

# OCEANSIDE SWIM CLUB HANDBOOK



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OSC is a 501(c)(3) nonprofit organization affiliated with  
San Diego-Imperial Swimming ([www.si-swimming.com](http://www.si-swimming.com))  
USA Swimming ([www.USAswimming.org](http://www.USAswimming.org))

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## Introduction

Oceanside Swim Club is a non-profit organization dedicated to providing a fun, safe, and competitive atmosphere for your children. We are a year-round competitive swim team offering high quality professional coaching for swimmers ages 5 to 18 years old.

The goal of our team is to provide every swimmer an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor. We want to encourage our swimmers to aspire to be the very best they can be, not only while with the team, but in all areas of their lives.

We believe children and youth can develop not only the techniques and skills of specific strokes and events, but also self-confidence, discipline, a sense of teamwork and an affinity for physical fitness.

## Practice Groups

OSC has five practice groups at this time:

- **“Silver”** In this introductory group, the emphasis is on developing the fundamentals of the four strokes by means of drills and fun sets that create an enjoyable atmosphere for instruction. This group practices for one hour twice a week.
- **“White”** Swimmers that can perform the four basic strokes, and are ready for refinement of their skills. Emphasis is on more stroke drills, starts and turns, and the basic rules of competitive swimmer. This group practices three times a week for one hour.
- **“Red & Blue”** A transitional group where swimmers move from stroke technique emphasis to a balance of instruction and actual competitive training. Refinement of stroke technique is important, but greater emphasis begins to be placed on learning how to train. This group practices three times a week for an hour and a half.
- **“Gold”** The more skilled and experienced age group swimmers. Emphasis is on serious training for competition. The swimmers participate in a rigorous work program designed to prepare them for the stress of competition in High School swimming. This group practices five times a week for two hours.
- **“High School Athlete”** This group is available to *existing* OSC athletes who need a more flexible schedule. Primarily for high school students who would like to continue to refine their strokes while maintaining their endurance level. Swimmers in this group join the Gold group up to twice a week.

## Practice Schedule

The team practices Monday-Friday, except major holidays. Practices may also be cancelled due to conflicts with local high school swim and water polo teams who share the facility with us.

**The normal practice schedule is 5:00-7:00 p.m. during the school year. Due to pool availability, the practice is shifted to 5:30-7:30 p.m. during the city’s summer swim lesson sessions (approximately June -August).**

## Fees

With its long history and ties to the City of Oceanside, the Oceanside Swim Club has among the lowest fees of any swim team in North County San Diego. Our current fees are found on our website, oceansideswimclub.org. For those who cannot afford the full fee, partial scholarships are available for families that meet the criteria and who are willing to volunteer their time for activities that support the club. See our website or contact a board member for more information. Swimmers who need occasional and or temporary swim access (e.g. high school swimmers and water polo athletes during school vacations or the off-season) may pay the “Off-Season” rate of \$50/month which can be started or cancelled at any time. However, swimming only part of the month will still result in a \$50 charge for the month. Consult with a board member for more information on this policy.

We will use the Team Unify invoicing program which will generate a monthly invoice on the first of each month. Payments can be made electronically on the Team Unify site or by cash or check. Cash or check payments should be submitted in a sealed envelope with the swimmer’s name(s), a reference to the fee (i.e. monthly dues, team jammer, etc....) and be given directly to a board member. If a board member is not present, payments can be left in the mailbox found in the shed located in the northeast corner of the pool deck. Because we are a year-round club, registration can happen at any time during the year. However, because of our billing system and our dependence on membership, **families are required to provide one month’s written notice for any temporary or permanent leave from the club.** Failure to do so may result in an additional month of billing. Exceptions will be made for emergency or unforeseen family situations.

## Swimmer Expectations—Rules of Conduct

Oceanside Swim Club Parents and Athletes must treat membership with the club as a privilege and acknowledge the rules and responsibilities that come with membership.

Athletes must behave in a manner that reflects positively on the team at all functions, including practice, meets and team social gatherings. By doing so, you help protect and improve OSC’s reputation within the swimming and local communities.

While at practice or a swim meet, athletes are required to follow these specific rules:

### *Practice Behavior*

1. Follow all coach’s instructions
2. Respect your teammates
3. Do not interfere with the progress of another swimmer during practice
4. Do not leave practice without notifying your coach
5. Follow the facility/pool rules of any pool where OSC practices are held
6. Follow the instructions from pool staff/lifeguards
7. Do not use the starting block unless you have been asked and are supervised by your coach
8. Do not run, push, or horse play in or around the pool
9. Do not threaten/insult any team members, nor use inappropriate or foul language of any kind

### *Swim Meet Behavior*

1. Accept the responsibility of attending meets in association with Oceanside Swim Club and recognize that they represent the team
2. Display the proper respect and sportsmanship toward coaches, officials, meet administrators, parents and fellow competitors
3. Recognize that team meets are a privilege and not a right
4. Meet with their coach before and after each event
5. Notify their coach prior to leaving the meet

### **Consequences of Conduct Violations**

- I. Swimmers who are unable to follow these rules will receive a verbal warning from the Swim Coach.
- II. Swimmers who continue to violate the rules of conduct after the verbal warning will be asked to leave the pool or wait on deck until transportation becomes available. These swimmers will not be allowed back on deck for the next 5 practices.
- III. Swimmers removed from two practices or meets will be suspended from the club for 1 month. Any remaining portion of dues for that month will be forfeited.
- IV. Swimmers removed from more than two practices or meets will be suspended or terminated from the club at the board's discretion. Any remaining portion of dues for that first month will be forfeited.
- V. Swimmers who put themselves or others in danger due to their behavior will be immediately suspended or possibly terminated from the club without the opportunity of returning. Any remaining portion of dues for that month will be forfeited.

### **Swim Meets**

#### ***I. General Information***

OSC participates in meets sanctioned by San Diego-Imperial Swimming, a local committee of USA Swimming. On average, the team participates in one meet every month, usually in North County.

Meets typically run on Friday afternoons, Saturday and Sunday. For many San Diego meets, the younger swimmers (5-12) swim in the morning, while older swimmers (13-18) swim in the afternoon. Events are timed by parent volunteers. A calendar of planned meets is posted on our Team Unify site at [oceansideswimclub.org](http://oceansideswimclub.org) under the Events tab. Although, we would love to see your children swim in the meets, it is not required. In order to participate in these meets, your child must be registered with USA Swimming to obtain a Swim Card ID. For more information please visit [usaswimming.org](http://usaswimming.org). At minimum we will host a registration drive every December for both new and returning members, though families can apply for a card at any time during the year.

#### ***II. Events and Qualifying Times***

Swim events are organized in **age groups**; typically: 6 & under, 7-8, 9-10, 11-12, 13-14 and 15-18. At other meets, age groups might range from 8 & under for the youngest to 13 & over at the

oldest. The **available events** depend on the age group. For example, the backstroke or breaststroke events for 8-year-olds might be 50 yards long, while the events for teenagers could be 100 or 200 yards.

For each age group and event there are **time standards** corresponding to different levels of performance: BB or Junior Olympic (JO). Swimmers without a prior time start at the C level, while achieving a JO (or better) time qualifies a swimmer to participate in regional or even national events.

Some meets are organized around time standards: a “BB Max” meet is for swimmers who do not have a “BB” or higher time, while conversely a “BB Min” meet is for those events where a swimmer has one or more BB qualifying time.

You can track your child’s swim times using our Team Unify site by clicking on the “My Results” button located in the “My Account Section”. You can also use a couple of different applications to track their times such as “Deck Pass” which is connected to USA Swimming.

### ***III. Steps to Register***

You must register for the meet using our Team Unify Site. Below is a list of steps to help you:

1. After clicking on the registration link in the meet email invitation, sign-in to your account
2. Click on the Signup Record pull-down and select Yes
3. Once yes is selected, you will see the events your child MAY be eligible to swim
4. You will also see the best times inserted into the Entry Time field and highlighted in yellow
5. Check the Checkbox to the left of the name for those events you would like your child to swim
6. Please take careful notice of the time standards that must be met in the right-side columns
7. Once you have finished, click on the Save Changes Button in the lower right
8. Repeat the process for additional swimmers
9. You will notice that Coach Approval column will indicate Pending after you submit
10. Please pay careful attention to:
  - Maximum Event Entry Limitations IF PRESENT. Click on the >>View if present.
  - Add any notes that you want the Coach or Administrator to see
11. Your coach or team administrator will review your declaration and APPROVE or REJECT your request and once they submit the final choices you will be able to review by signing in and clicking on the Attend This Event button for any events listed on our team website. Look at the Coach Approval column for the events that you have been confirmed to swim.

### ***IV. Meet Day Check-In***

- Plan to arrive early. Many of the meets have limited parking near the pool and you may have to walk a good distance after you park. So, give yourself enough time to park and walk back to the pool for check-in. Your swimmer may already be nervous enough and they don’t need the added anxiety of being late to their first meet.
- After you arrive the first thing to do is find the registration table and check-in. At most meets the child is required to do this on their own as many meet representatives don't allow parents to check their kids in. Parents can wait in line with their child but the swimmer will do the actual check-in.
- When the swimmer checks in, the meet representative will confirm the events the swimmer is competing in by giving their event numbers. Bring a permanent marker so the swimmer can write down the events on their arm.

- Sometime after all the swimmers have checked in, the meet representatives will post the heat and lane assignments. Since there are usually many more swimmers than lanes present at the pool, each event is divided into heats. Within each heat your swimmer will be assigned a lane and that's where you can expect to see them complete the event. Once these assignments are posted the swimmer can look for their name on the posting and find their corresponding heat and lane assignment. Again, this information can be written on their arm. (*Note: odd numbered events are usually the girl's events while the even numbered ones are for the boys.*) A very helpful app is "**MeetMobile**" which posts live updates, including heats and lanes, for every swim meet. There is a free version, but the paid version keeps all records of your swimmer's times readily available and is only \$6.99 per year.

#### ***V. At the Meet***

- Meets can get very busy and crowded depending on the host pool configuration. At most meets we will secure a team area with a canopy for at least the swimmers. Parents and other supporters are encouraged to bring chairs and or canopies for additional seating and shade. We will let you know when these items are unnecessary.
- Because your child's events may be spread out through the day, plan on bringing sunscreen, food, and drinks to last the day for both you and your swimmers.
- Additional tips & suggestions:
  - During the colder months, have your swimmers bring a warm-up suit/jammer and a competition suit/jammer. After the morning warm up they can change into their dry suit/jammer. This way they don't have to stay in a wet suit/jammer in the morning while it's still cold.
  - A couple of towels is also good idea if your swimmer is going to complete in multiple events throughout the day. This way they will always have a dry one. Some of the local swim shops also sell the chamois type towels, which pack smaller and stay pretty dry between events.
  - A back-up cap and goggles are always good to have for your swimmer or a teammate. You never know who will lose, break or forget their own gear.
  - Bring your camera. Photographs and videos are great ways to capture your swimmers progress. OSC enjoys collecting and sharing these photos with both club members and friends/supporters of the club. (*Please note: photography is NOT allowed behind the blocks.*)

#### ***VI. Most Common DQs***

- What is a DQ? A disqualification (DQ) is what occurs when a swimmer does a stroke improperly at a meet. The result of a DQ is the swimmer's time and place scratched from the event; essentially as if the swimmer had not competed. DQs are a disappointment, but will inevitably happen to every swimmer at some point. The following is a few of the most common disqualifications for each stroke along with some descriptions to better inform parents and swimmers what officials often look for.
- Freestyle
  - False Starts: Starting before the starting signal will result in a DQ. However, falling in after the official says "stand up" will NOT result in a DQ.

- Turns: Swimmers must touch the wall upon completion of each length. Occasionally, swimmers will flip turn too early and continue swimming even though no part of their body made contact with the wall. Doing so will result in a DQ.
- Backstroke
  - Finish: Swimmers must finish on their back for backstroke. Swimmers not confident in their stroke count from the flags often rotate onto their front before finishing.
  - Turns: When swimmers turn in backstroke, they have the option of doing a flip turn or touching on their back then doing an open turn. Flip turns are faster, but more complex. Swimmers are allowed one continuous stroke on their front before flipping—this means that the arm must continue to move; no gliding without movement. If swimmers choose to do an open turn, they must touch on their back like a finish.
- Breaststroke
  - Turns: A two-hand touch is required at each turn and finish. This means that both hands must make contact with the wall at the same time.
  - Underwater: After pushing off the wall, swimmers may do an underwater pullout for breaststroke. This is the most common DQ for breaststroke. Only one dolphin kick and one breaststroke kick are permitted underwater. Swimmers cannot start their stroke until their head breaks the surface. If a swimmer is not confident in their underwater pullout, it is recommended that they do not attempt to perform one at a meet. A regular streamline with NO kicks will suffice and will NOT result in a DQ.
  - Stroke: Swimmers who incorrectly swim breaststroke will get a DQ. This includes pulling the arms too low (past the chest) or doing any kick other than the breaststroke kick.
- Butterfly
  - Turns: A two-hand touch is required at each turn and finish. This means that both hands must make contact with the wall at the same time.
  - Underwaters: Swimmers are allowed to go as many underwater dolphin kicks as they would like up to 15 meters. Upon approaching the surface, swimmers will get a DQ for starting the stroke too early underwater. In other words, swimmers must be near the surface and able to complete a full stroke upon starting their arm movements.
  - Stroke: Swimmers who incorrectly swim butterfly will get a DQ. This includes the arms not coming out at the same time, the arms not fully coming out of the water (dragging), or doing any kick other than the dolphin kick.
- IM (Individual Medley)
  - The Individual Medley (IM) is an event that combines all four strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.
  - Turns: Improper turns are the most common reason for DQs in IM. The turns are all similar to each corresponding stroke. Butterfly must be a two-hand touch. Backstroke must finish on their back. Breaststroke must be a two-hand touch. Freestyle finish requires any part of the body to make contact with the wall. All turns require contact with the wall.
- More information regarding DQs can be found in the USA Swimming Rulebook.



### **Swim Gear**

OSC will either sell directly or take orders for various team gear including caps, suits, parkas and t-shirts. Many of these items will be sold on our Team Unify site, though some custom items like swimsuits will be special orders and will be placed as needed. Payment for all these items will be done using the Team Unify invoicing program.

### **Labor Day Pier Swim**

The club's main fundraiser is the Labor Day Pier Swim, which began in 1930 and is the oldest continually operated open water event on the West Coast. 2015 will mark the 86th annual event. The event runs in multiple heats (based on age groups), with the first heat usually starting at 8:30 a.m. This one-mile swim starts and ends on the beach. Schedule and registration information are available at the club website or at [labordaypierswim.com](http://labordaypierswim.com).

All OSC families are expected to volunteer at this event and are strongly encouraged to help with related event activities including: raffle ticket sales, soliciting event sponsors, and pre-event advertising.

### **Other Fundraising and Volunteer Efforts**

All OSC families are required to complete 20 hours of volunteer work with the club (per family). These hours can be earned by volunteering at:

1. Swim meets
2. Local area races (i.e. Iron Man, Mud Run, Tiki Swim, etc....)
3. Serving on the OSC board or assisting with other OSC committees

Please note that at most events we need as many people as possible. However, each family will only receive credit for one set of hours, no matter how many family members attend the event.

### **Conclusion**

Overall, we are very happy to have you swimming with the Oceanside Swim Club. If you ever have any questions please speak to one of the board members at the pool or contact us via email. Until then, happy swimming!