



Parent and Swimmer Handbook

2022 Revision

Table of Contents

1. Team Membership
 - New Swimmers
2. Swim Team
 - Team Practice Requirements
 - Swimmer Expectations
3. Competitive Swimming
 - Competition Requirements
 - Home Meets
 - Away Meets
5. Time Standards
 - Big Fish, Bronze, and Silver
 - Gold and Platinum
8. Team Gear
 - Suits
 - Equipment
10. Dues
11. Costs and Billing
 - Your Account
 - Canceling a Membership
12. Parent Involvement
 - Expectations
 - Volunteering Requirements
15. Safe Sport
16. Facilities

Team Membership

Joining the Team

A swimmer must contact the team via info@fogswimming.org and complete a tryout during a scheduled practice. A coaches approval is required to officially join the team.

After Approval

A parent must register online at www.fogswimming.org through the “Registration” tab where they will create an account profile (the parent) and a member profile (the swimmer). Upon registration, you will be charged the \$125 annual membership fee and the designated groups monthly fee.

You must also register your swimmer for USA Swimming which is a mandatory insurance (\$84) all swimmers need to practice with a club team and compete at meets. This form can be found online under the “Documents” tab or by hard copy at the office. This form must be mailed to Pacific Swimming.

Continuing FOG Swimmers are registered by coaches at the end of each calendar year.

If you are transferring, you must fill out a transfer form for Pacific Swimming. This form can be found under the “Documents” tab.

Membership

Aftering registering, you’re all set!

Swimmers and families will receive email communication, attend practices and meets, and are invited to embrace all parts of being a member of Fog!

Swim Team

Fog Swimming is a 27 year old competitive swim team in which swimmers train hard and prepare for swimming competitively. As part of becoming a member, your swimmer(s) is required to participate in a set number of practices and swim meets throughout the year as they grow into being a competitive swimmer.

Team Practice Requirements

Swim practices are held Monday through Sunday year-round except major holidays. Schedules vary throughout the season; coaches will notify parents via email if there are any schedule changes.

If you cannot make a scheduled practice, you may swim down a group but not up. I.E. A gold swimmer can make up a practice with silver but not with platinum.

Swimmer Expectations for Practice

Swimmers must be on time for practice. Being late is disrespectful and disrupts the flow of practice. It is also important for swimmers to warm up the body and prepare the muscles for practice. The longer a swimmer is in the water, the faster they will progress. With limited time and space you want to ensure that anyone who wants to excel at the sport can do so.

Swimmers must respect and listen to everyone on the coaching staff regardless of what group they are in. Disorderly conduct is not tolerated and swimmers will be disciplined accordingly. Swimmers will be suspended for disrespecting coaches or teammates, damaging pool equipment, vandalizing locker rooms etc. See the Safe Sport guidelines for more details.

It is important for swimmers to be open about any concerns that they have regarding swimming, competition, drills, schedule conflicts etc. Keep your coaches informed.

Competitive Swimming

Competition Requirements

A mandatory requirement of swim meet attendance ensures the development of your swimmer. Swimmers are only to attend team meets that we attend as a team. All meets can be found under the “Events” tab.

Platinum = 1 meet/month

Gold = 1 meet/month

During high school season, your high school team meets will satisfy the monthly requirement. However if you qualify for a championship meet i.e. All-Star, Far Westerns, Junior Nationals, etc. you'll be asked to compete unattached.

Silver = 1 meet every 2 months

High schoolers must compete in either FOG meets or your high school team's meets.

Bronze = 1 meet every 3 months

Check with coaches to see if your swimmer is ready to begin competing.

Big Fish = Won't compete until they move into Bronze

Swim meet participation is key to having fun and developing as a swimmer. We have limited practice space and want all swimmers to progress competitively through the sport. We do not have space for non-competitive swimmers. Failure to meet the requirements will result in either group demotion or dismissal from the team.

Competitive Swimming

Home Meets

FOG will host occasional home meets throughout the year. Some of these meets will be intrasquad and some will include local teams.

All practices are canceled during home meets and we expect all swimmers to attend these meets.

Additionally, parent volunteers are vital to the success of home meets so please be prepared to time, set/clean up, and help with hospitality.

Away Meets

All meets FOG plans to attend are listed under the “Events” tab.

Swimmers must not attend meets that the team is not participating in.

FOG participates in local C/B/A+ meets (which all swimmers are eligible for), Senior meets (14+ and time standards), and Championship meets.

All practices are canceled during C/B/A meets because we expect all swimmers to be attending these meets.

Time Standards

Time standards are designed to keep a cohesive base interval within a group. These standards are the minimum requirement to try-out with a new group.

Swimmers will be notified in advance before a test set. All aspects of the test set must be accomplished on the same test set day. Test days will be every 6 - 8 weeks depending on the meet and practice schedule. There will be no makeup days.

If a swimmer passes the test set and coaches feel they are ready to try out with a new group, they are invited to a one week trial period. Swimmers should check in with their coaches when joining a new group.

If a swimmer doesn't fulfill requirements or their behavior isn't suited for a group at any time, they may be asked to go down to the previous group.

Time Standards

Big Fish: Pre-competitive team. Must have completed Red Cross level six and pass a swim test from a coach.

Test Set: 10 x 50 Free on 1:00
100 IM on 2:00
Legal technique and turns for all 4 strokes
Able to do a standing dive from block

Focus: Stroke development and technique work, reading a clock
Goal: Move up to Bronze and start racing

Bronze: Experienced swimmers that have completed Big Fish. 8-12 y/o.

Test Set: 10 x 50 Free on :55
100 IM under 1:50

Time standard bare minimum: B/BB
Legal in all 4 strokes and turns
Able to dive off the blocks and read a clock

Focus: Stroke development and technique work
Goal: Move up to Silver, have fun :)

Silver: Swimmers who want to develop by competing more often. 10-14 y/o.

Test Set: 10 x 50 Free on :50
200 IM under 3:20

Time standard bare minimum: B/BB
Focus: Build muscular endurance with good technique and more challenging sets.
Goal: Try to achieve 'A' standards in your age group

Time Standards

Gold: Preparing to be in the Platinum group. 11-15* y/o.

Test Set: 10 x 50 Free on :45
200 IM under 3:10

Time standard bare minimum: BB/A/AA in respective age group
*If under 10, must have 'AAA' time standards or Far Western cut

Focus: More dense sets, more yardage
Goal: Strive for Junior Olympics and Far Western cuts.

Platinum: Highest level on our team, made up of committed swimmers. 13-18 y/o**

Test Set: 10 x 50 Free on :40
200 IM under 2:30 boys/2:40 girls

Time standard bare minimum: A/AA
**If 11-12, must have 'AAA' time standards or FW cuts

Focus: Fine tuning strokes and challenging swimmers with longer and faster sets. More intense dryland sessions.
Goal: Be the best version of themselves on a daily basis! Attain Far Westerns, Sectionals, Futures, and Junior National cuts.

Team Gear

Swim Suit

Fog works in partnership with Arena. All equipment can be ordered through the team store online. Suits are seasonally available. We will send out emails when suits are in stock. We will host fittings for swimmers to figure out sizing.

We recommend every swimmer has:

- A team suit - Order online. These should be saved for swim meets! Swimmers can wear any miscellaneous suit they want to practice.
- A team cap - The first cap is provided for swimmers that attend meets. Additional caps are \$10. These caps should be saved for swim meets! Swimmers can wear any miscellaneous cap they want to practice.
- A piece of team gear to wear outside to show team spirit!



Team Gear

Equipment

All equipment can be ordered through the team store online.

Swimmers need to bring equipment to practice:

- Big Fish: a kick board and a pull buoy.
- Bronze and Silver: a kick board, pull buoy, and fins.
- Gold and Platinum: a kick board, pull buoy, fins, snorkels, and hand paddles.



Team Dues

GROUP	MONTHLY	YEARLY	MULTI ATHLETE DISCOUNT
BIG FISH	\$100	N/A	N/A
BRONZE	\$115	\$1150	15%
SILVER	\$120	\$1200	15%
GOLD	\$150	\$1500	15%
PLATINUM	\$160	\$1600	15%

The \$125 annual membership fee is charged once per swim season. The swim season starts January 1 and ends December 31 of that year.

Monthly dues are billed on the 1st of each month. If info@fogswimming.org is not notified of cancellations or changes to billing preferences 72 hrs prior to the 1st you will not receive a refund for that month. If you are currently paying monthly and want to be changed to yearly (or vice versa) we must be notified by December 1st or whatever is specified by the coaches via email.

Late fees will be processed 14 days after each missed payment.

All invoices and payments history can be found on Team Unify. Credit card or ACH payments are mandatory. If you choose ACH payments it must be updated in our system before December 31st. To set up a CC or an ACH payment, please go to the “My Account” tab, click “Payment Setup”, select “Automatically charge... below”, fill in the data and save.

**To request any changes of membership status, please contact
info@fogswimming.org**

Costs and Billings

Your Account

All billing is done online on Team Unify. Your card is charged the 1st of every month. \$10 late fees are automatically applied if your card is rejected or expired. You can check your billing preferences at any time when you sign in, select “My Account” and “\$ My Invoice/Payment” or “My Account” again. Please keep your credit card updated.

Canceling a Membership

If you decide to cancel your monthly membership, an email needs to be sent to info@fogswimming.org 72 hours before the 1st of the month or you will be charged for that month. Credit card processing is automatically done at 12:01 AM on the 1st of each month.

If a membership is not canceled and you have left the team and did not turn your automatic payments off or send a cancellation request for over 60 days, you will only be refunded for the first month of your total credit card charge amount.

Yearly memberships cannot be refunded. A two month discount is included with a yearly membership. You will not be credited for any additional months.

Accounts will not be temporary suspended for vacations, high school swim season etc. They can be suspended only for certified medical reasons. If you turn off your account and re-join at a later date, you'll be charged the \$125 membership fee again.

Parent Involvement

Expectations

Parents are expected to be involved and active with their swimmers. This means taking interest in their achievements, getting them to practice on time, having them participate at meets regularly, and of course providing the financial means for dues and fees for equipment. We welcome you to offer support and encouragement to your swimmer but without stroke or technical advice. **In the interest of your swimmer's development, we ask that you let the coaches do the coaching without interfering or conflicting information from you.**

Parents are welcome to sit in the viewing area above the pool. We want to ensure the swimmers are focused and not distracted by any on deck activity. If you need to meet with one of the coaches, please do so in the lobby after practice or send an email.

Your role as a parent in the whole competitive swimming process is to be your child's #1 fan. You want to support and encourage them through each race, whether good or bad. Leave the coaching and training to the coaches. We understand this can be difficult at times because we all want the best for our kids but the last thing a swimmer needs is additional pressure or stress. The whole point of swimming is to compete, learn, have fun, and try one's best.

Parent Involvement

Volunteering Requirements

FOG relies on volunteers to keep dues low. There are various functions and activities that need your volunteer help. I.E. Timing or officiating at meets, organizing home dual meets, special dinners, and events.

Fog requires a minimum amount of service hours for all families.

GROUP	HOURS/YEAR
BRONZE & SILVER	5
GOLD & PLATINUM	10

Big Fish families do not have volunteer requirements since their swimmers are not attending meets.

Newcomer families starting in July or later will be prorated accordingly. Multi swimmer families will be responsible for the highest group hours. I.E. if you have a platinum and a bronze swimmer, you'll be responsible for 10 hours.

A \$20 per hour fine will be charged if required service hours are not fulfilled by the end of the year.

Parent Involvement

How to Meet the Requirements

Officiating: If you are a certified official, Zone 1N will comp your swimmers' entries into meets you officiate. Though a bit more involved, officiating is a significant help to the team and a great way to actively participate in your swimmer's meets.

For details check out:

<https://www.usaswimming.org/officials/how-to-become-an-official>

Timing at Meets: If your swimmer is attending a meet, you are expected to time for at least an hour a day. Fog is fined \$200 per day by Pacific Swimming, if we don't provide timers and officials at every meet. Timing is VERY SIMPLE and you get the BEST SEATS in the house.

You must login to Team Unify to sign up for a timing job prior to the meet. You may have to time during your swimmer's event but again you've got front row seats to their race.

You can take track of your hours through Team Unify.

Getting involved in the team or becoming an official is the best and fastest way to satisfy the service hour requirements.

If you have any questions about using Team Unify's Job Manager or becoming an official, please email info@fogswimming.org!

Safe Sport Training: Help the team by taking the Parents Guide to Misconduct in Sports class: [Safesport.org/training](https://safesport.org/training)

FOG is a USA Swimming Safe Sport recognized club. This means we have policies for Athlete and Parent Code of Conducts, athlete abuse prevention, anti-bullying, traveling policies etc. All of this information will always be available on Team Unify under the “Safe Sport” tab.

Our #1 mission is to keep athletes safe. We do not condone any behavior or forms of bullying that harm another member of our team. Please read the detailed policies.

Coach Laura is the Safe Sport club coordinator and all coaches are Safe Sport certified; they can be contacted with any concerns.

Additionally, you can contact USA swimming at (719) 866-4578 or use the website link:

<https://www.usaswimming.org/safe-sport/deal-with-a-safe-sport-concern>

To make a report, contact the US Center for Safe Sport at (833) 587-7233 or use the online reporting form: www.uscenterforsafesport.org

18+ Athletes: Must complete the Athlete Protection Training online at USA Swimming LEARN.

How parents can get involved: Help the team by taking the Parents Guide to Misconduct in Sports class: Safesport.org/training

Yearly, an acknowledgment form needs to be signed agreeing to all of the Safe Sport policies.

Facilities

St. Ignatius College Preparatory

The pool is home to the St. Ignatius Wildcats for both swimming and water polo. The practice times are set around the high school teams, including their meet and game schedules. During the high school season, the FOG practice times may be later than other times during the year.

Please do not leave valuables unattended in the locker rooms; bring a lock or keep bags on the pool deck. FOG is not responsible for lost or stolen items.

It is a privilege for FOG to practice at SI and we expect swimmers to respect the facility including the pool deck and locker rooms at all times.

