



**DART**  
SWIMMING

**DART-SOLANO  
Team Handbook  
Fall 2021**

## **DART Swimming**

DART Swimming is a USA Year-Round competitive youth swim team. The team includes swimmers of all ages and abilities. The team competes in local, regional and national level swim meets.

DART Swimming is a member of Sierra Nevada Swimming, which is a part of USA Swimming. The team competes mainly in Sierra Nevada and Pacific Swimming.

DART-Solano swimming is division of SASO Swimming, which also includes the following programs:

- USA Water Polo Club Team
- Swim School and Lessons
- Solano Masters Fitness Swimming
- Winter's Summer Swim Team and Lessons

## **MEMBERSHIP**

All swimmers and families who are part of our USA Swim team are considered members of our DART-Solano swimming.

Participant programs include seasonal groups, USA water polo, swim lessons and master's fitness swimming.

All members and participants will create a family account in Team Unify and are required to read and adhere to our team Code of Conduct. All families who register with the team will confirm that they agree to these terms when completing the registration process.

## **TEAM UNIFY-FAMILY ACCOUNT**

Each family will have an active Team Unify account. This is created when families register one or more of their swimmers for the team or other programs

Each swimmer will be included as a member within a family Team Unify account. The account will have a main email as well as a password. Families will set up their password when registering. This can be changed at any time.

Families can login to their accounts to view invoices, account information and more.

Family accounts will be active when an athlete is participating and suspended when they are not.

## **JOINING THE TEAM**

All members and participants must register at the beginning of each season. Swimmers must participate in a New Swimmer Evaluation prior to registering for the team. To register:

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 team Annual Registration Fee.

Accounts are charged their first month dues at the first of the month (will be charged within 3 days of registration if registering before the 25th of a month.) Please be sure to:

- Verify your email address. Our team 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.

## **PRACTICE GROUPS**

Click on links for more information. Additional group information and pricing can be found on our website.

[Group Information and Prices \(teamunify.com\)](http://teamunify.com)

Senior 1	13 and older
Senior 2	13 and older
College Training	18 and older
Junior	9-12 year olds (13 with coach discretion)
Blue Otters	11 and older
Yellow Otters	10 and under
Beginner	14 and under
Intro To Otters	14 and under

Additional groups and programs are offered throughout the year, including Winter High School training, our Summer Sea Otter Rec team and more.

## **HIGH SCHOOL ASSOCIATE**

We offer high school associate option during the fall and spring high school seasons. This is available for high school aged swimmers who are participating in a high school sport.

## **PRACTICES AND SCHEDULES**

The practice schedule remains consistent throughout the season. This includes practices at Solano College and American Canyon. The staff reviews the schedule monthly for any suggested changes (due to weather, pool availability, etc.)

[Fall Practice Schedule \(teamunify.com\)](https://www.teamunify.com)

*A few notes:*

Swimmers who arrive late to practice should check with the coach on how to best join into the ongoing practice.

Swimmers who need to leave early for a practice should notify the coaches at the beginning of the practice.

## **FACILITIES-2021**

We are currently swimming at the following facilities:

Solano Community College  
Phillip West Aquatics Center-American Canyon

Information about each facility as well as the COVID protocols can be found at:

[Facilities-COVID Protocols and Info](#)

We do utilize additional facilities on a seasonal basis.

## **FEES AND MONTHLY DUES**

### **Annual Team Registration Fee -Updated October 19, 2021**

An annual registration fee of \$45 will be charged to all swimmers who are registering of the team for the following groups. The registration fee includes a DART shirt and cap.

Senior, Junior, Blue Otters, Yellow Otters, Beginner

Additional DART items will be available for purchase.

### **Monthly Dues**

Monthly dues are charged on the first of each month. These are automatically charged to the card on file with Team Unify. We not prorate monthly dues-swimmers who attend one or more practice in a month are charged.

### **Family Cap**

Swimmers with multiple swimmers will pay monthly dues not to exceed \$425 per month. This only includes monthly dues.

### **USA Swimming Registration**

All swimmers MUST be registered with USA swimming. USA Swimming is our insurance provider and governing body. Our billing admin will register each swimmer within 30 days of joining the team. Families will be invoiced for USA Swimming registration fees. Transfer swimmers who have a valid USA Swimming registration should notify the Billing Admin or Head Coach so that they are not invoiced.

USA Swimming Full Membership	\$89
USA Swimming Flex Membership	\$25

Flex Members may only participate in two USA swimming competitions. Upon entering a third meet or one Championship-swimmers are upgraded to a full membership and invoiced for the upgrade.

### **ADDITIONAL CHARGES**

We will invoice families for additional items throughout the year. Charges will be listed in your Team Unify account and can be reviewed prior to the 1st of each month. Charges may include:

Meet fees, travel fees, registration, orders that are reserved thru Team Unify.

Charges will typically be processed on the 1st of each month. Any outstanding charges for a swimmer who submits a "Stop Swim" may be charged prior to the 1st of the month.

### **SUSPEND MEMBERSHIP**

Families who wish to suspend their swimmer's membership MUST fill out a "Stop Swim Form" prior by the 20th of each month. This will be effective starting on the 1st of the following month. The "Stop Swim" form is available on the website.

[Stop Swim Form](#)

Families who are suspending their swimmer's membership should communicate with their group coach regarding the suspension of their swimmer's membership.

## **GROUP ASSIGNMENTS AND MOVES**

Swimmers are invited to move to groups at various periods throughout the season. The coaching staff oversees all group moves based on a variety of factors, including but not limited to:

Age, Practice Attendance, Intervals, Stroke Proficiency and Meet Attendance.

## **TEAM POLICIES**

Our team is a USA Swimming Safe Sport recognized program. The safety and well being of our swimmers, coaches and members is of the utmost importance.

Policies can be found at the following link:

[Team Policies](#)

All swimmers (12 and older) and parents are highly encouraged to participate in the USA Safe Sport training program. This training will be mandatory for swimmers in Junior, Senior 2 and Senior 1 (12 and older.)

[USA Swimming Safe Sport](#)

## **COVID-19 INFORMATION AND WAIVERS**

All participants must agree to the COVID-19 waiver when registering for the team. This is included on the registration page of our website and can be found at:

[COVID Waiver](#)

Additional information for our team, Sierra Nevada Swimming and USA Swimming can be found in the COVID-19 section of our website.

## **DROP OFF AND PICK UP**

Swimmers must be picked up NO LATER than 15 minutes following the end of practice. Staff will wait with swimmers until they are picked up to ensure the safety of each swimmer.

## **WEATHER**

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

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

If less than one hour of practice time is left, the remainder of the practice may be cancelled. Staff will communicate any changes via email, texts and/or our social media.

## **STAFF**

We have a variety of staff involved in our program. This includes our Solano staff as well as the incoming DART staff.

### ***Swim Coaches-start of the 2021 season***

This includes our Head Coach, Lead Coaches and Assistant Coaches. Coaches are registered members of USA swimming and adhere to all of the membership requirements and training.

Ricky Silva	Head Coach/Senior Coach	rickysilva@sasoswimming.org
Kevin Chester	AC Lead Coach	kcswim766@gmail.com
Grace Erkeneff	Solano Lead Coach	gracekellogg88@gmail.com
Hollie Edwards	Coach	hollieke90@gmail.com
Rachel Lee	Coach	rachelcynthia03@gmail.com
Leila Flores	Instructor	
Jordan Holden	Instructor	

### **Team Admin**

Families with questions about invoicing, billing should contact our Team Admin.

Grace Erkeneff	Billing Admin	billing@sasoswimming.org
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## **BOARD OF DIRECTORS**

Our team is overseen by a Board of Directors. The Board meets on a monthly basis to review various aspects of the team. Additional information is available on our website.

### [Team Structure](#)

## **VOLUNTEERS**

As a non-profit 501 C(3), our team relies on volunteers to assist in various areas of the team. This includes meets, events and other areas.

There are three areas of volunteering for our team.

### ***1-Away meets***

All families are required to volunteer at away meets if they have a swimmer attending the meet. Jobs include timing, officiating and team area setup and take down.

There are exceptions at travel and Senior level meets-these are communicated directly to the families and swimmers attending by the Head Coach.

## **2-Home Meets**

Home meets require “all hands on deck.” Families who have a swimmer attending the meet will be required to fill a designated number of volunteer shifts. These include a variety of jobs and times. Families who are not able to attend the meet will be required to fill at least 5 hours of volunteer work outside of the meet (these will be available on our website.)

## **3-Team Support**

Our success depends on the participation of our members. Volunteer jobs will be available throughout the year, and include not limited to:

Committee chairs and participants (various areas within the team)

Special Events and Team Socials

Group Parents

Officials

Grant Writing (New for 2021-22!!!)

Due to COVID, our team has suspended many of our events and hosted meets. As things improve, we look forward to the return of our hosted meets, events and more!!!

## **SWIM MEETS**

Our team attends a variety of swim meets throughout the year. Meets are encouraged for the majority of the groups. These allow swimmers to evaluate their progress as well as participate in team events. Coaches will communicate the appropriate meets and events to attend.

Signup information for the meet will be posted on our website as well as emailed out by the coaching staff. It is important to check the registration dates for meets, as some meets do not allow for late entries.

## **Non-Sanctioned Meets (Race Days)**

These events are held by the coaching staff to enable swimmers to race in a variety of settings, including regular practice times. These meets are not official meets (times are not USA Swimming recognized) and do not always include officials.

Volunteers may be needed for these meets. Signup information for swimmers and volunteers is sent out by the coaching staff prior to the event.

## **Sanctioned Meets-Hosted**

These meets are USA sanctioned meets, and include officials and other necessary volunteers. Times from these meets are entered into the USA Swimming database.

Swimmer signup information and fees are posted on the website as well as communicated via email. It is important to enter these meets prior to the entry deadline. Note that some meets fill to capacity before the deadline.



Parent volunteers are crucial at these meets. The meets include officials, timers, desk help and more. A volunteer job signup is created and available prior to all meets. This includes jobs that can be completed prior to and after the meet (for anyone that cannot attend the day of the meet.)

Parents of swimmers attending these meets are expected to signup for a volunteer job.

### **Sanctioned Meets-Away**

These meets are USA sanctioned meets, and include officials and other necessary volunteers. Times from these meets are entered into the USA Swimming database.

Swimmer signup information and fees are posted on the website as well as communicated via email. It is important to enter these meets prior to the entry deadline. Note that some meets fill to capacity before the deadline.

Parents of swimmers attending these meets are expected to signup for a volunteer job if available. These typically include officials and timers. Note that timing shifts are limited at meets due to social distancing.

### **TEAM AND GROUP EVENTS**

Swimmers are encouraged to attend events (in-person and virtual) offered throughout the year. These events are posted on the website as well as communicated via email. All events will adhere to social distancing and local and county COVID guidelines.

### **TEAM APPAREL**

We are a TYR sponsored team. Swimmers will receive TYR items as part of their start of the season registration. Additional items will be available throughout the year in our team store as well as incentive items.

Swimmers attending meets should wear a Silver DART team cap as well as some type of racing suit. Group coaches will communicate with swimmers and families regarding appropriate racing suits for swim meets.

Discount codes for the DART TYR store will be made available throughout the season.

We are also a partner with SwimOutlet. A team store is available for all of our members. Families who purchase items from SwimOutlet are encouraged to use the login on our website. Our team will receive a 10% store credit for all items purchased using this link.

### **TRAINING GEAR**

Swimmers in each group are required to have training gear. This information is posted on the group section on our website (varies group to group.)

**AMAZON SMILE**

Our team does participate in Amazon Smile. Families who purchase items from Amazon are encouraged to list SASO Swimming as we do receive a small portion of each purchase.

**USA SWIMMING OFFICIALS**

Parents are encouraged to become a USA Swimming Stroke and Turn official. Trainings are offered by Sierra Nevada Swimming. For additional information, you can go to the official's section of our webpage or contact:

Jorge Merodio

Officials Chair

Sierra Nevada Swimming will be hosting an official's training on October 2, 2021. All current and interested officials should plan to attend.

**CODE OF CONDUCT**

Swimmers, parents and staff are expected to adhere to our Code of Conduct. All members agree to this Code of Conduct when registering for the team.

**SOCIAL MEDIA**

Social media accounts are available on Twitter, Facebook and Instagram. Staff and parent volunteers manage and oversee these accounts.

**We look forward to seeing you at the pool!!!**