier membership includes added Community Center and community benefits. Attached is a brief overview. Please call Mason Community Center for more details at 513.229.8555 or stop in at the Member Services Desk. To register for the team, your swimmer will need to have an active Community Center **Premier** pass for the duration of the program.

If you are a returning Manta Ray and forgot your username and password, you will be able to reset it to log-in to the Community Center registration portal at imaginemason.org.

Meet Fees: If you have an outstanding meet fees balance from the 2021-2022 season, the total amount will be due before registering for the 2022-2023 season. If you have not received instructions for payment by Monday, August 8, please reach out to Katie Schmidt at kschmidt@masonoh.org.

Registration Instructions Returning Rays: Group placements for the team's new structure as well as online registration tips will be sent via email prior to Friday, August 12, 2022

New and potential Manta Rays: Group placement or waitlist information will be sent via email by Friday, August 26. Registration instructions for those placed on the team will be sent via email on Wednesday, August 24, 2022.

If you have any questions about our registration process, please contact Katie Schmidt at kschmidt@masonoh.org.

Go Rays!

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Safe Sport Minor Athlete Abuse Prevention Policy (separate attachment)

Bullying

Parent Code of Conduct

Section 1:

Group Descriptions

Times in the water and for dryland are subject to change due to pool availability.

2022-2023 Manta Rays Age Group Program Group Descriptions

**Eligibility is subject to coaches' discretion for all groups*

9 & Under Year-Round

Exploration

Exploration group provides an opportunity for young athletes to build on and strengthen their abilities in a competitive training environment. Athletes will complete the steps to be registered with USA Swimming and are encouraged to participate in Manta Rays hosted meets.

Age: 6 – 9 years old

Eligibility:* 6 years old as of December 1 of current competition year

Practice Schedule: 2 days / week (2 weekdays) in water · 45 – 60 min swim & 15 min. dryland
Anticipated additional dryland only practice once weekly

Attendance Req: Minimum 2 per week
Alt. attendance 1x per year (multi-sport)

Practices include: Instruction in all four competitive strokes, turns, breathing habits, balance and streamlining
Dryland will consist of coordination, agility, body weight exercises and core strength
Games are a usual occurrence

Next Steps: Discovery 1
Discovery 2 (Based on age and ability)
Imagination 1

Discovery 1

Discovery 1 group bridges young athletes from swim lessons and summer club swimming to a competitive year-round swimming environment. Swimmers will be USA Swimming registered and will compete in USA Swimming meets. Discovery 1 swimmers are encouraged to participate in all Manta Rays home swim meets, while other meets are optional.

Age: 6 – 8 years old

Eligibility:* 6 years old as of December 1 of current competition year

Practice Schedule: 3 days / week (2 weekdays + Saturday) in water · 45 – 60 min. swim & 15 min. dryland
Anticipated additional dryland only practice once weekly

Attendance Req: Minimum 2 per week
Alt. attendance 1x per year (multi-sport)

Practices include: Instruction in all four competitive strokes, turns, breathing patterns, balance, and streamlining
Dryland will consist of coordination, agility, body weight exercises and posture/core strength
Games and drills are used to create desired habits and keep swimming fun

Next Steps: Discovery 2 (Based on age and ability)

Discovery 2

Discovery 2 group is for swimmers with a year-round competitive experience. Athletes will emphasize building strength and endurance in preparation for the Imagination groups. Discovery 2 swimmers are encouraged to participate in all Manta Rays home swim meets, while other meets are optional.

Age: 7 – 9 years old

Eligibility:* 7 years old as of December 1 of current competition year

Practice Schedule: 3 days / week (2 weekdays + Saturday) · 60 – 75 min. swim & 15 min. dryland 3x per week
Anticipated additional dryland only practice once weekly

Attendance Req: Minimum 2 per week
Alt. attendance 1x per year (multi-sport)

Practices include: Instruction in all four competitive strokes, turns, breathing patterns, balance, and streamlining
Dryland will consist of coordination, agility, body weight exercises and posture/core strength
Games and drills are used to create desired habits and keep swimming fun

Next Steps: Imagination 1
Imagination 2 (Must meet IMX Score, IM Ready Score and JO standards w/coaches' discretion for consideration)

Age Group Development

Imagination 1

Imagination 1 group provides an emphasis on aerobic training and an introduction to speed work. Swimmers will begin developing leadership skills during warm up to swim and dryland exercises. Imagination 1 athletes should participate in all Manta Rays home meets, while other meets are optional.

Age: 9 –11 years old

Eligibility:* 9 years old as of December 1 of current competition year

Practice Schedule: 4 days / week (3 weekdays + Saturday) · 75 – 90 min. swim & 15-30 min. dryland

Attendance Req: Minimum 3 practices every 2 weeks
Attend 2 – 3 practices per week for optimal skills retention
Alt. attendance 1x per year (multi-sport)

Practices include: Instruction in all four competitive strokes, starts, turns, breathing patterns, advanced balance techniques, underwater kicking, basic group goal setting and race strategy
Dryland will consist of coordination, agility, body weight exercises and posture/core strength
Games and drills are used to create desired habits and keep swimming fun

Next Steps: Imagination 1
Imagination 2 (Must meet IMX Score, IM Ready Score and JO standards w/coaches' discretion for consideration)

Challenge 1

Challenge 1 group introduces a higher level of conditioning and aerobic training. Athletes should exhibit leadership skills in and out of the pool. Challenge 1 swimmers should participate in all Manta Rays home swim meets, while other meets are optional.

Age: 11 – 13 years old

Eligibility:* 11 years old as of December 1 of current competition year.

Practice Schedule: 5 days / week (4 weekdays + Saturday) · 90 - 105 min. swim & 15-30 min. dryland

Attendance Req: Minimum 6 practices every 2 weeks (60%)
Attend all practices for optimal results and skills retention
Alt. attendance 1x per year (multi-sport)

Practices include: Instruction and emphasis on proper stroke technique in all four competitive strokes, starts, turns, underwater kicking, breathing patterns will continue to be a focus
Dryland will focus on posture, coordination, agility, core strength and connection, and begin to utilize standard equipment to build strength

Next Steps: Challenge 2 (Must meet IMX Score and JO standards w/coaches' discretion for consideration)

Senior Prep (Senior 1)

Age Group Performance

Imagination 2

Imagination 2 group is for advanced 9 – 11-year-old athletes. Practice goals are geared toward achieving Ohio Swimming Junior Olympic time standards and National AAA time standards and beyond. Swimmers will exhibit leadership skills in and out of the pool and represent the Manta Rays to the best of their ability. Swimmers should understand the importance of being on time for warm-ups and practices. Swimmers need to demonstrate an ability to balance activities and school with swimming. Swimmers will participate in all Manta Rays home meets as well as the highest qualified championship meet. Additional meets are strongly encouraged.

In order to be considered for Imagination 2, athletes must meet the following competitive standards:

- Junior Olympic participation individually or as part of relays (10 & Under or 11-12 age groups)
- Meet IMX score standards
- Meet IM Ready score standards
- Coaches' discretion considered

Age: 9 – 11 years old

Eligibility:* 9 years old as of December 1 of current competition year
Meets competitive standards to be considered for the group

Practice Schedule: 4 days / week (3 weekdays + Saturday) · 60 – 75 min. swim & 15 min. dryland 3x per week

Attendance Req: Minimum 3 practices per week
Attend all practices for optimal results and skills retention
Alt. attendance 1x per year (multi-sport)

Practices include: There will continue to be a large emphasis on proper stroke technique in all four competitive strokes, starts, turns, underwater kicking, and balance techniques
Goal setting and race strategy techniques will continue to be utilized and strengthened
Basic interval training will be introduced
Dryland will consist of coordination, agility, body weight exercises and posture/core strength

Next Steps: Challenge 1
Challenge 2 (Must meet IMX Score and JO standards w/coaches' discretion for consideration)

Challenge 2

Challenge 2 is for committed and motivated 11 to 13-year-old athletes who show a stronger ability in competitive training. Practice goals are geared toward achieving Ohio Swimming Junior Olympic time standards, National AAA time standards and beyond. Swimmers will exhibit leadership skills in and out of the pool and represent the Manta Rays to the best of their ability. Challenge 2 swimmers should understand the importance of being on time for warm-ups and practices and have the desire to improve their swimming. The concept of mental training and race preparation are introduced in this group. Swimmers need to demonstrate an ability to balance activities and school with swimming. Challenge 2 swimmers participate in all Manta Rays home swim meets and their highest championship meet. Additional meets are expected and strongly encouraged.

In order to be considered for Challenge 2, athletes must meet the following competitive standards:

- Junior Olympic participation individually (10 & Under, 11-12 or 13/14 age groups)
- Meet IMX score standards
- Coaches' discretion considered

Age: 11 – 13 years old

Eligibility:* 11 years old as of December 1 of current competition year
Meets competitive standards to be considered for the group

Practice Schedule: 5 days / week (4 weekdays + Saturday) · 90 – 105 min. swim & 15-30 min. dryland

Attendance Req: Minimum 7 practices every 2 weeks (70%)
Attend all practices for optimal results and skills retention (100% recommended)
Alt. attendance 1x per year (multi-sport)

Practices include: Emphasis on competitive training and focus while still refining proper stroke technique and improving starts, turns, and underwater kicking.
Improving interval training, tracking sets and building race strategy
Group goal setting will be utilized with an introduction to individual goal setting
Dryland will focus on posture, coordination, agility, and core strength and connection while beginning to utilize standard equipment to build strength.

Next Steps: Senior Prep (Senior 1)

Age Group to Senior Transition

Senior Prep (Senior 1)

Senior Prep (Senior 1) is a transitional group mainly for our athletes in 8th Grade. Swimmers in this group will shift focus from the goals of the 12&Under program to an emphasis on serious training and preparing for the senior level of swimming. Swimmers will exhibit leadership skills in and out of the pool and demonstrate an ability to balance activities, school and swimming effectively. Athletes will be introduced to the senior level dryland program and utilize the weight room and equipment to build strength and overall athleticism. Senior Prep (Senior 1) swimmers participate in all Manta Rays home swim meets and their highest championship meet. Additional meets are strongly encouraged.

Age: 13 – 15 years old

Eligibility:* 13 years old as of December 1 of current competition year
8th grade
Eligible 7th grade based on readiness as determined by coaches

Practice Schedule: 6 days / week (5 weekdays + Saturday) · 105-120 min. swim & 30 - 45 min. dryland 5x per week

Attendance Req: Minimum 75% of practices
Attend all practices for optimal results and skills retention (100% recommended)
Alt. attendance 1x per year (multi-sport)

Practices include: Emphasis on competitive training and focus while still refining proper stroke technique and improving starts, turns, and underwater kicking.
Group goal setting will be utilized
Senior Prep will be introduced to the senior dryland program utilizing free weights, medicine balls, TRX bands, stretch cords, and block steps with an emphasis on proper form and posture

Next Steps: Senior 2
Senior 3 (Must meet Zone participation, IMX Score or Power Ranking standards, compete in all strokes and distances w/coaches' discretion for consideration)

2022-2023 Manta Rays Senior Program Group Descriptions

Ability group assignments are at the coaches' discretion. Swimmers may not change or practice with more advanced ability groups without prior coach approval.

Senior 2

Senior 2 is for athletes generally 14 years of age and older and currently in high school. Physical and technical skills to help the athlete progress through the senior program will be emphasized. This group provides an opportunity for high school swimmers to develop and improve skills and fitness levels necessary to train and compete. Senior 2 swimmers participate in all Manta Rays home swim meets and their highest championship meet. Additional meets are strongly encouraged.

Age: 14 + years old

Eligibility:* Freshman in High School
14 years old as of December 1 of current competition year.

Practice Schedule: 6 days / week (5 weekdays + Saturday) · 105-120 min. swim & 30 - 45 min dryland 5x per week

Attendance Req: Minimum 80% of practices
Attend all practices for optimal results and skills retention (100% recommended)
Alt. attendance 1x per year (multi-sport)

Practices include: Increased emphasis on endurance training, clock-awareness, and IM training while continuing to improve foundational principles like proper stroke technique, starts, turns, and underwater kicking
Fine tuning group and individual goal setting skills
Continued progression through the senior dryland program with an emphasis on perfecting more complex movement patterns

Next Steps: Senior 3 (Must meet Zone participation, IMX Score or Power Ranking standards, compete in all strokes and distances w/coaches' discretion for consideration)
High Performance (Must meet performance standards with coaches' discretion for consideration)

Senior 3

Senior 3 is for athletes generally 14 years and older. This group is a step up from both Senior 2 and Senior Prep (Senior 1) for athletes to continue stroke and strength development. Senior 3 is expected to be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach and expand on their goals. Athletes exhibit leadership, time management, and elite training skills. Senior 3 swimmers participate in all Manta Rays home swim meets and their highest championship meet. Additional meets are expected and strongly encouraged.

In order to be considered for Senior 3, athletes must meet the following performance standards:

- Zone participation individually (13/14 age groups)
- IMX score of at least 2750 points and/or a Power Point ranking of 600 in an event 200 or above
- Expectation to continue to compete in events across all strokes and distances
- Coaches' discretion considered

Age: 14 + years old

Eligibility:* Freshman in High School
14 years old as of December 1 of current competition year
Meets competitive standards to be considered for the group

Practice Schedule: 6 days / week (5 weekdays + Saturday) · 105-120 min. swim & 30 - 60 min. dryland 4x per week
Anticipate one morning workout option per week

Attendance Req: Minimum 80% of practices
Attend all practices for optimal results and skills retention. (100% recommended)
Alt. attendance 1x per year (multi-sport)

Practices include: Emphasis on endurance training, continued development of all four strokes & IM training, and increased interval difficulty
Fine tuning group and individual goal setting
Continued progression through the senior dryland program with an emphasis on perfecting more complex movement patterns with increased weight

Next Steps: High Performance (Must meet performance standards with coaches' discretion for consideration)

<u>High Performance</u>

High Performance is for athletes generally 15 years of age and older. This group will be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach their individual goals and begin to expand those goals. Practice goals are geared toward achieving USA Junior National time standards and beyond. Athletes will have clearly defined goals, high aspirations, good time management skills and a willingness to commit to the training necessary to reach their full potential in the sport with the Manta Rays and beyond. Athletes in this group are expected to be leaders and ambassadors for the rest of the program, both at meets and team activities. High Performance swimmers participate in all Manta Rays home meets and their highest championship meet.

- In order to be invited into High Performance, athletes must meet the following competitive standards:
  - IMX score of at least 3500 points and/or a Power Point ranking over 800 in an event 200 yards or longer
  - Summer Sectional Cuts preferred
  - Power Point Ranking of over 800 points in an event 200 yards or longer
  - Expectation to continue to compete in events across all strokes and distances
  - Demonstrated commitment to training at a high level in the water and attention to detail in the weight room in previous group
  - Coaches' discretion considered

Age: 15 + years old
14 at coaches' discretion

Eligibility:* Freshman in High School
15 years old as of December 1 of current competition year.

Practice Schedule: 6 days / week (5 weekdays + Saturday) · 120 – 135 min. swim & 40 - 70 min dryland 4x per week
2 morning workouts per week

Attendance Req: Minimum 100% of practices expected
Minimum 80% of practices required
Alt. attendance 1x per year (multi-sport)

Practices include: Senior 3 curriculum with increased race pace training, in-water power workouts, clock awareness, and teammate accountability
Leadership development
Advanced senior dryland program and complex movement mastery, tracking strength gains, and peer coaching

Section 2:

FEE SCHEDULE

Mason Manta Rays Fee Schedule

Annual Training Fee and Parent Agreement

September 2022-July 2023 (August 2023)

The Mason Manta Rays Swim Team uses an annual registration structure.

2022-2023 Installment Plan Policy:

Your registration fees will be broken into 10 (ten) installments to be charged on the 15th of each month September 2022 through June 2023.

The payments will be billed by EFT (electronic funds transfer) through the Mason Community Center's online web portal system either by credit card (Visa or MasterCard only) or withdrawn from a checking/savings account.

Additional Swimmers Discount:

First child in the highest group will register for the full amount with 10 total installments.

Multi-Swimmer 10% discount applies to additional children on the team and will be billed a total of nine (9) installments

There is no multi-swimmer discount applied to Exploration; this is already the lowest offered rate.

2022-2023 Installment Plan All Swimmers Registration

Group	10 Monthly Installments (Sept – June)	TOTAL FEE (1st Swimmer in highest group)	Multi-Swimmer 9 Installments (Sept – May)	Multi-Swimmer Total Fee
Exploration	87	870	87 (10 installments)	870
Discovery 1	126	1260	126	1134
Discovery 2	145	1450	145	1305
Imagination 1	194	1940	194	1746
Imagination 2	194	1940	194	1746
Challenge 1	223	2230	223	2007
Challenge 2	223	2230	223	2007
Senior 1	242	2420	242	2178
Senior 2	262	2620	262	2358
Senior 3	262	2620	262	2358
High Performance	316	3160	316	2844

YOUR MASON MANTA RAYS PAYMENT INCLUDES:

- Team fees for September through July (August for qualified swimmers)
    - Short course season (September 2022-March 2023) and Long Course season (April 2023-July 2023)
- New Manta Rays Mizuno Swim Bag
- Three team T-shirts & latex Manta Rays swim cap (one T-shirt if joining past January)
- End of season(s) awards
- Prepaid meet fees for Exploration and Discovery of $120.
    - Any unused meet fees will be retained by the City of Mason Manta Rays. They will not carry over to the competition year, nor will any refund be given if a credit remains on the household from prepaid meet fees.
- Prepaid meet fees for Imagination, Challenge, Senior and High-Performance groups of $150.
    - Any unused meet fees will be retained by the City of Mason Manta Rays. They will not carry over to the next competition year, nor will any refund be given if a credit remains on the household from prepaid meet fees.

ADDITIONAL FEES NOT INCLUDED:

- Required Mason Community Center **Premier membership** for participants.
- USA Swimming membership – to be completed by each individual athlete starting fall 2022.
    - Instructions for this registration will be communicated by the coaching staff via email.
- Team suit and any cost of meets/travel or special programs.

DELINQUENCY POLICY

Overdue fees past 60 days will be cause for removal of all swimmers in the family from practice and meets until the account is current. The Mason Community Center membership will also be in jeopardy.

MAINTAIN AN ACTIVE COMMUNITY CENTER MEMBERSHIP

All Manta Rays must maintain an active community center Premier membership throughout the competition season. If you fall behind on your membership payments and incur a balance due on your household, your membership may become inactive. This will jeopardize your ability to continue to train with the Manta Rays until the membership fees are corrected.

MEET FEES

Each swimmer will have a meet entry credit for the season. Exploration, Discovery 1 & 2 will have $120. Imagination 1 – High Performance will have $150. Swimmers whose meet fee balances are deemed insufficient to last the season will be invoiced as needed. Out of town and national level meets will incur additional costs:

- $20.00 per swimmer for out of town meets / $30.00 per swimmer for national level meets.

PAYING MEET FEES

Opportunities to pay outstanding meet fees will be communicated by the coaching staff via email with instructions on how to complete the payment. Payments are made by logging into the Mason Community Center Webtrac Portal (Not the Manta Rays Team Unify website).

REFUND POLICY

Requests for refunds must be made in writing and will be considered by City of Mason administration.

- Full or partial refunds can be made in the case of a verified season-ending injury (Doctors note required), when a family move makes attendance impossible, or for first time swimmers within the first two months.
- No refunds will be made for swimmers registering for the entire year who decide not to swim the summer season.

- Pre-paid meet fees will be voided in the event of a refund. The amount incurred will be deducted from the processed refund.

WITHDRAW/CANCELLATION POLICY

- By registering for the season, you are agreeing to pay the full registration amount (Total of ten (10) installment amounts, or nine (9) for multi-swimmer). If your athlete chooses to withdraw from the program prior to the tenth and final billing, you are responsible for the total amount of the registration unless financially release by the team. Requests for release must be made in writing, sent to Ken Heis, and will be considered by City of Mason administration.

PARTICIPATION AND LIABILITY AGREEMENT

To the best of my knowledge, my child is physically fit and able to participate in swimming. I agree as a parent or guardian to furnish a doctor's statement if requested. It is understood that the City of Mason does not take responsibility for my child's physical condition. I hereby agree that the City of Mason, its members, coaches, or designees shall not be liable for any injury or loss, which my child may sustain while participating in any activities of any kind, whether sponsored by or under the supervision of the City of Mason. I agree to indemnify and hold harmless the City of Mason, its officials, employees and volunteers from any claim and all claims and liability. I hereby also agree to be responsible for any City of Mason property lost or damaged other than fair wear. I agree to abide by the rules imposed by the City of Mason with the respect to my child's eligibility to participate. Assuming my child will participate in away meets, he or she has by permission to travel with another person.

I agree to pay all relevant fees and dues. I am responsible to the City of Mason for payment on the assigned dates or risk my swimmer(s) being removed from practices and future swim meets.

(You will certify that you have read, understand, and agree to the Participation and Liability Agreement during the registration process.)

Signature:
_____

Date: _____

Section 3:

SERVICE PROGRAM

MASON MANTA RAYS

SERVICE PROGRAM

With your help, we can efficiently maintain events and an enthusiastic swim team program! An emphasis for the Mason Manta Rays will again be securing volunteers for program sponsored swim meets and activities. It takes approximately 6,000 volunteer hours to help run our Mason Manta Rays. While your swim team fees help with program investments, your volunteer hours are needed for the success of our program.

By participating in our Service Program, you have an opportunity to meet other swim team families, get to know Mason Manta Rays team members, and show an active support for your child's swimming efforts.

SERVICE PROGRAM DETAILS

Upon enrollment, families are required to notify the coaches their intention of service option.

SERVICE HOURS

The Manta Rays Service Program will be based on a **30-hour minimum** requirement for each family on the team. Fifteen hours must be devoted to Mason Manta Rays hosted swim meets.

Any family who fails to satisfy their annual service hours by the end of the season will be invoiced $16.50/un-worked hour.

PAYMENT OPTION

We prefer families not take this option as we value your engagement with our program.

The financial option, instead of our Service Program, will be $495. A check for the full amount should be received within 30 days of enrollment with the Mason Manta Rays.

EARNING HOURS

- Filling a volunteer position at one of the Mason Manta Rays sponsored meets, events, or fundraisers
- Volunteering for committee positions: meet director, volunteer coordination, advertising and sponsorship procurement, heat sheets preparation, ways and means (special event coordination), and hospitality planning for meets
- Training and becoming certified as an official stroke and turn judge or starter for the meets
- Bringing in a paid sponsor ad for the swim program (1 hour for each $15.00 worth of ads)
- Helping at a Mason Community Center or city event
- Additional needs throughout the year
- Please let us know if you have a particular skill, you feel may benefit the program

KEEPING TRACK

- You will need to sign-up prior to the meet or event you want to volunteer for through www.masonswimming.org
- We will use sign-in sheets to track hours worked
- You can check your volunteer hours any time through your online account

HOW TO BECOME A VOLUNTEER

The City of Mason volunteer program requires anyone working with children to pass a background check and includes a fingerprinting process to ensure the safest and entrusted environment for all our families involved with Mason Manta Rays. USA Swimming has also updated their background checking program to include non-athlete members (officials and meet referees).

- Step1: Complete the volunteer application emailed as an attachment.

- Step 2: Go to the Police Department at 6000 Mason-Montgomery Road, Mason, OH 45040 to get fingerprinted.
    - You do not need an appointment if you go during normal operating hours; Monday through Friday 8:00 a.m. to 4:00 p.m.
    - We will be offering 3-4 dates outside of normal operating hours for parents who are unable to make the normal operating hours. Sign-ups will be posted on the Manta Rays website.
    - Please be sure to bring a valid photo ID (driver's license, passport, or state ID card)
    - Let them know you are there to be fingerprinted for the Community Center and will be volunteering for Mason Manta Rays. Please email your final paperwork to Dana Maidenberg at DMaidenberg@masonoh.org.
    - Individuals under the age of 18 do not need to be fingerprinted, but we must have a form filled out.
    - Please note: Your fingerprints are scanned and sent electronically to the Ohio Bureau of Criminal Identifications criminal database. Your fingerprints are run through for COMPARISON ONLY, to see if you have ever been fingerprinted on an arrest or criminal offense charge. The background check is then only good for one year.

- Step 3: After all paperwork is submitted, Mason Manta Ray staff will contact you with the status.

Thank you for all your help! Your volunteer hours are very much appreciated.

Section 4:

Donations

MASON MANTA RAYS

DONATIONS

HOW DOES YOUR DONATION HELP

A one-time or monthly contribution can make a big difference in aiding the Mason Manta Rays. Your gift will be used to further Mason Manta Rays through direct and indirect investments into the program.

HOW TO DONATE

Mason Manta Rays accepts checks payable to *City of Mason* or credit card. Please include the bottom part of this page with your gift and bring it to your coach, drop it in the Mason Manta Rays locked mailbox, or mail to:

Mason Community Center
c/o Mason Manta Rays
6050 Mason-Montgomery Road
Mason, Ohio 45040

Detach here

YES! I wish to make a contribution to Mason Manta Rays.

Name: _____

Address:_____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Enclosed is my gift of: ☐$250 ☐$100 ☐$50 ☐$25 ☐Other $_____

☐ Charge my credit card ☐MasterCard ☐Visa

Card Number: __ __ __ __- __ __ __ __- __ __ __ __- __ __ __ __ Exp. Date: _____/_____ Signature: _____

☐ Monthly withdrawal through June 2023 ☐One-time payment

Section 5:

Practice Schedule

Will be posted to the Mason Manta Rays Team Unify Website

Subject to change throughout season

Section 6:

Code of Conduct

Minor-Athlete Abuse Prevention Policy
(See separate attachment)

Mason Manta Rays Plan to Address Bullying

Mason Manta Rays Parent Code of Conduct

MASON MANTA RAYS

ACTION PLAN TO ADDRESS BULLYING

Bullying of any kind is unacceptable at Mason Manta Rays and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The program is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

OBJECTIVES OF THE BULLYING POLICY AND ACTION PLAN

- To make it clear that the City will not tolerate bullying in any form.
- To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
- To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
- To ensure reporting bullying is clear and understandable.
- To spread the word that the City of mason Manta Raysa takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member's property
- Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property
- Creating a hostile environment for the other member at any USA Swimming activity
- Infringing on the rights of the other member at any USA Swimming activity
- Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member program or LSC)

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents
- Talk to a Mason Manta Rays Coach, Board Member, or other designated individual
- Write a letter or email to the Mason Manta Rays Coach, Board Member, or other designated individual
- Make a report to the USA Swimming Safe Sport staff

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we stop bullying on the spot using the following steps:

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

If bullying is occurring at our program or it is reported to be occurring at our program, we address the bullying by finding out what happened and supporting the kids involved using the following approach:

- **FINDING OUT WHAT HAPPENED**
  - **First, we get the facts.**
    - Keep all the involved children separate.
    - Get the story from several sources, both adults and kids.
    - Listen without blaming.
    - Don't call the act "bullying" while you are trying to understand what happened.
    - 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.
  - **Then, we determine if it's 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.
    - Review the USA Swimming definition of bullying.
    - To determine if the behavior is bullying or something else, consider the following questions:
      - What is the history between the kids involved?
      - Have there been past conflicts?
      - 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.
      - Has this happened before? Is the child worried it will happen again?
    - 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.
    - Once you have determined if the situation is bullying, support all of the kids involved.
- **SUPPORTING THE KIDS INVOLVED**
  - **Support the kids who are being bullied**
    - 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.
    - 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:
      - 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.
      - Develop a game plan. Maintain open communication between the program and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.

- Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

- **Address bullying behavior**
  - Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
  - Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
  - Work with the child to understand some of the reasons he or she bullied. For example:
    - 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.
    - 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.
  - 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:
    - Write a letter apologizing to the athlete who was bullied.
    - Do a good deed for the person who was bullied, for the program, or for others in your community.
    - Clean up, repair, or pay for any property they damaged.
  - Avoid strategies that don't work or have negative consequences:
    - 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.
    - 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.
  - 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.

- **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.
  - Be a friend to the person being bullied.
  - Tell a trusted adult – your parent, coach, or club board member.
  - 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."
  - Set a good example by not bullying others.
  - 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.

MASON MANTA RAYS
PARENT/GUARDIAN CODE OF CONDUCT

PART I – PARENT/GUARDIAN CODE OF CONDUCT

- Set the right example for our children by always showing respect and common courtesies to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings. Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help the Mason Manta Rays achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions, and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. Manta Rays win gracefully, lose graciously, and congratulate their opponents either way.
- Be an active participant in team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Recognize that Manta Rays coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- Support your professional coaches as they strive to do what is best for each Manta Ray swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- If you have concerns, please address it with the appropriate coach in private. Maintain open and honest communication among all members of the Manta Rays family. We reach our common goals by working together.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive, or disrespectful of others.

PART II – PARENT/GUARDIAN – GENERAL RESPONSIBILITIES

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Represent the Manta Rays with excellence, respect, team spirit, good sportsmanship, and politeness.
- Always maintain self-control. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Call or meet with coaches during normal business hours, <u>before or after</u> practice/meets to discuss issues.
- Do not coach your child at practice or during meets and leave the coaching up to the coaches.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.

- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules.
- Please do not impose your ambitions on your child and let them learn and grow through the program.
- Pay your fees on time.

I, the undersigned, have read to the above Parent Code of Conduct and agree to abide by the standards described. Should I be found in violation, I am aware that disciplinary measures may be taken, including but not limited to: being banned from the facility/practices/competitions, suspension from the team/program, and/or removal from the team/program.

Parents/Guardians are encouraged to know and share this code of conduct with any family members that may be attending Manta Rays practices, functions, or meets.

Signature:
_____

Date: _____