

A E S C



AMERICAN ENERGY SWIM CLUB
PARENT HANDBOOK 2019-2020

Developing leaders with integrity, discipline and excellence in the water, in families and in the community since 1956.

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INTRODUCTION

The purpose of this handbook is two-fold: (1) to explain to new members just what the American Energy Swim Club is; and (2) to outline various policies that affect all swimmers, year after year. It should be read by all families so that they may become familiar with important facts and rules of the club.

Why Swim? USA Swimming's age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

Physical Development. Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much? Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills. Swimming does a better job in proportional muscular development by using all of the body's major muscle groups. No other sport does this as well. Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement. Swimming is the most injury-free of all children's sports. Swimming is a sport that will bring kids fitness and enjoyment for life.

Intellectual Competence. In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self-image.

WHAT IS AMERICAN ENERGY SWIM CLUB?

American Energy Swim Club (AESC) is a non-profit, parent-run organization. Our club is governed by the United States Swimming, Inc. and Oklahoma Swimming (OKS) organizations. AESC has been serving Oklahoma City and the surrounding communities since 1956. AESC provides swim programs at Oklahoma Christian University and at the Edmond Public Schools Aquatic Center at Mitch Park in Edmond.

AESC's structure consists of a Board of Directors and a Head Coach. The Head Coach has supervisory responsibility for the entire swim program and day-to-day operations. AESC's Board of Directors consist of a President, Past President, Vice President of Fundraising, Vice President of Meet Operations, Vice President of Member Development, Treasurer, Secretary, Athlete Representative, and two Members at Large. The AESC Board of Directors serves to set policy and hire the Head Coach. Parents are invited and encouraged to attend the Board of Directors meetings.

MISSION/VISION STATEMENT

Mission

AESC's mission is to develop leaders with integrity, discipline and excellence in the water, in families and in the community.

Vision

AESC's vision for the future is two-fold:

- To produce elite and national caliber athletes on a consistent basis.
- To foster communities where water safety and swimming are accessible to all.

FIVE PILLARS OF THE AESC WAY

The AESC Way reflects five pillars of excellence: Championship Mindset, Diligence, Teamsmanship, Sportsmanship and Leadership. Following these five pillars is a rewarding and proven path to excellence in athletics. The AESC Way is not easy, but those who embark on The AESC Way realize that anything worthwhile costs something. We challenge you to make this swimming year your best one yet.

Championship Mindset. We practice hard in order to beat our opponents, and during meets/games we do everything within the bounds of fair competition to achieve victory. Yet, it is competition coupled with the right attitude. If you have done your best, you are a winner regardless of the scoreboard. By all means we strive to win, but winning is secondary to our ultimate goal of giving 100% of ourselves to the team effort. The theme of our swim program is 99% correct is 100% wrong.

Diligence. The AESC Way has a simple and clear focus: Honor. Integrity. Discipline. Excellence. We want to conduct ourselves honorably and with integrity while being disciplined in our thoughts, our words, our actions, and our motives, particularly as we participate as a member of the American Energy Swim Club, which will produce excellence in all we do. Remember, *you* are setting an example for our team and yourself.

Teammanship. Unity within our team is an essential ingredient for success according to The AESC Way. Though you may not be close friends with everyone on our team out of the pool, teammates must be “best friends” in the pool. Encouragement is vital to team strength, while criticism stemming from petty jealousy will always weaken the team effort. Every member of the team is important. A team will only be as strong as its weakest link. Include teammates, don’t exclude them. Be happy when someone else on the team is honored, knowing that their praise brings honor to all!

Sportsmanship. The AESC Way is characterized by sportsmanship. Good sportsmanship is a positive reflection on your team and yourself. We always shake hands with opponents after each race/meet while being gracious in victory or defeat. We hold our heads up and look the other team in the eye as we congratulate them on their effort. We avoid making excuses, blaming officials, or criticizing playing conditions. We acknowledge the other teams’ strengths, and we do not “bad mouth” anyone. We never feel ashamed when we lose if we played our best.

Leadership. The AESC Way is all about attitude. A great attitude is the overriding feature of success in the American Energy Swim Club program. First, our team should never be out-hustled! Hustle is a never-give-up, never-say-die approach. Second, our teammates should have the attitude of being coachable, willing to listen, and eager to improve. The AESC Way finds no substitute for hard work. There is a saying reminding us that “the only place you will find success before work is in the dictionary.” The three D’s apply here: desire, dedication, and determination. Mental and physical toughness come from hours and hours of hard work and sacrifice. Our athletes should work harder than any team.

AESC's COMPREHENSIVE PROGRAM

AESC has created a comprehensive swim program that serves swimmers of all levels.

AESC Developmental Program

The AESC Developmental Program is a bridge program designed for children seeking to improve their swimming skills. Designed for children up to approximately 10 years of age, this Program emphasizes water safety, healthy life habits and develops an early love of swimming.

AESC Summer League

The AESC Summer League is comprised of multiple recreational swim teams that operate from June through July at local neighborhoods. The teams are an introduction to the world of competitive swimming.

AESC Swim Team

AESC'S year-round team is the heart of our club. AESC provides a well-rounded, high quality, competitive swimming program for young people of all ages and swimming abilities.

THE TEN COMMANDMENTS OF SWIM PARENTING¹

1. **Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.
2. **Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. **Thou shalt not coach they child.** You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not

¹ Taken from USA Swimming's Parent's Handbook, 2015.

yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. **Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that “yelling at” is not the same as “cheering for.”
5. **Thou shalt acknowledge thine child’s fears.** Your child’s first swimming meet, 500 free or 200 I.M. can be a stressful situation. It is totally appropriate for your child to be scared. Don’t yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.
6. **Thou shalt not criticize the officials.** If you do not care to devote the time or do not have the desire to volunteer as an official, please don’t criticize those who are doing the best they can.
7. **Honor thy child’s coach.** The bond between coach and swimmer is a special one, and one that contributes to your child’s success as well as fun. Do not criticize the coach in the presence of your child, as it will only serve to hurt your child’s swimming.
8. **Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take their swimmers and jump from team to team. The water isn’t necessarily bluer in another team’s pool. Every team has its own internal problems - even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often swimmers find that switching teams does not improve their performance.
9. **Thy child shalt have goals besides winning.** Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, “My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim.” What a tremendous outlook to carry on through life!
10. **Thou shalt not expect they child to become an Olympian.** There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all-time swimming performances by age group. Only 2 of the swimmers listed in the 10 & Under age group made it to the Top 100 in the 17-18 age group. There are only 52 spots available for the Olympic Team every four years. Your child’s odds of becoming an Olympian are

about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport onto others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.

YOUR ROLE AS A PARENT²

Competitive swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, coming to swimming meets, volunteering for your club at swim meets, participating in fund raising, etc. Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.

Be Enthusiastic and Supportive. Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not and ask only that they give their best effort. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive self-image.

Let the Coach Coach. The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one

² Taken from USA Swimming's Parent's Handbook, 2015.

likes to make a mistake. If your child does make one, remember that this is a learning experience. You and your child should learn to treat success and failure as learning experiences and not life changing situations. Encourage your child's efforts and point out the positive things. The coach is the one you have assigned to judge a swimmer's performance and technique. Your role is to provide love and support regardless of the outcome.

Keeping the Fun in Swimming. A few years ago, USA Swimming conducted a survey to try to understand why kids participate in swimming and why kids drop out of swimming. (Results from this survey were printed in the December 1996 issue of USA Swimming's Splash). Probably the most important finding from this survey was that fun played a huge a role in participation. Kids drop out of swimming when it is no longer fun. Based on this finding, USA Swimming decided to conduct a follow-up research project to try to identify exactly what is fun and what is not fun about swimming. In the first phase of this project, we held focus group interviews with a total of 48 age-group swimmers (ages 8-18) from three USA Swimming clubs. The athletes were asked a variety of questions to uncover their perception of these two aspects of swimming. Two of the questions asked focused on how parents influence kids' swimming enjoyment – "What do parents do that makes swimming fun?" "What do parents do that takes away from the fun of swimming?" The question was not whether parents have an influence on kids' swimming enjoyment (because we know they do) but on the specific things parents do and say which influences the fun in swimming, both positively and negatively. Through these focus group interviews, the kids were able to help us better understand the influence parents can have on their enjoyment of swimming. From a review of the athletes' responses, several themes become evident. As you read on, keep in mind that this is coming directly from age group swimmers and reflects their swimming experiences. What do parents do that make swimming fun? What do parents do that takes away from the fun of swimming?

Provide support. One resounding thing coming from the kids was that parents increased the fun in swimming by providing unconditional encouragement and support. For the most part, it seems that a physical presence at meets and interests in what their child is doing goes a long way towards enhancing swimming enjoyment. The kids seem to enjoy swimming when they feel their parents support them regardless of their performance. This theme is illustrated by the following: *"My parents are very supportive....I know my parents will be happy for me whatever I do. I mean, if I do bad, they'll still be comforting and if I do good they'll be happy for me. I think the people whose parents are pushy are going to have the most potential to quit because they have so much pressure on them."* (Age group 15-18) "She

(mom) doesn't expect any more from me then I expect from myself which I think is important because when parents start placing expectations on their kids, it just makes the kids more stressed. I just think parents should be very supportive." (Age group 15-18) "You need reassurance (after swimming poorly) that they still love you. They're still going to give you a ride home" (age group 13-14) "I always want my mom to be there. I always want someone to be there watching me, cheering and stuff like that and I don't feel like I want to do as well when they're not there. I kind of feel like I need to show them even though they tell me I don't need to show them" (age group 13-14)

Don't Push Too Much. A theme that was identified by the kids as detracting from the fun of swimming related to parents' pushing too much. Some of the kids felt that excessive pushing by their parents to practice, compete and perform well made swimming less fun, as exemplified below: *"I don't like it sometimes because they push me so hard that it makes me feel bad and I just don't like to swim sometimes because they push me so much." (Age group 10 and under) "I saw this one mom who was yelling at her kid, and saying things like, "I spend so much money on you. I can't believe you did so bad today.' The kid was already crying and her mom was still yelling at her. Then her mom throws her stuff down and leaves. If my mom ever did that, I'd just want to quit because you need encouragement from everyone around you if you want to win." (Age group 13-14)*

Learn Optimal Push. Interestingly, there was a positive side to this idea of 'parental pushing.' Kids talked about the role of parents in enhancing fun in swimming by providing a push. However, caution is warranted as there is a fine line between pushing in a positive way and pushing to the detriment of kids' enjoyment. As evidence below, it seems a slight push from parents can enhance enjoyment and, as kids point out, is often needed. *"I think your parents sort of want you to do things and I think you kind of grow to like it... You are sort of pushed firmly by them." (Age group 15-18) "They kind of push us to go to swimming...And it makes us feel better that we swam." (Age group 11-12) "I like it when my parents push me because I was out for a year and I became a C swimmer because I aged up and just this last week I became a B swimmer instead because my parents were cheering me on and they pushed me." (Age group 8-10) "It's kind of good for them to push you or make you go to practice." (Age group 10 and under)*

Resist Assuming the Role of Coach. A last theme evident from the kids' response is tied to the idea that when parents take on the roles and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and

placing expectations on performance are examples of things parents do that tend to decrease the kids enjoyment. An exception to this seems to be welcome as it is viewed as coming from an expert as opposed to a parent. To be sure, however, parents may want to ask their kids if they want advice or suggestions regardless of the parents swimming background. Kids talk about this detrimental influence: *“My parents are supportive of me but sometimes my mom keeps asking me about what I think I did wrong if it’s a bad race and I want to just forget about it. It is really annoying when she keeps asking me.”* (Age group 13-14) *“I like it whenever my dad gives me goals because he’s a masters swimmer. But my mom, whenever she’s in the pool, all she does is float and she doesn’t like to get her hair wet unless she’s in the shower so when she says ‘You gotta keep on doing this’, I’m having a hard time believing it because she doesn’t really swim that much. She just likes playing around with it.”* (Age group 10 and under) *“My dad used to be a swimmer and he almost made it to the Olympics so his just being there is a real big motivation and he gives me advice and stuff.”* (Age group 13-14)

What Does all This Mean? (1) Taking in conjunction, it seems that kids want parents to be a presence in their swimming but they want this presence to be one of unconditional support with little advice. In essence, the kids seem to be saying, ‘Mom and dad, support my efforts but don’t try to help me swim faster.’ (2) Parental ‘push’ was mentioned by the kids in both a positive and negative vein. Because of individual differences in needs and preferences, it is probably very difficult for parents to define and identify an optimal ‘push’; a push that is strong enough to be beneficial but not so strong that it is perceived as overpowering by the kids. However, for the benefit of the kids, every effort should be made to walk this fine line and try to achieve an optimal ‘push.’

POSITIVE PARENTING TIPS

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Provide optimal ‘push.’
3. Understand development. Long-term development as an athlete, and growth and development impacts performance.
4. Be realistic in terms of expectations. Factor in age and skill level; be aware of your child’s perception of your expectations.
5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.

6. Keep winning in perspective.
7. Focus on the power of rewards:
 - Give plenty of encouraging and rewarding statements.
 - Give rewards sincerely and when warranted.
 - Catch your kids doing something right.
8. View swimming as an arena in which to teach your child about commitment, hard work, coping with adversity, etc.
9. Work to form an effective Coach-Athlete-Parent Triangle.

PRACTICE GROUPS

The assignment of a swimmer to a practice group shall be the decision of the coaching staff. Practice Group schedules will normally be announced at the beginning of the short and long course seasons and are available on the website. Occasional changes to the practice schedule will be announced via email and published on the website.

VOLUNTEER SERVICE POLICY

Through the years, AESC has evolved into one of the finest competitive swim program in Oklahoma. The attention given by our coaches has created an excellent atmosphere for the development of young swimmers. Commitment to quality does not come without cost. Retaining availability of pools and qualified coaching requires year-round leases and high, fixed costs. We provide our excellent coaching staff with competitive compensation for their many hours of dedication. These issues create a constant monthly expense and are only two of the numerous expenses incurred on an ongoing basis.

AESC provides our athletes the opportunity to compete at one of the highest levels available in the OKC area. AESC hosts several meets throughout the short-course and long-course seasons. By hosting these meets, we provide this opportunity to our athletes but allow our AESC families to attend meets in the OKC area, which cuts down on travel, hotel, and dining costs that quickly accumulate at out-of-town meets. A well-run swim meet requires an army of volunteers. Therefore, AESC requires that families help us continue and build this vision by contributing service hours throughout each year.

Required Volunteer Hours

The table below lists the minimum volunteer hours for each family for each of the swimming seasons. (The short-course yard season runs from

September through March. The long-course meter season runs from April through August.) Seventy-five percent (75%) of each family's volunteer hours must be contributed at team-hosted meets except as designated below for serving on the listed committees. Families who fail to complete the required service hours will be assessed a \$100 fee per season and may be prevented from re-registering the following swim year.

Training Group	Short-Course Yard Season	Long-Course Meter Season
Meets-only	5 hrs	5 hrs
Bronze	15 hrs*	5 hrs
Silver/Gold	20 hrs*	10 hrs
Junior/Senior	25 hrs*	10 hrs
Elite	30 hrs*	10 hrs

* These families are required to work at least two sessions of the TYR Elite Meet held in December of each year. Failure to work two sessions may result in the fee above being assessed, regardless of whether the family has met or exceeded the required volunteer hours.

For families with multiple swimmers, the number of service hours is determined by the child in the highest training group. (For example, a family with Silver and Bronze level swimmers would be required to contribute 20 hours in the short-course season and 10 in the long-course season).

Volunteer Hours for Serving on Committees

Service hours can also be earned by providing one year of service on one of the following Standing Committees or any Oklahoma Swimming committee:

- **Summer League Committee** - up to 50% of service hours
- **Meets Committee** - up to 100% of service hours
- **Member Development/Marketing Committee** - up to 50% of service hours
- **Facilities Committee** - up to 25% of service hours

Serving on one of the above committees will count toward your volunteer contribution if:

- The Committee Chair indicates your active participation within the group. You must participate through the entire year. Simply attending meetings does not constitute active participation.

- You've missed no more than two consecutive meetings and four total meetings during the year. Missing meetings is grounds for removal from the committee.

Prorating Service Hours

The service commitment will be prorated for new members who join after September or members who have left for a period of time and are returning. Additionally, the AESC Board of Directors may, from time to time, review the service commitment and adjust the requirements based on needs.

Additional Volunteer Requirement for AESC-Hosted State and DII Meets

Should AESC host an Oklahoma Swimming State Championship or Division II meet during any season (short course or long course), **every member family** (with the exception of precompetitive families) will be required to **work at least one session** of the Championship or Division II meet. This requirement is in addition to the families' regular service hour obligations. Failure to work or have someone work for you at least one session will result in an automatic assessment of \$100 immediately following the meet. Extenuating circumstances will be considered.

How to Volunteer for Swim Meets

A few weeks prior to each AESC hosted meet, the Volunteer Coordinator will send an email alerting the team to job signups. Members may log in and choose an available slot(s). Positions include timing, concessions, hospitality, heat-sheet sales, awards, and officials. Some positions require training and/or certification. Please contact the Volunteer Coordinator (Brandy Parks at bluebonnet_72@yahoo.com) or a board member if you are interested in training. In the weeks following the swim meet, the Volunteer Coordinator will post your hours on your account. Any service contributions made outside of team-hosted meets must be reported to the Volunteer Coordinator in a timely manner.

DUES AND ADMINISTRATIVE FEES

Monthly Dues

Monthly dues are listed in the table below and are subject to change:

Precompetitive	\$91	Junior	\$136
Bronze	\$104	Senior	\$156
Silver	\$116	Elite	\$173
Gold	\$124	College	\$77
Meets Only	\$55	Stillwater	\$90

A meets-only swimmer lives 50 miles or more away from the closest practice facility and outside Oklahoma County and attends meets attached to AESC. Junior level and above may attend Saturday practice. All levels receive two to three workouts per week.

Parents with more than one swimmer may reduce the monthly fee for each additional swimmer after the first swimmer by \$10.00 per swimmer, except for Elite swimmers. There is a \$5.00 discount for additional Elite swimmers. Families with three or more swimmers will pay a maximum out of pocket which is 2 1/2 times the Elite rate ($\$173 \times 2.5 = \432.50) per month. With the first check, new members must pay an annual USA Swimming Registration fee of \$77.00 (2020) per swimmer, unless you are transferring from another USA Swimming team and have a current registration number.

If you have any questions about your bill or there is a change in the swimmer's status, please contact armanager@aescok.org.

Due Date and Late Fee

In order to meet the club's financial obligations for coach's salaries, pool rental, taxes and travel, AESC depends upon prompt payment. In order to meet financial obligations, members' payment must be received by the 10th of each month. Payments received after the 10th are subject to a \$25.00 late fee. **Dues are based on an annual fee, which is broken down into monthly installments** for the convenience of our members. Dues are to be paid monthly by credit card or ACH. Dues and other fees are NOT prorated for partial periods EXCEPT in the case of new AESC members. A small discount is provided for those who pay their monthly dues via ACH.

Annual Water Fee

Water in the OKC area is in short supply. Each year, AESC rents water space from various pools. AESC's annual water costs exceed \$100,000. In order to offset these costs, AESC families are charged a semi-annual water fee of \$40 (\$20 for Meets Only and Stay Fit families) on October 1 and April 1.

LEAVING THE TEAM AND REINSTATEMENT

Families of swimmers wishing to temporarily inactivate or cancel their AESC membership must submit a written statement to the Club at least 30 calendar days prior to the inactivation/cancellation date. Email correspondence sent to any AESC Board Member, coach or other leader qualifies as a written statement, so long as receipt is confirmed. However, members are encouraged to send such emails to armanager@aescok.org.

Member families are reminded that AESC incurs pool and coaching expenses based on the amount of time these resources are utilized, not directly on the number of active swimmers we have. Our annual budget and pool rental contracts are based on the number of swimmers who are active at the end of each season, along with projections for swimmer gains/losses and coach positions that will be needed. We are obligated to pay for the pool time and coach salaries associated with these contracts regardless of how many active swimmers we have. With this in mind, the minimum inactivation period is 30 calendar days. Swimmers who have inactivated are welcome to reactivate their membership and they will not be responsible for a reinstatement fee. However, their account must be in good standing (no unpaid charges) before they can rejoin.

EQUIPMENT AND TEAM ATTIRE

Equipment

Check with your coach for equipment needs – not all items are required for all groups:

- Practice Suit (must be specifically designed for competition and training)
- Goggles
- AESC Cap
- Fins
- Kickboard
- Pull Buoy
- Snorkel

Team Attire

Team suits and apparel are available for purchase through an approved vendor on the AESC website. Team caps will be available for purchase through AESC's volunteer Apparel Coordinator on a quarterly basis.

Suits. Swimmers must have an AESC team suit or other approved suit. Tech suits are discouraged at regular age group meets and should be worn only at championships or when a swimmer is trying to qualify for a championship meet. Starting September 1, 2020, tech suits for 12-and-younger swimmers are banned except at USA Junior National Championships or the National Championships.

Caps. AESC team caps are required for all swimmers at all practices and meets.

Shirts. Swimmers are expected to wear team attire at meets, including the AESC red, white and blue t-shirts. Generally, red shirts will be worn on Friday, white shirts will be worn on Saturday, and blue shirts will be worn on Sunday.

TRAVEL POLICY AND CODE OF CONDUCT

Our conduct on the road is a direct reflection of who we are. We are responsible. We always leave a place "nicer than we found it." Behaving properly at our facilities and those of our opponents is an important aspect of The AESC Way. Accordingly, all athletes, parents, coaches, and other adults traveling with the American Energy Swim Club must read, sign and abide by AESC's Travel Policy and AESC's Minor Athlete Abuse Prevention Policy.

When traveling, we always leave a place "nicer than we found it." Whether at restaurants, hotels, opponents' pools, or locker rooms, we do not leave trash for others to pick up. If we are unsure about whose trash it is, we take responsibility and throw it away! We do not yell from the bus/car or make inappropriate remarks. We always use "sir," "ma'am," "please," and "thank you" when speaking with an opposing coach, teacher, or official.

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned or supervised by the club.

- When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy"

swim club to associate with during the competition and when away from the venue.

- To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms and no female athletes in male athletes' rooms at any times.
- Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, and meet sessions unless otherwise excused or instructed by the head coach or his/her designee.
- When visiting public places such as shopping malls, movie theatres, etc., swimmers will stay in groups of no less than three persons. Athletes under the age of 12 will be accompanied by a chaperone.
- Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership [one coach and at least one other adult] and open and observable environments should be maintained.
- Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior written parental permission is obtained.
- During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. If athletes are age 13 & over, chaperones and/or team managers should ideally stay in nearby rooms. Chaperones and/or team managers may stay with athletes under the age of 12. If chaperones/team managers are staying in a room with athletes, they must be the same gender as the athlete and written consent must be given by athlete's parents or legal guardian.
- Prior to going on any team travel, parents/legal guardians must read and sign a Liability Release and/or Indemnification Form for each athlete. The form must be submitted to the team officials prior to the team trip and cannot be altered in any manner.

- Team officials will carry a signed Medical Consent or Authorization to Treat Form for each athlete.
- Swimmers are expected to remain with the team at all times during the trip.
- Curfews shall be established by the coaching staff each day of the trip and no team member may leave their room after curfew.
- Any damage at the hotel will be the responsibility of the offending athlete. Appropriate behavior is expected at all times. Loud or obnoxious behavior will not be tolerated in hallways or public areas.
- Team members are expected to behave in an exemplary manner at all times. When visiting public places, swimmers should be polite and courteous to employees and other visitors. In restaurants, an appropriate tip is recommended.

Inappropriate and unwanted behavior which is detrimental to the image and/or reputation of USA Swimming, an LSC, club, or the sport of swimming will not be tolerated, and may result in denial of membership, censure, probation, suspension for a definite or indefinite period of time with or without terms of probation, fines or expulsion from USA Swimming, the LSC and/or club. Violations of the travel policy will be written up by the coaching staff and reported to the Head Coach, Board of Directors and the athlete's parent/legal guardian. Consequences may include immediate return home at the swimmer's own expense, barring the swimmer from future team-sponsored travel, or barring the swimmer from future swimming competitions. The directions and decisions of coaches and chaperones are final.

QUALIFYING FOR AND TRAVEL TO MEETS

This policy applies to all meets that are not hosted in the Edmond/Oklahoma City area and require travel. The purpose of this policy is to ensure that if AESC sends a coach to a meet, the expenses associated with sending such coach fall within the approved budget. Typically, AESC books airfare and hotel for coaches far in advance of a scheduled meet. However, there are occasionally times when an athlete does not qualify for a meet until a few weeks or even a few days prior to the meet. Sometimes, booking airfare and hotel just a few days before it is needed results in unreasonably high costs that exceed the approved budget. Thus, if there are no swimmers who are

qualified for a meet at least 45 days prior to the first day of the meet, AESC will not make travel reservations for a coach to attend that meet. If a swimmer qualifies for the meet (inside of the 45 days) and the travel expenses associated with travelling to the meet exceed the budgeted amount, AESC may elect not to send a coach to the meet. However, before doing so, the family/families of the newly qualified swimmer(s) may be given the option to pay the difference between the budgeted amount and the booking amount.

Example: If AESC has budgeted \$800 for hotel and airfare for an August 1 SWIMFAST Meet, but by mid-June, no swimmers have qualified for that meet, AESC will not make travel arrangements to send Coach V. If, however, on July 15, Sam Jones qualifies for the SWIMFAST Meet; since the meet is only two weeks away, airfare and hotel will now cost \$1100. AESC may give Sam Jones' family the option to cover the \$300 difference before making a final decision about sending Coach V.

FUNDRAISING POLICY

Commitment to quality does not come without cost. Retaining water and qualified coaches requires year round leases and high, fixed costs. AESC relies on fundraising, corporate sponsorships, and grants to support operations, equipment, coach travel, pool rental, relay and swim meet costs. Support from all members is necessary and appreciated.

Each year, from September through August, each member family must contribute with at least one of the following:

1. **Participate in one major fundraiser, as identified by the Board of Directors and the Fundraising Committee (e.g., Swim-a-thon, Service-a-thon).** Families are required to participate at the relevant levels established by the BOD and Fundraising Committee and announced prior to the event. Participation in a Swim-a-Thon or other major fundraiser may be as follows with the highest level swimmer being the first swimmer:
 - **Elite.** Raise a minimum \$150 for first swimmer and \$50 for each additional swimmer.
 - **Senior and Junior.** Raise a minimum of \$100 for first swimmer and \$50 for each additional swimmer.
 - **Bronze, Silver and Gold.** Raise a minimum of \$75 for first swimmer and \$50 for each additional swimmer.

- **Meets Only and Precompetitive.** Swimmers are encouraged, but not required, to participate.
2. **Sign up a business as an AESC Sponsor** (sponsorship package available).
 3. **Serve one year on the Fundraising Committee.** Serving on the Fundraising Committee will qualify as your fundraising contribution if:
 - The Committee Chair indicates your active participation within the group. You must participate through the entire year. Simply attending meetings does not constitute active participation.
 - You've missed no more than two consecutive meetings and four total meetings during the year. Missing meetings is grounds for removal from the committee.

Families who have not met the fundraising requirement at the end of fundraiser will be billed the relevant fundraising amount.

ANTI-BULLYING POLICY

AESC is committed to providing a safe, caring and friendly environment for all of our members. Bullying of any kind is unacceptable and will not be tolerated. It is counterproductive to team spirit and can be devastating to a victim. If bullying does occur, 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.

Definition of Bullying

AESC does not tolerate any form of bullying. Bullying is the use of aggression, whether intentional or not, which hurts another person. It causes pain and distress. 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:

1. Causing physical or emotional harm to the other member or damage to the other member's property;
2. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
3. Creating a hostile environment for the other member at any USA Swimming activity;
4. Infringing on the rights of the other member at any USA Swimming

- activity; or
5. Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (including, but not limited to, practices, workouts and other events of a member club 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:

1. Talk to your parents;
2. Talk to a Club Coach, Board Member, or other designated individual;
3. Write a letter or email to the Club Coach, Board Member, or other designated individual; and/or
4. Make a report to the USA Swimming Safe Sport staff.

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 remedied as soon as possible.

How We Handle Bullying

Upon receiving a report of bullying, AESC will conduct an investigation into the allegations. The investigation may include, but is not limited to, conducting interviews of witnesses, including athletes and coaches. Every effort will be made to support those involved. If it is determined that bullying occurred, and AESC will work to resolve the situation and protect the bullied child.

SWIM MEET BASICS³

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

Before the Meet Starts.

1. Arrive at the pool at least 15 minutes before the scheduled warm-up

³ Taken from USA Swimming's Parent's Handbook, 2015.

time begins. This time will be listed in the meet information emailed to all swimmers.

2. Upon arrival, find a place to put your swimmer's swim bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area.
4. For certain meets and/or events may be designated as positive check-in. In these instances, swimmers will need to circle their name or "#" before their name when they arrive. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look! Note, sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program/heat sheet.
5. Once "checked in," write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.
6. Your swimmer now gets his/her cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day—he/she needs to get the engine going and warmed-up before he/she can go all out.
7. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
8. The meet will usually start about 10-15 minutes after warm-ups are over.
9. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
10. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an

event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

After Meet Starts.

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
 - A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
 - In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle.
 - Generally, girls' events are odd-numbered and boys' events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
 - The clerk will usually line up all the swimmers and take them down to the pool in correct order. You can expect at least 4-8 heats of each event.
3. The swimmer swims his or her race.
4. After each swim:
 - He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
 - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
5. Generally, the coach follows these guidelines when discussing swims:
 - Positive comments or praise
 - Suggestions for improvement
 - Positive comments
6. Things you, as a parent, can do after each swim:

- Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him/her.
 - You need to tell him how proud you are and what a great job he/she did.
7. The swimmer now waits until the next event is called and starts the procedure again. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
 8. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

AESC SCHOLARSHIP PROGRAM

The American Energy Swim Club offers a scholarship program to support the diversity mission of USA Swimming. USA Swimming is committed to increasing the multicultural, ethnic, and socioeconomic diversity of the sport to achieve and foster an inclusive swimming environment that fosters the growth of swimming at all levels.

Procedure

Families who meet the criteria for consideration for scholarships are required to submit an annual written request and supporting documentation to the AESC Board of Directors by **August 1st each year**. Application materials must be submitted by mail to the following address:

AESC Scholarship Committee
 P.O. Box 20338
 Oklahoma City, OK 73156

Required Documents for Application

1. Written letter requesting consideration for a scholarship
2. Documentation of financial hardship:
 - a. Proof of eligibility to receive food stamps or free lunch at school; **OR**
 - b. Proof of eligibility to receive reduce lunch at school; **OR**
 - c. Copies last year's W2, last 2 pay stubs (or unemployment check stub) with a list of household expenses.

Eligibility Requirements

1. AESC Swim Team member
2. Meet the attendance expectations at practice for level
 - a. 75% attendance Gold, Silver, Bronze levels
 - b. 85% attendance Senior/Elite levels
3. Demonstrated financial hardship [for example, food stamp or free lunch recipient; reduced lunch recipient]
4. Participation in AESC-hosted meets of swimmer's ability
5. Participation in AESC-hosted State Championship Meet(s)
6. Ability and willingness to complete **double** the required service hours for highest level of swimmer.

Scholarship Benefits

Scholarship benefits will be determined by the Board and may include:

1. Up to 100% monthly dues waiver; **and/or**
2. Up to 100% USA registration fee waiver; **and/or**
3. Up to 100% waiver of meet fees for AESC-hosted meets; **and**
4. AESC team swim cap provided annually.

Temporary Adverse Life Events

Families may find themselves faced with temporary adverse life events that impact on the family's ability to pay their monthly dues and/or work their required service hours. In support of USA Swimming's mission to offer an inclusive swimming environment, the AESC Board of Directors will consider each situation on a case-by-case basis. Families who find themselves in a difficult situation are asked to write a letter explaining the situation and requesting temporary scholarship support [this may include monthly dues waiver and/or a service hours waiver]. The temporary scholarship benefits will be determined by the Board and communicated in writing to the family.

Requests for these temporary benefits may be submitted at any time by mailing the letter to:

AESC Scholarship Committee
P.O. Box 20338
Oklahoma City, OK 73156

PHOTO RELEASE

When you enrolled with AESC, you signed the following regarding release of photos:

From time to time photographs, videos, and/or audio clips may be taken of the American Energy Swim Club swimmers and used in our newsletters, on our website, or in other promotional or informational materials. AESC requests the right to use all photos, videos, and/or audio clips taken of AESC swimmers.

I hereby give American Energy Swim Club permission to take photographs of the minor named below or photographs in which the minor may be involved with others for the purpose of promoting AESC. These purposes may include but are not limited to promotional materials for the team (e.g., brochures, ads, bulletin boards) as well as publication on the AESC website or in a team newsletter. I hereby release and discharge the American Energy Swim Club from any and all claims arising out of use of the photos, or any rights that I or the minor may have. Photos may be used for promotional purposes, advertising and other print materials at the discretion of AESC Board of Directors and/or the AESC Head Coach/CEO. I understand that I will not be compensated for the use of any photographs or video recordings.

Consistent with the permission granted above, AESC may reproduce, copyright, publish, circulate, and otherwise use the photos or recording of my swimmer, whether taken in a studio or elsewhere, in black-and-white or in color, alone or in conjunction with other persons or characters real or imaginary, in any part of the world. I hereby waive the opportunity or right to inspect and/or approve the finished recordings or the use to which they may be put consistent with this Authorization. In exchange for good and valuable consideration, I hereby grant to AESC all right, title, and interest in and to all negatives, prints, tapes, and reproductions thereof, if any, and I hereby release AESC and its successors and assigns, if any, from any and all rights claims, demands, actions, or suits which I may or can have against them on account of the use or publication of the recordings. This release is effective until terminated by a retraction in writing from the person granting this authorization.

SWIMMING BASICS AND TERMINOLOGY

The Skills. The five competitive disciplines are freestyle (“free”), backstroke (“back”), breaststroke (“breast”), butterfly (“fly”), and individual medley (“IM”).

The Competition. Each swim offers a variety of events and distances, depending on the age group. In **freestyle events**, the competitor may swim any stroke. The stroke most commonly used is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating (up-and-down) flutter kick. On turns, some part of the swimmer must touch the wall. Most swimmers do a flip turn and touch the wall with their feet. **Backstroke** consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn with some part of the swimmer touching the wall. The **breaststroke**, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out front in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface. Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous over water recovery of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne, Australia.) The **individual medley**, commonly referred to as the I.M. features all four strokes. In the I.M., the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle. Some people feel that being the best in the I.M. means you are the best swimmer. In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle. The **freestyle relay** events consist of four freestylers, each swimming one quarter of the total distance of the event.

Starts, turns and finishes. Many races are won or lost by the swimmer's performance in the start, turn or finish. At the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the gun or starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Under USA Swimming rules, one false start disqualifies the swimmer.

The Rules. The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the

sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. Trained officials observe the swimmer during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, a disqualification will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsmanlike conduct.

Disqualifications. Disqualifications are a result of technical rules violations. They include but are not limited to:

Freestyle. Walking on the bottom; pulling on the lane rope; not touching the wall on a turn; not competing the distance.

Backstroke. Too many pulls into the wall once a swimmer has turned passed the vertical on to the breast; turning onto the breast before touching the wall with the hand at the finish of the race.

Breaststroke. An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); shoulders not level; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

Butterfly. Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork - they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive

situation out of the disqualification.

The Course. Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50meter pools. USA Swimming maintains records for 25 yards, 25 meters and 50 meters.

The Team. USA Swimming is made up of 2,900 teams from all over the country. Of these clubs, nearly half have 80 swimmers or less and a handful of teams have over 500 swimmers. A team may be comprised of any number of swimmers, parents and coaches.

Participants. Participants compete in different age groups and meets depending on their achievement level and how old they are one the first day of the week. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

Officials. Present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encourages to get involved with some form of officiating.

Clerk of the Course (Administrative). Arranges the swimmers in their proper heats and lanes prior to a race.

Referee. Has overall authority and control of the competition; ensures that all the rules are followed; assigns and instructs all officials; decides all question relating to the conduct of the meet.

Relay Takeoff Judges. Stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

Timers. Operate timing devices (watches or semi-automatic timing systems) and record the time for the swimmer in their lane. Two to three timers are needed for each lane. This volunteer position offers an ideal opportunity for new parents to work at a swim meet.

Turn Judges. Observe the swimmers from each end of the pool and ensure

that the turns and finishes comply with the rules applicable to each stroke.

Starter. Assumes control of the swimmers from the Referee, directs them to “take your mark,” and sees to it that no swimmer is in motion prior to giving the start signal.

Stroke Judges. Observe the swimmers from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.

MEDICAL RELEASE AND LIABILITY WAIVER

The following is the Medical Release & Liability Waiver you signed when you enrolled with AESC:

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the American Energy Swim Club to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge American Energy Swim Club and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in American Energy Swim Club activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all Swim Team activities.

By registering my child(ren) with the American Energy Swim Club, I agree to participate (or allow my child(ren) and family members to participate) in the American Energy Swim Club, and hereby release American Energy Swim Club, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the American Energy Swim Club program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the American Energy Swim Club program.

LETTER TO NEW SWIMMERS

Welcome to American Energy Swim Club! We are excited to have your family with us. Please be sure that all registration forms have been completed and a copy of your swimmer's birth certificate has been turned in.

Each swimmer needs to have a kick board and fins. A mesh swim bag for carrying equipment is helpful. You can purchase equipment through AESC's website. Local stores such as Dick's Sporting Goods and Academy may also carry equipment. Coaches prefer the shorter training fins, but the standard fins are acceptable. Fins with adjustable straps are not recommended. Please mark all equipment with a Sharpie. If coaches find equipment on deck it is much easier to return if everything is labeled properly. Please make sure your swimmer has two pair of goggles at practice and meets. It is most helpful to have your swimmer adjust goggles prior to practice. It is recommended that all swimmers wear AESC caps. Swimmers also need a towel, not just for drying off, but for dryland. Our swimmers will stretch before getting into the water.

Please take care of your child's ears! Treat both ears with alcohol, and or swim ear drops, after swimming.

Practice times and swim meets are posted on the AESC website. Remember you are your child's cheerleader and do not coach from the bleachers. If you have any questions or concerns, please don't hesitate to ask a coach or an AESC Board Member.

Thank you for sharing your swimmer with us.

-AESC Coaches