



SASO
Swimming

2019-2020 Team Handbook

YEAR-ROUND COMPETITIVE SWIM TEAM

TYR

Effective August 27, 2019

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Letter from Head Coach Ricky

SASO Swimmers and Families-

Thank you all for a great season. SASO experienced numerous successes in and out of the pool. All of this was due to the outstanding teamwork between the swimmers, parents and staff.

I look forward to the upcoming season and all of the opportunities that will be presented. This will include swim meets, team events and increased programming.

I would like to highlight a few areas from our previous season:

SASO experienced A LOT of success in the pool. Over 60 team records were broken this past season. Multiple SASO swimmers were ranked in the top 10 within Sierra Nevada swimming. Meet attendance has continued to increase-40 swimmers attended REAL champs to finish out the season. Travel included Senior Champs in Santa Cruz, Pacifica meet, USA Sectionals, CIF State Champs and Western Zones in Oregon.

SASO hosted the largest swim meet in Sierra Nevada swimming (in addition to hosting several other meets this past year.) Our November Fall Back Invite included 17 teams-875 swimmers from Northern California, as well as a team from Colorado. None of this would have been possible without the hard work of our dedicated parent volunteers. The meet allowed SASO to donate \$2,400 to the Camp Fire victims.

SASO has continued to grow and develop programs in our community. This included our summer lesson program (125 participants), youth water polo, improved summer practice schedules as well as increased involvement with other aquatics programs in our area.

There were many other events and meets that showed that our program continues to grow and thrive. These included are Spooky Stampede, team and group events, awards banquet, clinics, Blue and Gold meets, Santa Cruz training trip and more.

I am excited to see what the new season brings to SASO. We will begin in late August-starting with our fall stroke clinic to set the foundation for the season. We will be working with the team in the following areas in 2019-20:

Teamwork
Athlete, Parent and Staff Education
Stroke Technique
FUN

See you all at the pool.

Ricky Silva
Head Coach

About SASO Swimming

SASO Swimming is a USA Swimming, year-round, competitive youth swim team comprised of swimmers of all abilities. SASO competes in local, regional, and national level meets.

SASO Swimming is a member of Sierra Nevada Swimming LSC (Local Swim Committee) which includes numerous teams in Northern California. SASO offers additional programs including:

- Summer Recreational Program – Seasonal swimming for youth.
- USA Water Polo – Middle school and high school water polo.
- Swim Lessons
- US Masters Swimming

MEMBERSHIP

All SASO swimmers and families who are part of our USA Swimming team are considered **members** of SASO Swimming. Anyone who participates in recreational swimming, water polo, lessons, or masters are considered **participants** of SASO Swimming.

All members and participants will create a family account in Team Unify and are required to read and adhere to the SASO Swimming Code of Conduct. All families who register with SASO Swimming will confirm that they agree to these terms when completing the registration process. Family accounts will be active when an athlete is participating and suspended when they are not.

SASO Swim Lessons participants are registered with Team Unify, however, they are not included in the family account and must register in the lessons registration system.

JOINING THE TEAM

All members and participants must register at the beginning of each season. Register for all SASO programs on our secure website, SASOswimming.org. Click on **Start Registration**. You will be creating an account in Team Unify, our web-based swim team software. Registration will include entering important swimmer information, emergency contacts, and a review of our team policies. Upon registration you will be charged the SASO Annual Registration Fee and your first month's dues. Future monthly dues will be collected on the first of the month.

Please be sure to:

- **Verify your email address**
SASO uses email as our main source of direct communication to families. You may enter more than one email address in your account and may include your swimmer's email.
- **Include your cell phone (SMS) number**
It is highly encouraged that you include **and verify** a cell phone number. Texts are only sent for important, time-sensitive information such as last-minute practice changes.
- **Include your swimmer's t-shirt size (update regularly)**
Swimmers will receive a team t-shirt at the beginning of the season. T-shirts will be distributed based on the size listed in your account.

FEES AND MONTHLY DUES

SASO Annual Registration Fee – The registration fee includes a team t-shirt and a cap. Additional shirts and caps will be available for purchase throughout the season.

The registration fee is \$45 per swimmer, except Beginner and Intro to Otter swimmers who pay \$25. In May the fee is adjusted to \$25. The registration fee included in the price for all seasonal groups.

USA Swimming Registration – All swimmers must be registered with USA Swimming within the first 30 days of joining the team. USA Swimming is our governing body and provides insurance for the swimmers. Registration is completed by SASO and billed to the swimmers account. Swimmers who have a current USA Swimming membership will be ~~r~~eregistered and charged on December 1.

- **USA Swimming Full Membership** - \$85
Applies to Senior 1, Senior 2, Junior, and Age Group swimmers.
- **USA Swimming Flex Membership** - \$25
Applies to Intro to Otters, Beginner Otters, Yellow Otters, Blue Otters, Otter Fit, Kroc Silver Otters, Kroc Gold Otters.

Flex Members may participate in two USA Swimming meets. Upon entering a third meet or a championship meet, swimmers are upgraded to a full membership & invoiced for the upgrade.

Monthly Swim Dues – Dues will be charged **on the first of the month**. You may change your payment method and review charges at any time by logging into your Team Unify Account on the SASO website or the OnDeck app. **Monthly dues in August 2020 are \$40, regardless of group.**

Family Cap – Families with multiple swimmers will pay dues not to exceed \$380 per month.

Late Fees – If your account goes into arrears, you will be charged a \$20 late fee each month until it is current. If your account is more than two months in arrears, your swimmer will not be permitted to swim until it is current.

Additional Charges – SASO will bill families for various items or events, such as swim meet, travel fees, apparel, and volunteer / leadership opt-out fees. Charges are typically processed on the 1st of the month. Outstanding fees for swimmers who suspend membership will be charged prior to the 1st of the month.

High School Associate Membership – SASO offers a discounted rate for high school swimmers who are participating in a high school seasonal sport. The associate membership allows swimmers with a full-time commitment to their high school sport participate with SASO on a limited basis.

- Monthly dues are \$45 per month.
- Associate members must be registered with USA Swimming.
- Associate members may attend no more than six practices per month.
- Membership is only available September – October and February-May.

Associate members are responsible for fulfilling meet obligations for any SASO-hosted meet as well as timing at any away meets the swimmer attends.

Suspending or Changing SASO Membership – Families must fill out a [Stop Swim Form](#) by the 20th of each month in order to end or temporarily suspend their membership. The *Stop Swim Form* is available on the website.

Families who are suspending their swimmer's membership are encouraged to communicate with their group coach, in addition to filling out the *Stop Swim Form*.

Families returning to SASO within the same season should fill out an *Update Membership Form* located on our website.

Practice Groups

SASO offers training groups for all ages and ability. Swimmers are placed in practice groups that are geared towards their long-term development and appropriate social setting, based on age. The most current info about the groups can be found on our website.

Dues listed below are charged on a monthly basis from September to July. All groups are charged \$40 for August. Note that the first month's dues are charged upon registration.

SOLANO COLLEGE [4000 Suisun Valley Road, Fairfield]

Into to Otters | Ages 12 & under \$60 per month

Practice two days per week. Choose M/W or T/Th when registering. This group introduces swimming technique in a fun, non-competitive environment. Swimmers will learn skills necessary to transition from swim lessons to swim team. Groups are limited to six swimmers per coach. Intro to Otters is not offered November to February.

Beginner Otters | Age 12 & under \$69 per month

Practice on M/W/F. This introductory group introduces swimming technique in a fun, non-competitive environment. This group focuses on all four competitive strokes as well as swim skills such as turns and dives. Beginner Otters are not offered in December or January. Swimmers wishing to swim during this time may move to the Kroc or combine with Yellow Otters.

Yellow Otters | Age 10 & under \$95 per month

Practice Monday – Friday. This group focuses on stroke technique and skills, including starts and basic turns in a fun, non-competitive environment. May be split into Yellow 1 and Yellow 2, based upon registration.

Blue Otters | Ages 11-14 \$123 per month

Practice Monday – Friday. This group is for swimmers with a basic knowledge of the four competitive strokes. The emphasis is on fitness, fun, and stroke/turn/dive technique. Swimmers in this group can transition to either our competitive groups or Otter Fit groups. Local swim meets are encouraged.

Summer Otters Seasonal Pricing

Offered June – July. This group is a summer recreation program. Information will be available on the SASO website in the Spring.

Age Group | Ages 8-10

\$138 per month

Practice Monday – Saturday. This group is a transitional group between our developmental and our competitive program. Swimmers continue to improve on stroke technique while building endurance and conditioning. The swimmers are expected to participate in scheduled swim meets.

Junior | Ages 11-13

\$152 per month

Practice Monday – Saturday. This group is for motivated, goal-oriented swimmers who want to be the best they can be in competitive swimming. Workouts integrate endurance, speed, and stroke technique. This is a competitive group with training and competition criteria. Dryland is held two days per week. This group has attendance requirements.

Otter Fit | Ages 11 & older

\$130 per month

Practice M/W/Th. This group offers one-hour, coached workouts with an emphasis on fitness. Swimmers may not participate in USA Sanctioned swim meets and do not have any volunteer requirements.

Senior 2 | Ages 14 & older

\$144 per month

Practice Monday – Saturday. Swimmers continue to improve stroke technique while building endurance and conditioning. Swimmers are encouraged to participate in scheduled swim meets.

Senior | High School, Ages 14 & older

\$159 per month

Practice Monday – Saturday. Swimmers in this group are competitive and committed swimmers. Workouts are designed to make the swimmer the best they can be. This group has training, commitment, and competition criteria. Dryland is held up to five days per week. Mornings are available at the college this year. This group has attendance and meet requirements. Swimmers aged 13 with two or more USA Swimming Sectional times may be considered for this group.

KROC CENTER [585 E Wigeon Way, Suisun City]

Morning groups may be available in the summer of 2020.

KROC Silver Otter | Ages 4 & older

\$58 per month

This group introduces swimming technique in a fun, non-competitive environment. Kroc Silver Otters are register with a USA Swimming Flex Membership.

KROC Gold Otters | Ages 5 & older

\$68 per month

This group focuses on stroke technique and skills, including starts and basic turns, in a fun, non-competitive environment. Kroc Gold Otters are registered with a USA Swimming Flex Membership.

GROUP MOVES

Throughout the year the coaches will invite swimmers to move to a new group. These moves are based on a variety of factors including age, attendance, and more. These moves are at the discretion of the coaching staff. Group moves typically take place at the start of the fall season, in April, and in June. Families are contacted directly prior to any moves.

Note that group moves may include a practice time change and well as volunteer and leadership requirements.

Volunteer Policy

Parent support and involvement is vital to the success of our team. In order to ensure that all families are contributing to the team, the SASO Board has detailed the volunteer policy. Each family must agree to these policies upon joining the team. Parents are expected to fulfill the requirements of their highest-level swimmer. When a swimmer moves up, a family's volunteer requirements will also increase.

ALL SWIM GROUPS - VOLUNTEER REQUIREMENTS

Swim Group	Timing at Swim Meets	Hosted Meets/ Events	Leadership Points (6 month period)
Intro, Beginner, Yellow, Blue, Kroc Silver & Gold Otter Groups	x	x	n/a
Age Group	x	x	6
Junior	x	x	12
Senior 2	x	x	6
Senior	x	x	12

The swim year is considered September 1st – August 15th.

The six-month periods are: January – June and July – December.

Timing at Swim Meets

Timing or officiating at an away swim meet is required for every family with a swimmer attending the meet. These are shared responsibilities for all participating teams and the number of timers and officials required by each team is based on the number of entered swimmers. Per Sierra Nevada Swimming regulations, teams that do not fulfill their timing and officiating duties will not receive awards. This includes major championship meets like Junior Olympics. Our swimmers depend on you to fulfill your timing obligation. Timing responsibilities at away meets are separate from SASO's volunteer requirements.

Families with a swimmer entered in a meet will receive an email several days prior to the meet with instructions for job sign-up on the SASO Swimming website. All shifts are on a first-come, first-served basis. Timing shifts are typically 1-3 hours depending on the length of the meet. Some meets may require that families cover more than one shift. **If you sign up for a timing shift and are unable to fulfill it – it is your responsibility to find a replacement.** Leaving the timing chair empty is not an option.

If you have a swimmer participating in a meet, but you are unable to time at the meet please make arrangements with another family to cover your timing responsibilities. Swimmers that do not have a family member timing should not be entered in the meet. **If you do not fulfil your timing responsibility at an away swim meet you will be charged \$20/hour.**

Hosted Meet Volunteering

Hosted meets are the primary fundraisers for our team and allow dues to remain competitive, travel meets to be offered, and incentives to be provided to all swimmers. They are also major volunteer opportunities. These meets primarily happen twice a year (February, and November). It is an opportunity for us to raise money for our team without reaching into our own wallets. These major swim meets can be large fundraisers for our club where we can earn \$10,000 - \$15,000 at each meet. **All swimmers benefit from the money raised at these meets.** The number of hours/sessions required for each swim group is determined based on the size and length of the meet. The Meet Director will work with the Board of Directors to set the volunteering schedule for hosted meets.

Approximately 4 weeks prior to a hosted meet, all families will receive an email with instructions for a job sign-up on the SASO Swimming website. All jobs and shifts are on a first-come, first-served basis. **If you sign up for a job and are unable to fulfill it – it is your responsibility to find a replacement.** Not showing up is not an option. **If you do not show up for your shift you will be charged \$25/hour.**

Families that are unable to volunteer at a hosted swim meet can request an excused volunteer absence from the Board of Directors. This must be done in writing (BOD@SASOSwimming.org) four weeks in advance. In exchange, the BOD will work with you to determine an alternative volunteer opportunity in lieu of volunteering at the hosted swim meet. You can opt to buy out your volunteer hours in advance at \$20/hour, however, **if you fail to notify the BOD in advance and do not fulfill your volunteer requirements at a hosted meet you will be charged \$25/hour.**

Tracking Volunteer Hours

It is your responsibility to sign in at the start of your volunteer time, and then sign out at the end with the Volunteer Coordinator. If you fail to do this, your volunteer hours may not be recorded.

Additional Volunteer Opportunities

In addition to our team hosted swim meets, volunteers are also needed for various jobs throughout the year, including but not limited to, officiating at away meets, team parties and functions, and/or specific annual fundraisers as determined by the Board of Directors. You can also earn volunteer credit by procuring a financial grant from a corporation or individual. If you are interested in these additional volunteer opportunities, please work with the Board of Directors.

COMPETITIVE SWIM GROUPS - LEADERSHIP ROLES

At SASO Swimming, the competitive swim groups are **Age Group, Junior, and Senior Groups**. These swimmers spend the most time with our coaches in and out of the water. They also are the groups that qualify for travel meets and other special swim events. These swimmers benefit from more SASO resources. Rather than increase dues to match the water and coaching time, or increase the number of required volunteer hours, SASO Swimming requires that these families take on leadership roles at our hosted swim meets, fundraisers, events and/or activities.

Leadership roles are assigned a point value based on the amount of work they require, either over the course of a year (such as a Board of Directors position) or at a single event (a fundraiser/hosted swim meet). Competitive Swim Group families are expected to accumulate 6-12 leadership points (see chart above) every six months depending upon the highest swim group of their swimmer(s). For tracking purposes, we break the season into two six-month periods: January – June, and July – December. Points do not carryover and are non-transferrable. For a current listing of roles and points, please refer to the [Parent Leadership Roles/Point Values](#) in the Volunteer Info, under the Parent tab on the SASO Swimming website.

Leadership points are tallied at the end of each six-month period and charges for unfulfilled points are billed in July and January. **If you are a Competitive Swim Group family and you do not fulfill your leadership points during each six-month period, you will be charged \$20 per unfulfilled point and your swimmer may be moved down to a non-competitive group.**

Leadership points are not only for families with swimmers in an Advanced Swim Group. These roles are open to all. And they are on a first-come, first-served basis. For a chart of roles and points, please refer to [Volunteer Info](#) under the Parent tab on the SASO Swimming website.

FUNDRAISING

In order to keep member dues down, each family is asked to participate in team fundraising efforts.

Hosted Swim Meets – All Hands on Deck

One of the most effective ways for our team to make money is hosting a swim meet, and that requires lots of volunteers.

Every family is required to work at our all hands on deck meets, *even if their swimmer has not entered*. Please mark your calendars accordingly. See details on page 9.

- November 2-3, 2019 – Fall Back Invitational
- February 21-23, 2020 – Last Chance Meet

Hosted Swim Meets – Other

SASO may host other meets throughout the year. If your athlete is swimming in these meets you are required to work. Stay tuned for info on a SASO-hosted summer meet.

Other Fundraising Opportunities

SASO offers other fundraising opportunities throughout the year to support travel swim meets, equipment, etc. Listed below are just a few we have planned for the season.

- October 20 – *Spooky Stampede*, a Halloween themed fun 5K run at Solano College.
- January – Mixed Bags Fundraiser
- Quarterly - Dine and Donate as announced

Team Policies

SAFE SPORT

SASO Swimming and USA Swimming are committed to fostering a fun, healthy and safe environment for all its members. For that reason, we have placed in effect the following policies.

ATHLETE DROP OFF AND PICK UP

Solano College & Rodriguez High School swimmers who are 10 and under **MUST** be dropped off and picked up at the front gate of the pool. Swimmers who are 11 and older can be picked up and dropped off in the designated area in the parking lot.

Kroc Center swimmers who are 12 and under **MUST** have a parent check them in at the front desk. Swimmers who are 13 and older can be dropped off and picked up outside of the front entrance.

Swimmers must be picked up **NO LATER** than 15 minutes following the end of practice. SASO Swimming staff **DOES NOT** supervise participants once they have left the pool deck following the end of practice.

PARKING

SASO Swimming is an outside rental group at all of our facilities. Participants **MUST** obey all facility parking rules and regulations.

Solano College Parking Enforcement

Parking permits are required for all cars parked at Solano College. Daily parking passes are available in the college parking lot for \$1. Seasonal parking passes can be purchased directly from the college or by utilizing SASO's volunteer parking coordinator.

[Solano College Parking Information](#)

Participants without a valid STAFF permit are **NOT** allowed to park in staff parking spaces.

Participants are **NOT** allowed to block any roadways leading to the pool.

The roundabout is for quick drop off and pick up only. Cars are **NOT** allowed to wait curbside in the roundabout.

WEATHER

SASO will swim rain or shine, providing the weather conditions do not pose a safety threat to participants. The SASO staff will have the final decision regarding conditions and any practice adjustments due to inclement weather or other safety concerns.

The pool and pool deck will be cleared anytime that lightning or thunder is observed. Practice will resume 30 minutes after the last signs of thunder and lightning.

If less than an hour of practice time is left the remainder of the practice may be cancelled. SASO staff will communicate any changes via email, text, and/or social media.

DECK POLICY

The pool deck and the pool are a classroom/teaching area for our swimmers. We ask that parents and swimmers respect the following rules.

- Parents must remain in the designated viewing areas during practice.
 - *Solano College* – Remain in the tented areas on the locker room side of the pool or in the stands.
 - *Kroc Center* – Remain in the bench area or on the patio outside of the pool
- Parents should refrain from giving instruction or coaching during practices.
- All swim bags and personal belongings must be kept in an organized fashion on the pool deck. Bags should not block doors or entryways.
- No chewing gum on the deck or in the pool.
- Glass containers are not allowed on the pool deck or in the locker room.
- The storage sheds at both the Kroc and Solano College are accessible by coaching staff. Any parents needing access should check with a coach.
- Swimmers who are on-deck prior to practice are the responsibility of their parents. Any swimmers waiting for groups to begin can wait in the swimmer area (the tent on deck) or in the stands.

LOCKER ROOM POLICY

Locker rooms are provided at both Solano College and the Kroc center. They are available for swimmers to shower and change. Deck changing is NOT allowed at any time.

Swimmers must be respectful of locker rooms and other participants AT ALL TIMES.

- No use of cell phones or cameras in the locker rooms.
- Swimmers who are 5 and older may not use the locker room of the opposite sex.
- Swimmers who are 12 and under must bring a “buddy” when using the locker room or restroom during practices.
- Adults are NOT allowed to be in the locker room alone with a minor athlete unless they are the guardian or parent of that athlete.
- Nor horseplay, running, or other dangerous activities in the locker room.
- Swimmers should clean up any excess soap or shampoo to prevent accidents.
- Swimmers may not hang out in the locker rooms.

SASO SAFE SPORT POLICIES

The safety and well-being of our swimmers is of the utmost importance to SASO Swimming. USA Swimming Safe Sport Policies must be adhered to by all members. These include:

[Minor Athlete Abuse Prevention Policy](#)

[Anti-Bullying Policies](#)

[Code of Conduct for SASO Members](#)

[Concussion Policies and Protocol](#)

[Photo Policies](#)

SASO Safe Sport Online Training

All USA Swimming non-athlete members and any athlete who is over age 18 must complete the free, online athlete protection training: [Athlete Protection 18 and older](#)

Swimmers who are age 11-17 are HIGHLY encouraged to complete the free, online safe sport training offered by USA Swimming: [Safe Sport Training for Athletes-Minors](#)

Safe Sport Concerns

Any safe sport concerns or questions can be addressed to the head coach and/or the SASO Safe Sport Coordinator. Information is available on our website.

Staying Connected

WEBSITES & APPS

Email – Emails are sent by staff, the Board of Directors, and event organizers throughout the year. Families are encouraged to check their email on a regular basis.

Direct Communication with Coaches – Direct communication between parents and staff should be limited to the hours of 8:00am and 8:00pm.

Email is the preferred communication method for all communication. SASO makes every effort to respond to any communication within 24 hours (not including weekends). Note that coaches may not be checking email or other communications outside of working hours.

Athletes who are 12 and under ARE NOT ALLOWED to text staff members. Athletes who are ages 13-17 can directly text or message staff as long as a parent is included.

SASOswimming.com – Almost everything you need to know about SASO can be found on our website. You will find a list of events, swim meets, and other helpful information. Be sure to log into your account as some of the information is restricted to SASO members only.

OnDeck App – On Deck is a free mobile app that allows access to your Team Unify account from a mobile device. The app will allow you to check swimmer times, check billing, and sign up for volunteer shifts. Sign in with the user ID and password you used when creating your account.

Swim Connection – Swim Connections is a free online website that tracks swimmer's times. The Online Meet Entry System is used to enter events, like Sierra Nevada camps & register for meets.

1. Create a Swim Connection account at [swimconnection.com](#)
2. Click the link **SN-Sierra Nevada Swimming**. Link is located at the bottom of the page.
3. Register and login.

Please be sure to read the meet sheet prior to signing up for a meet. Swim Connection charges a small fee to use their services when entering meets.

Social Media – SASO maintains a variety of social media accounts, which include Facebook, Instagram, and Twitter. These accounts are maintained by SASO staff and designated volunteers.

Any minors who are accessing these social media platforms should do so in compliance with USA Swimming Safe Sport Policies.

Team Apparel & Gear



SASO is a TYR sponsored team. A variety of TYR apparel, swimsuit, and training items will be available to SASO swimmers at team prices.



SASO is a partner with SwimOutlet.com. A team store is available that includes attire, training equipment, and more. Families are encouraged to login to Swim Outlet when purchasing items as SASO received 10% store credit for every item purchased.

TRAINING GEAR

Swimmers will receive a list of required training items to purchase for the season. Generally, the older and more experienced swimmers use a larger variety of gear. Swimmers should keep their gear in a mesh equipment bag and should write their name on ALL training gear.

Additional training gear is used and provided by SASO Swimming. This gear is provided by the fundraising efforts of our parents and volunteers. All SASO training gear is property of SASO Swimming and should be returned following use.

TEAM APPAREL AT SWIM MEETS

SASO is a TYR sponsored team. Swimmers are encouraged to wear TYR brand suits and apparel at meets and events.

Swim Caps – Swimmers **MUST** wear a SASO cap to all meets. Caps are typically navy blue or yellow. Additional colors may be available for special events or meets. Coaches will let swimmers know prior to a meet if a certain color is required.

Swimmers will receive a silicone cap when registering with the team. Additional caps are available for purchase throughout the year.

Shirts & Team Apparel – Swimmers are encouraged to wear SASO apparel to swim meets. This includes, but is not limited to shirts, parkas, jackets, and more.

Swimmers in Age Group, Junior, Senior 1 and Senior 2 are encouraged to purchase a SASO TYR performance jacket. Swimmers who attend a SASO travel meet or a SWAGR meet (or higher) are required to wear a team jacket.

Team Suits – Swimmers are encouraged to purchase a team suit. Group orders will take place in fall and suits will also be available at Swim Outlet. Blue or black suits, either solid or patterned, are preferred at swim meets.

- Swimmers may NOT wear suits to SASO meets that include high school or other team logos.
- Racing suits should be a tight-fitting, one-piece suit.

Tech Suits – Swimmers may wear tech suits at championship level meets or other designated meets. Tech suits are appropriate for swimmer over the age of 13.

- Tech suits MUST be FINA approved. The FINA logo must be included on the suit.
- Tech suits may not be allowed for 12 & under swimmers at certain meets (check the meet info sheet).

***Swimmers MUST wear a TYR tech suit at Sectionals, Futures, Junior Nationals and Nationals.**

Swim Meets

SASO is a competitive swim team. Coaches will communicate to swimmers which meets they should attend.

Blue & Gold Meets – These meets take place at SASO pools and are typically about two hours, including team warmups. They are typically offered during our regular practice times and are offered as entry-level, team-building events that allow for racing experience. Racing suits are not required for these meets.

Dual and Tri Meets – These meets are typically USA Swimming sanctioned meets that last 2-3 hours.

Open Meet (C/B/A/BB/A+) – Sanctioned meets that are open to all ages and levels. Prior to entering one of these meets, swimmers should check with their group coaches to find out if their group is attending. Swimmers are encouraged, but not required, to attend every day of the meet.

usually last three days (Friday evening, Saturday & Sunday), and are attended by many swim teams in the area. You may not have to swim all three days at the meet. Your coach will be able to help you choose the appropriate events for your swimmer. You must register your swimmer for the meet in advance on Swim Connection. Please visit the SASO website for helpful information about attending your first big swim meet.

Invitational – These USA Sanctioned meets are open to a designated SASO groups. Coaches will let swimmers know if they should enter these meets.

Senior Meets – These events are geared towards 13 and older swimmers. Swimmers in the Junior group may be invited to attend Senior meets by their group coach. These meets may be team events that include day travel on team vans.

Performance Meets – Swimmers in our designated competitive groups should attend performance meets as listed on their meet schedule. These meets include various trials and finals

meets such as Junior Olympics, SWAGR, Far Westerns, and more. Swimmers in competitive groups are expected to attend these meets as part of their annual performance plan.

Travel Meets – Travel meets may include family travel (swimmers travel and stay with their parents) or chaperoned team travel (swimmers travel with the team).

Team Contacts

The team website is the best place for the most current information. Please check it often and make sure you read the emails.

If you have a question here are some helpful contacts:

- Team & Group Information
 - Group Coaches – emails are available on the website
 - Head Coach Ricky Silva – rickys@sasoswimming.org
- Billing – The billing admin can answer questions fees and dues.
 - Nicolette Rice – billing@sasoswimming.org
- Joining the Team / General Information
 - info@sasoswimming.org
- Board of Directors – BOD@sasoswimming.org
 - Emails sent to this address will go to all members of the on the governing board.

Code of Conduct

The purpose of this code is to promote a safe, positive, and productive team environment. All team members including swimmers, coaching staff, and parents are required to adhere to this code during team sponsored events including, but not limited to practice, swim meets, travel meets, or other team gatherings.

1. Team members are expected to exhibit good sportsmanship at all times. They shall show courtesy and respect toward coaches, officials, administrators, teammates, fellow competitors, and the public at all times.
2. SASO Swimming takes pride in providing a positive team environment. Swimmers are expected to represent our team in a positive manner in and out of the pool.
3. Swimmers are expected to follow the directions of any member of the coaching staff, respect any instructions by officials, and any person who is a chaperone.
4. SASO and USA Swimming prohibit bullying. Bullying is the use of aggression, whether intentional or not, which hurts another person. Swimmers are expected to respect one another.
5. Swimmers are to refrain from inappropriate physical contact at practices, events, and meets.
6. Questions or concerns regarding decisions made by meet officials are directed to a coach.

7. USA Swimming prohibits deck changing. Athletes must use available changing facilities.
8. Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
9. Swimmers are expected to follow all travel policies for team trips and travel meets.
10. Swimmers are expected to follow all of the rules and regulations outlined in our Safe Sport and MAAPP policies.

PARENT CODE OF CONDUCT

SASO Swimming is a family-friendly team. Your experiences in our program and the development of your athlete depend on a positive partnership between the parents, coaches, and athletes.

1. Demonstrate good sportsmanship at practices and competition. Be proud of your child's achievements however small or large.
2. Fulfill any volunteer and fundraising obligations, as required by the team.
3. Maintain good financial standing with SASO Swimming as per our team handbook.
4. Respect the aims and objectives of SASO Swimming in practices and competitions. This included supporting the team as well as your child.
5. Allow staff to instruct and coach your child without interference during practice and competition.
6. Any concern that parents have should be addressed to the staff. If the concerns are on the administrative side of the team, address the Head Coach or Board of Directors.
7. Recognize how any social media posts represent SASO. Refrain from any public posts that would reflect the program in a negative manner.
8. Address any concerns with other members of the team, including staff when you are not in the presence of your child.

Enjoy your time as a member of our team! Enjoy the time your child participates in swimming! Enjoy the various meets and events that our team offers and participates in!

DISCIPLINE

Violation of any of these rules, will result in disciplinary action as determined by the coaches, and/or Board of Directors. Penalties include, but are not limited to:

1. A verbal warning.
2. A coach will contact the parent.
3. Suspension from practice for a period of one week. (There will be NO prorated dues.)
4. A written warning from the Head Coach or Board of Directors.
5. Suspension from the team travel meet or event.
6. Expulsion from the team.