



Dear SCSC Swim Families,

Thank you for choosing SCSC as your home for competitive swimming. The structural changes to the team made for the 2021-2022 season yielded many gains from an athlete and team development perspective. For this coming season, the adaptations have continued, further streamlining the team structure with the goal of increasing character development and performance at every level.

Please read through this registration information carefully. Completing the online team registration is the only way to secure your placement on the competitive team for the 2022-2023 season. Completion of team registration indicates your agreement to annual dues, meet and event charges, service requirements, and the fundraising program. It also indicates athlete and parent agreement with team policies and procedures. Payment of the annual registration fee(s) is necessary to complete your registration process.

Thank you for choosing SCSC as your home for competitive swimming, we are looking forward to the upcoming season and having your family be a part of it.

Whom to contact with registration questions:

Laurie Morrin: scscmanager@swimscsc.com

Whom to contact with training group assignment questions:

Courtney Beach: cbeauch@swimscsc.com

To register:

Step 1) From the SCSC [website homepage](#): Click the registration button on the website to start the team registration process. You will need to select your training group assignment, initial key areas, and make a payment to complete the team portion.

Step 2) Starting September 1, the USA Swimming annual registration portal will open. SCSC will send families the team's specific hyper link to the USA Swimming website enabling families to complete the USA Swimmer portion of registration. **This step needs to be completed by September 12, 2022.**

Important dates:

- July 25 - August 2: Registration is open to currently registered and active families. Annual registration fee(s) will be charged upon completion of the registration process
- August 3: Registration opens for all new members as well as suspended accounts from previous seasons. Annual registration fee(s) will be charged upon completion of the registration process.
- September 1 - May 1: Monthly dues are billed on the 1st of each month
- August 29: First day of SCSC team practices. Week 1 will be a "soft start" with fewer practices offered.



Team Structure

SCSC will have two main divisions where swimmers are placed, Age Group and Senior. These divisions are based on the competitive age of the athlete at their end-of-season meet. The training groups within each division have overlapping goals but aim to dig deeper into skill set development and conditioning specific to the swimmers' ability and needs. Swimmers are placed into specific training groups based on many criteria, including their commitment to the program, training maturity, and aerobic freestyle/IM/kicking capacities and speed. This structure allows the formation of cohesive training groups to ensure each athlete is pushed both in their areas of strengths and weaknesses.

In every training group, developing positive and strong character traits is at the core of everything we do. Swimming is used as a vehicle to teach athletes how to be respectful and accountable, set goals, overcome challenges, and realize the benefits of making good decisions in a long-term process. The byproduct of athletes making strategic and sound decisions is achieving their goals, in and out of the pool.

Age Group: FUNdamentals > Learn to practice > Learn to Train

Age Group Prep focuses on establishing a strong foundation of practice skills and terminology in a fun, structured environment. The curriculum emphasizes the building blocks of each Olympic stroke that the swimmer will build upon throughout their swimming career. Coaches will focus on developing well-rounded swimmers, competing in all four strokes to expand the number of avenues of development and success.

Age Group Blue focuses on expanding the breadth of skills and language around swim training in an engaging environment and encourages long-term participation in swimming. "Learning to Train" is a critical piece in the athlete's career, as it sets swimmers up for a steady trajectory toward more advanced levels of swimming. This includes preparing swimmers to use the clock for interval training, which is a cornerstone in all swim training beyond this group.

Age Group Orange practices bridges the gap between "learning to train" and "training." Although practices will include progressive training sets to push swimmers physically, the backbone of practice is still technique-driven. Swimmers will compete in the 4 Olympic strokes, building their proficiency and competitiveness in the individual medley (IM). Focusing on the IM allows swimmers the most versatility as they progress through their careers, creating the foundation to achieve their true potential.

Age Group swimmers are expected to compete in all home meets and any appropriate state or regional level meets they qualify for.



Senior Division: Train to Compete > Compete to Excel

In the Senior Division, practices test the swimmer's skills and habits through training sets designed to push them mentally and physically. Training will have a learning focus; however, the athlete's knowledge, self-discipline, and proficiency are tested by the intensity and duration of specific sets. Each group in the Senior Division has specific training criteria to ensure athletes are surrounded by teammates of similar training ability. This allows for more targeted training to push athletes further in the sport's mental and physical realms.

As swimmers move to higher levels within the Senior Division, coaches lead athletes to take ownership of their sport. Ownership is a critical piece for athletes to achieve their true potential in and out of the water; it is also the pathway to experiencing fulfillment, achievement, and success. Swimmers are also introduced to collegiate opportunities and guided through the recruitment process. Desirable recruits show versatility in strokes and distances, therefore the development of all strokes remains a focus for every athlete.

Coaches will lead athletes in setting both process and outcome goals, teaching athletes to create small steps that lead to long-term accomplishments. Individualized and objective data is used to help each athlete stay on track as they navigate the peaks and valleys of physical development. Senior Division athletes compete at the local, state, regional, and even national levels depending on the swimmer's performance ability. Exposure to higher-level competition allows the athlete to understand what their next level of performance can look like.

See the training group chart for more specific information.



Training Group	Group Criteria for Training				Practices per Week	
Age Group Prep	Age	Freestyle	IM	Kick	Swim	DL
	12&U	Fundamental	Fundamental	Fundamental	3	2
Age Group Blue	Age	Freestyle	IM	Kick	Swim	DL
	12&U	Intro to Intervals	Intro to Intervals	Intro to Intervals	3	2
Age Group Orange	Age	Freestyle	IM	Kick	Swim	DL
	12&U	1:45	2:00	2:15	4	2
Senior Prep	Age	Freestyle	IM	Kick	Swim	DL
	13&O	>1:35	>1:50	>2:05	4	2
Senior White	Age	Freestyle	IM	Kick	Swim	DL
	13&O	1:35	1:50	2:05	5	2
Senior Blue	Age	Freestyle	IM	Kick	Swim	DL
	13&O	1:25	1:40	1:55	6	3
Senior Orange	Age	Freestyle	IM	Kick	Swim	DL
	High School	1:15	1:25	1:45	7	3
Senior Gold	Age	Freestyle	IM	Kick	Swim	DL
	High School	1:10	1:20	1:35	8	3

**The times listed below "Freestyle," "IM," and "Kick" reflect the 100-yard interval times that swimmers within the group can train on. "Training" on these intervals means the swimmer can make the interval, recover, and maintain habits and skills for an aerobic duration, 20-60 minutes, depending on the group.*

***The number of practices per week for swimming and dryland is based on what we will offer after the high school season concludes, roughly mid-October. During the high school season, SCSC lane space is limited due to more programs and teams utilizing the recreation facilities.*



2022-2023 Registration Fees and Monthly Dues

Practice Group	Team Registration Fee (per swimmer)	USA Swimming Registration Fee (per swimmer)	Monthly Dues (per swimmer; billed Sept 1 - May1)
Age Group Prep	\$250	\$98	\$100.00
Age Group Blue	\$250	\$98	\$125.00
Age Group Orange	\$250	\$98	\$155.00
Senior Prep	\$250	\$98	\$155.00
Senior White	\$250	\$98	\$200.00
Senior Blue	\$250	\$98	\$250.00
Senior Orange	\$250	\$98	\$275.00
Senior Gold	\$250	\$98	\$295.00

Discounts and fees:

- Swimmers of active-duty service members qualify for a discounted registration fee with proper military ID. Please contact Robin Adams at admin@swimscsc.com, if your swimmer qualifies for this discount.
- In an effort to mitigate bankcard processing fees which were in excess of \$20,000 in previous seasons, SCSC encourages all families to set up payment through a secure direct draft of a valid checking or savings account, via the Automated Clearing House (ACH). For the 2022 – 2023 season, all bankcard payments (credit and debit cards) for monthly dues and fees will be subject to a 3% processing fee. There are no fees or surcharges associated with ACH payments.
- When registering your child(ren), a valid bank card is required, as the registration platform does not currently accept bank drafts. There will be NO 3% surcharge on fees for registration.

What does the annual registration fee pay for?

- 3 team T-shirts, a latex team swim cap, and required operating, programming, and administrative fees.
- The annual registration fee is not refundable.

What do the monthly dues pay for?

- The monthly dues pay for expenses incurred by the competitive team, including coaches' salaries, pool rental and maintenance fees, lifeguards, and safety equipment. Monthly dues do not include fees for meets and events, practice equipment, or other related charges for participating in SCSC member activities.



When do payments begin?

- Monthly dues will be charged to active accounts on the first of each month from September 1 through May 1. Although June and July will not have dues charged to accounts, programming will run as scheduled through the end of the Long Course season.
- Additional fees will also be billed the 1st of every month, such as event participation fees, swim caps, private lessons, or travel costs, for expenses incurred the previous month.
- For the 2022-2023 season, all bankcard payments for monthly dues and fees will be subject to a 3% processing fee. SCSC encourages all families to set up payment through ACH or bank draft, directly from a checking or savings account, to avoid this surcharge.

What if my swimmer withdraws from the program?

- You must notify both your swimmer's coach and the team manager at scscmanager@swimscsc.com that you are withdrawing. **A 14-day written notice is required before billing will be suspended. Click here for the [Withdrawal Form](#)**
- Additional fees and obligations may be incurred. Please review the requirements for fundraising and volunteering.
- Please be aware that suspending membership may result in loss of roster position.

Dues/Payment Policies

- Parent or guardian agrees to pay the 2022-2023 monthly dues pertaining to each swimmer's practice level.
- Monthly payment is due on the first day of each month and is paid through TeamUnify's online autopay system. Monthly dues are payable in advance.
- If the monthly dues payment is not received in full by the 15th of the month, a late fee of \$25 per month will be assessed to the family's account. Accounts with payments past 30 days due will not be able to participate in competitions. Accounts past 60 days due will not be able to participate in practices until the account is brought up to date.
- Families must have an active checking or savings account or a valid Visa, MasterCard or Discover on file in the Team Unify system. Failure to maintain valid payment information can result in failed payments and late fees.
- All bankcard payments will be subject to a 3% processing fee. There are no fees or surcharges associated with ACH payments.
- If a swimmer is transferred to a different practice group by the coaching staff, the monthly dues shall be adjusted to that of the swimmer's new group. The coaching staff determines all group placements at SCSC.
- Monthly dues do not include event participation fees, additional costs for practice equipment, private lessons, or travel costs. These are invoiced during the month in which the event or purchase takes place and billed the first of the following month.



Pool Locations are designated as follows:

Mount Pleasant Registrants

PW – Park West Center: 1251 Park West Blvd

RLJ – R. L. Jones Center: 391 Egypt Road

North Charleston Registrants

NCAC - North Charleston Aquatic Center: 8610 Patriot Blvd

Fundraising and Volunteering

Fundraising Requirements

The SCSC fundraising program is a way for member families to support critical expenses that are beyond the operational budget of the club. The 2022-2023 fundraising program will support the following expenses:

- Coach education and development.
- Coach travel and lodging at meets.
- Financial Aid and outreach programs.
- Any remaining balance will be used for capital improvements for long term growth.
- There is a \$100 yearly fundraising requirement per swimmer for all swimmers. For example, if a family has 1 active swimmer the fundraising requirement is \$100. Families with two active swimmers are required to raise \$200, and so on.
- The main fundraising opportunities include Swim-A-Thon and community/business sponsorships. In addition, member families can bring forward other ideas that they want to lead. If you are excited about an opportunity that can contribute towards fundraising, or have questions, please contact sponsorship@swimscsc.com
- Fundraising monies should be raised prior to November 15, 2022. Shortfalls will be billed on December 1, 2022.
- If your swimmer leaves the team prior to November 1, 2022 you will not be responsible for the fundraising requirement. If your swimmer leaves the team after November 2, 2022 or if you have not completed all fundraising requirements, your account will be assessed the unearned amount upon withdrawal. All unearned fundraising monies must be paid before your swimmer(s) will be allowed to re-register for the new swim season. The Parent Board will consider extenuating circumstances prior to assessing any shortfalls.

Volunteer Requirements

- SCSC is a volunteer-driven organization, and volunteers are critical to the success of our team. Families of swimmers are required to participate through a minimum level of volunteer points. The commitment for Age Group Prep and Age Group Blue swimmers is to earn a minimum of 3 volunteer points. All families with swimmers participating in any other group of the program will have a minimum commitment of 5 volunteer points.
- Volunteer points can be earned by actively participating in SCSC-sanctioned events, including but not limited to meets, holiday training activities, team fundraisers, group team parent, committee participation, etc. One volunteer session typically equals one volunteer point and typically represents 3-4 hours of service. Other activities may qualify for volunteer points throughout the season. Opportunities will be posted on the website or communicated by email.



- For 2022-2023, SCSC will host at least 7 home meets plus several team events, giving families several opportunities to earn volunteer points. Should the team be unable to hold these events due to variables outside of our control (ie COVID) the board will re-assess the number of required volunteer points.
- **In order to volunteer and earn volunteer points, you must have completed the Safe Sport for Parents Requirement.** [Click here](#) to read more about Safe Sport and [click here](#) to take the short Safe Sport for Parent's course (register as a non-member). **Non-member Safe Sport certification is good for 2-years.** Any questions on Safe Sport, please contact Laurie Morrin at SCSCmanager@swimscsc.com.
- If your swimmer leaves the team prior to prior to November 1, 2022, you will be responsible for 1 volunteer point. If your swimmer leaves the team from November 2, 2022 through May 31, 2023 or if you have not completed all volunteer points, your account will be assessed \$100 per unearned point.
- It is SCSC's strong preference that families and members volunteer to earn the required amount of points per account. In cases that all points are not earned, your account will be charged \$100 per unearned point. All unearned volunteer points must be paid before your swimmer(s) will be allowed to re-register for the new swim season. The Parent Board will consider extenuating circumstances prior to assessing any fees for unearned points.

Safe Sport Requirement

South Carolina Swim Club is proud to be a USA Swimming recognized Safe Sport Team. SCSC, together with USA Swimming, is committed to raising awareness about prevention of abuse in the sport. We believe that all swimmers should enjoy a fun, healthy, safe environment in the sport of swimming. USA Swimming has developed a program called Safe Sport which helps to educate swimmers and parents to:

- Understand the scope and effects of abuse in sport
- Recognize the signs of grooming behavior and boundary violations
- Understand how to establish boundaries and protect against false allegations
- Know how to react and report when you suspect abuse

This is an important topic and one that SCSC believes all benefit from learning about. With this in mind, SCSC is requiring all parents to participate in the Safe Sport Training for Parents. In addition, in order to volunteer to earn your volunteer points, each volunteer must be Safe Sport certified. To participate in the short, 30 minute course, please [click here](#) (register as a non-member). **Send the PDF certificate of completion to Laurie Morrin for team tracking purposes.** If you have any questions, please contact Laurie Morrin at scscmanager@swimscsc.com

Team Policies and Agreements

Volunteer Requirement Agreement

- As a parent of a SCSC member, I agree to complete the required number of volunteer points for the short course season by May 31, 2023 or pay \$100 per unearned volunteer point which will be assessed to my account. Accounts earning their minimum number of volunteer points after May 31, 2023 will be reimbursed accordingly.
- I acknowledge that in order to volunteer and earn my volunteer points, I must complete the [Safe Sport for Parents course](#).
- I acknowledge that any exceptions to the above requirements must be submitted in writing and approved by the Parent Board.



- I agree that I am subject to pay any and all outstanding assessments in order to rejoin SCSC after an absence from the team.

Team Policies

- As a parent of a SCSC member I agree to and I agree both athlete & parent have read and understand the following policies & waivers, available at : www.swimscsc.com in the documents section:
 - [SCSC Code of Conduct / Team Travel Policies](#)
 - [Drugs, Alcohol, and Tobacco Policies](#)
 - [SCSC Parent Code of Conduct](#)
 - [SCSC Anti-bullying Policies](#)
 - [SCSC Safe Sport Policies](#)
- Violations of team policies posted on the website may result in suspension or termination of membership at SCSC. These policies and releases have been created to ensure the safety of SCSC members and staff and promote the betterment of SCSC as an organization.

Liability. Medical Release. Team Travel Waiver

- I hereby acknowledge that my child(ren) is/are physically fit and capable of participating in all swim team activities.
- I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any employee, coach, director, parent chaperone, and volunteer associated with the SCSC to seek and give appropriate medical attention for my child(ren) in the event of accident, injury, or illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment. Permission is hereby granted for the attending physician and/or hospital at the discretion of the coaches or chaperones of SCSC to perform whatever care is necessary for the welfare of my child until such time as you are able to reach me personally.
- I hereby waive, release and forever discharge SCSC and any employee, coach, director, parent chaperone, and volunteer from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in SCSC activities, including training sessions and/or team travel activities, whether or not damages or loss is due to negligence.
- 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 SCSC.

SCSC Photography Policies

I hereby authorize SCSC to use photographs and/or video of me, my child(ren), and/or my property and authorize the club and its assignees, licensees, legal representatives and transferees to use and to publish (with or without my name, child/children name(s), company name, or with a fictitious name) photographs, pictures, portraits or images herein described in any and all forms of media and in all manners including composite images or distorted representations and for the purposes of publicity, illustration, commercial art, advertising, publishing (including publishing in electronic form or internet websites), for any product or services, or other lawful uses as may be determined by SCSC for as long a time period as



SCSC determines the usage thereof is necessary. I further waive any and all rights to review or approve any uses of the images, any written copy or finished product.

If you wish to have your swimmer not photographed for the team website and social media, and you wish not to have their names announced at meets, please contact Laurie Morrin at scscmanager@swimscsc.com for additional documentation.

In the case of open meets and other competitions where the host club has an official photographer present, all parents attending should be made aware of this in your meet information. If photos are to be published anywhere, the individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

All photographs must observe generally accepted standards of decency in particular:

- Action shots will be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots will not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs will not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs will not be taken in locker-rooms or bathrooms.