



2020
Family Handbook





Table of Contents

A Message from the President	3
A Message from the Coaches	4
Board of Directors	5
10 Commandments for Swim Parents	6
Code of Conduct.....	7
Country Club Dress Code	8
Roles and Responsibilities.....	9
Team Website	10
Signature Page.....	11



A Message from the President

Sea Lions Families,

Welcome to the 2020 Sea Lions swim team season. Last season we made history with our 15th consecutive county win! We had a great year and broke many records through the hard work by everyone – kids, coaches and parents. Without everyone doing their best and bringing out the best in these kids, we would not be able to reach our “personal bests”.

We are blessed with the talent of our coaching staff from Ethan Hall (Aquatics Director), Scott Mendelsohn (Sea Lions Head Coach), Julio Enciso and Jackson Cardinal down to our group of Junior Coaches. With our extraordinary coaches, the support of Sea Lions Parents, and 110% effort by the kids, our swim team will master swim techniques, reach their personal goals, AND have lots of fun!

I hope you are as excited as I am about the great year we have planned with both swimming and social events. See you on the pool deck!

Best Regards,

Rick Iversen
President



A Message from Your Head Coach

I'm excited to see what the Sea Lions will accomplish in 2020 and to work with all of you – parents and swimmers. For the last 15 years, winning County has been a byproduct of the coaching staff working together to bring out the best in each and every swimmer. This is our mission statement and our passion.

Our coaches will work every day to engage and support every swimmer, and to remind them we care and that working hard to reach their goals applies to all aspects in life, not just athletic excellence.

Whether we have new coaches, new swimmers, or returning swimmers moving into new age groups - each season brings its own challenges. How we succeed will be determined by how we work as a team. A “winning” team is not defined by medals or trophies, it's about understanding and living the team concept and by having strong values. You can't be an individual on this team and be successful – we train together and support each other.

Our Sea Lions program is unique where every swimmer gets what they want out of it – from hanging out with friends, getting in shape, to winning events. We don't take being your coach lightly and work hard to earn those Sea Lions stripes. You will not find a more skilled or devoted group of coaches anywhere. We take pride in being a part of the Sea Lions family and an important part of its future.

Sincerely,
Scott Mendelsohn
Sea Lions Head Coach

2020 Sea Lions Board of Directors

President	sneddenrock@gmail.com	Rick Iversen
Secretary	dave@arnesonhomes.com	Dave Arneson
Treasurer	CCSLAcctsPayable@gmail.com	Christine White
VSA League Rep	btfmd@aol.com	Brad Flagg
Club Aquatics Director	headcoach@crowcanyonsealions.com	Ethan Hall
Swim Team Head Coach	headcoach@crowcanyonsealions.com	Scott Mendelssohn
Parent/Coach Liaison	oxborrowk@gmail.com	Kyra Oxborrow
Meet Director Website Master	MeetDirector@crowcanyonsealions.com	Amanda Berry
Computer Statistician	Computers@crowcanyonsealions.com	Luke Inman-Semerau
Job Coordinator	Jobs@crowcanyonsealions.com	Megan Foseid
Registration Communications	SeaLionsCommunications@crowcanyonsealions.com	Juliana Coleman
Fundraising Chair	MonicaJacquay@gmail.com	Monica Jacquay
Social Chair	LisaNeel@yahoo.com	Lisa Widmer
Awards	Leena.Hung@gmail.com	Leena Hung
Facilities	manuel@psselectronics.com	Manuel Escobar
Team Apparel	dora@seasontees.com	Dora Jih-Schiff

The Board has provided the team with a Parent/Coach Liaison to assist as issues arise. Please direct any communication regarding an issue or complaint via email to the Parent/Coach Liaison. The liaison will acknowledge receipt of the communication, assess the issue, and address/resolve as appropriate.

The liaison facilitates communication between parents and coaches, and provides support to the coaching staff throughout the season. The Liaison and Coaches will do their best to respond as quickly as possible. If issues are of a private nature, please know they will be treated with the utmost sensitivity. Should the matter require further attention, the parent may request a meeting with the Executive Board.

10 Commandments for Swim Parents

- 1. Thou shalt not impose your ambitions on thy child...**Progress happens at different rates for each swimmer. Don't push them based on the performance of other athletes or what you think they should be doing.
- 2. Thou shalt be supportive...**the only question to ask a swimmer after a practice or a competition is, "Did you have fun?"
- 3. Thou shalt not coach thy child...**Let the professionals do the coaching. Just tell them how proud you are, love and hug them – no matter what.
- 4. Thou shalt only have positive things to say at a swim meet...**be encouraging!
- 5. Thou shalt acknowledge thy child's fears...**A first swim meet, 50 yard event, or 100 IM can be stressful. Assure your child that the coach would not have suggested the event if they didn't think your child was ready.
- 6. Thou shalt not criticize the officials...**they are volunteers and doing their best. Before you criticize, train to be one and walk in their shoes for a day.
- 7. Honor thy child's coach...**the bond between coach and swimmer is special. Be supportive, and don't criticize the coach in front of your child.
- 8. Thou shalt be loyal and supportive of thy team...**Find a home team. Every team has its own challenges, and the water isn't necessarily bluer in another team's pool.
- 9. Thy child shalt have goals besides winning...**Most successful swimmers focus on the process and not the outcome. Give each race your best and you will be proud of how you did.
- 10. Thou shalt not expect thy child to become an Olympian...**There are about 280,000 athletes in USA Swimming, and only 52 spots on the Olympic Swim Team every four years. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and more...These intangibles will outweigh any ribbon or medal they earn.

Crow Canyon Sea Lions Swim Team

Code of Conduct

The primary goal of our swim team and VSA League is to provide a safe enjoyable environment that enables our children to develop as athletes and good citizens. All swimmers and parents must read the following code of conduct, and by joining the Sea Lions, you are agreeing to adhere to these rules.

SWIMMERS

- Always treat teammates, opponents and coaches with respect.
- Obey the rules of the VSA League.
- Respect and accept the decisions of judgment officials with grace.
- Accept the responsibility and privilege of representing our team and the VSA League.
- Be humble when you win and gracious when you lose.
- Criticizing, name calling, bullying, taunting, physical abuse, harassment, abusive language and/or gestures will not be tolerated
- Use of alcohol, tobacco, drugs, unapproved stimulants or performance enhancing supplements will not be tolerated.

PARENTS / ADULT SPECTATORS

- Parents are encouraged to watch practice from time to time, but please do not communicate with your swimmer during practice as it competes with the coach for your swimmer's attention.
- Please do not interrupt the coaches while they are coaching or during a swim meet. If you need to communicate with a coach, please email the Parent/Coach Liaison.
- Be a positive role model for all swimmers and encourage good sportsmanship at all times.
- Fulfill your volunteer obligations.
- Refrain from negative comments directed towards your own child or other children during practices or meets. Remember – parents are as much a reflection of our team as the swimmers themselves.
- Parents are expected to not overindulge in alcohol to the point of obvious intoxication, and/or losing their sense of responsibility.

Code Enforcement

All Crow Canyon Sea Lions swimmers, coaches, parents and spectators shall abide by the Code of Conduct. If you are not in compliance with our Code of Contact, you are not considered a member in good standing.

Code infractions or complaints should be emailed to Rick Iversen (Board President at sneddenrock@gmail.com). Once an issue is raised, the Board President will investigate and review findings with the Head Coach, Aquatics Director and/or Board as deemed appropriate for the complaint.

Consequences for most violations will map to the following outline. However, depending on the severity of the issue, the Executive Board, Head Coach and Aquatics Director reserve the right to accelerate the consequences to resolve the situation.

Swimmer Code of Conduct Violations

1. Warning by Head Coach
2. Meeting with Head Coach and Board President to discuss. Suspension from practice, swim meet(s) and/or swim activities may be assessed.
3. Mandatory meeting with Head Coach and Board President. Suspension from all practices, swim meets and team activities until process is completed and resolution is reached.
4. Removal from Sea Lions Swim Team.

Parent Code of Conduct Violations

Should any parent or guardian conduct himself or herself in such a way that brings discredit or discord to the Sea Lions Swim Team, they will be subjected to disciplinary action to be determined by the Executive Board. The Board maintains the right to administer consequences including and up to terminating swim team membership in the interest of the team's vision, mission and objectives.

Country Club Dress and Conduct Code

The Vintage – Casual attire is permitted in The Vintage including golf shoes, golf or tennis attire, and denim. Swimsuits are not permitted without a cover-up. Bare or stocking feet are not permitted anywhere in the Clubhouse. Men may not wear tank tops or sleeveless shirts.

Swimming Pool – Proper swimwear is required. We are a family club. Bathing suits are not to be worn in the Clubhouse without a cover up.

Locker Rooms / Spa / Sauna – Children under the age of 14 must be supervised at all times by an adult. Special care should be taken to leave the area clean. Always be respectful of other club members and staff.

Children's Code of Conduct—Children under the age of 18 are permitted access to the Clubhouse with the understanding that they conduct themselves appropriately. They are not allowed to loiter, romp or play in the Clubhouse. Parents or other adults bringing young children into the Clubhouse must keep them in their immediate presence and under their control.

Roles and Responsibilities

Coaches

- Teach all swimmers the fundamentals of competitive swimming.
- Consistently provide instruction, advice and encouragement during practices and meets.
- Provide feedback to swimmers on race performance, suggestions for improvement, and/or explaining disqualification infractions.
- Actively develop “team spirit” among the swimmers by instilling pride, self-esteem and an overall positive attitude.
- Encourage swimmers to use “cheers” and banners as a part of their sportsmanship.
- Conduct themselves as role models at all times by setting good examples for punctuality, appearance, language, attitude, sportsmanship, team spirit, and character.
- Place swimmers in events for swim meets. In general, swimmers will be placed based on their best times from the most recent meet. Ideally, each swimmer will swim at least two individual events at each meet in which they participate.
- Head Coach will attend Sea Lions Board meetings and represent the coaching staff and swimmers to make the team the best it can be.

Swimmers’ Responsibilities

- Treat coaches, parents, and each other respectfully.
- Arrive at practices and meets on time. Begin workouts and warm-ups on time.
- Always listen carefully to instructions.
- Work hard to improve your stroke techniques as instructed by coaches.
- Be mentally engaged in all practices and races. Swimming is an intellectual sport.
- Pay attention to the order of events at meets. Be focused and ready to swim.
- Talk to a coach before and after you swim an event to get tips and advice. Accept constructive criticism as well as you accept praise.
- Sign out of meets well in advance if you will not be able to swim.
- Always give 100%, even when you may not want to - be willing to make sacrifices for the team.
- Enjoy improving, competing, and supporting each other.
- Always demonstrate good sportsmanship toward other teams and your teammates.
- Have a fun summer!

Parents’ Responsibilities

- Support and encourage the team – all its swimmers and coaches. Encourage your swimmer to maintain high attendance at practices, swim meets and team social events. It’s more fun when everyone participates!
- Fulfill Volunteer (Jobs) Requirements. Our swim team is a parent run organization. Without the full support of our parent volunteers, a great swim season will not happen.
- **Because of the importance of each and every job being filled at every meet, the Sea Lions Board, CCCC, and Sea Lions Coaches have a No Tolerance Policy for missed jobs or unregistered jobs.**

- The number of jobs assigned to families for dual meets will be determined at the start of the season based on the number of families registered and the number of swim meets for the season.
- Invitationals (i.e. Woodlands), VSA Championship, County are not included in this number. Families attending these meets will be required to sign up for a job for those meets. Winning “no jobs” at the 2019 Sea Lions Auction does not exempt families from these meets.
- All families are required to work or hire out the assigned number of jobs whether their swimmers attend one or all dual meets. Families may sign up for more than one job per meet in order to fulfill this obligation.
- We know that things happen and understand. However, it is ultimately the responsibility of the family to ensure the job for which they have signed up is done (i.e. trade with another family, hire out the job to an appropriate person).
- A “For Hire” list will be made available at the beginning of the season, and any questions should be directed to Megan Foseid at Jobs@crowcanyonsealions.com.
- **Penalties for Missed jobs are as follows**
 - **1st Missed job - Warning and \$50 fine**
 - **2nd Missed job - \$100 fine** and your Sea Lions account will be suspended until you have met with the Board to review the situation. The Board will make a final decision as to the penalty, which may be a multi-meet suspension, or up to a full season suspension (i.e. removing your swimmer(s) in the current season). You may also be put at the bottom of the waitlist for the subsequent season.
 - **3rd Missed job** – TBD by the Board; Possible termination of swim team membership.

Team Website

www.crowcanyonsealions.com

Our website is host to very important swimmer, parent, and team information and should be checked frequently. Please make sure you "Sign In" with your account information to see all available information. Most tabs on the main menu are not visible unless you are signed in.

In addition to being able to sign in or out of meets and seeing your own child's swim times, most questions our families have may be answered by visiting the team's website. Please take a few moments to peruse the site and become familiar with the Tab and Sub-tab system.

All swim meets, social and team events will be listed under the "Events" tab. Emails regarding swim meets, social/team events, fundraising, and "jobs" will be sent once the season starts.

