



# 2021-2022 Handbook



**MIDDLE  
ATLANTIC  
SWIMMING**

## I. General Team Information

Marauder Swim Club is a competitive year-round swimming program that participates in USA Swimming sanctioned invitationals and dual meets through the Central Pennsylvania Swim Association (CPSA). Our coaching staff believes in our vision of excellence through the sport of swimming by making sure everything your swimmer does makes sense and has purpose for their competitive development. Swimmers will learn stroke technique, endurance training, nutrition, and skills that will benefit them later in life outside the pool.

## II. Practice Policies and Guidelines

- Arriving and Leaving Practice - We ask that parents ensure that their swimmers arrive at the pool no later than 10 minutes before practice, to allow time to get changed and to be ready for the start of practice. Because this is a busy college campus with many varied activities, for your child's safety, we ask that you walk your child into the building and onto the pool deck (Beginner & Novice Groups). We also ask that you arrive on the pool deck to pick up your swimmer immediately at the end of practice to avoid unaccompanied swimmers waiting to be picked up (Beginner & Novice Groups). When the Black Group swimmers leave practice, they need to check in with their coach.
- Practice Attendance - Although we have a flexible practice schedule at the Marauder Swim Club, in order for swimmers to get the most out of our program, we suggest swimmers attend a certain number of practices each week:

|          |                    |
|----------|--------------------|
| Beginner | 2 times per week   |
| Novice   | 2-3 times per week |
| Black    | 3-4 times per week |
| Gold     | 4-5 times per week |
- Outside Activities - We encourage our swimmers to participate in other activities outside of swim team. However, we ask that you keep the coaching staff informed of outside activities that may conflict with practice sessions or competitive meets.
- Illness - If a swimmer is sick, please do not attend practice. It will not be beneficial for the swimmer nor for their teammates who might get sick as a result. In case of an extended illness or injury, please communicate with your child's coach.
- Locker rooms - Swimmers are allowed to use the locker rooms to change before and after practice. The doors to the locker room from the public restroom should always be locked. Swimmers can access the locker room from the pool deck. Parents are not permitted to be in the locker rooms with swimmers. If a younger swimmer needs assistance with changing clothes before or after practice, the swimmer and parent must use the public restroom. Swimmers should be on their best behavior when using the locker rooms - this means no horseplay and no cell phone use in the locker room. Failure to respect the facility and others using the locker room could result in loss of locker room privileges for the entire team.
- Parents sitting in at Practice – Marauder Swim Club has an open practice policy. Parents are welcome to stay for the duration of practice; however, we ask that you stay in the seating area during practice. Please allow the coaches to have your child's full and undivided attention during practice. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group). You are also welcome to write a note and place it in the coach's mailbox or email them.

## III. Competitive Events: The Marauder Swim Club participates in dual meets and USA Invitational meets.

- Dual Meets - The Marauder Swim Club competes in the Central Pennsylvania Swim Association along with several other teams in the Susquehanna Valley area. Times achieved are recognized by USA Swimming and can count toward Jos (Junior Olympics), Zones, or other important qualifying meets. Boys and girls compete at the same time and same location, and scoring is done as a team. These meets typically last 3-4 hours and are a lot of fun! The cost of events for each swimmer is included in your team fees.
- Invitational Meets - In addition to dual meet competition, the Marauder Swim Club will participate in several invitational meets. Participation in these meets is encouraged, and each training group has guidelines for the number of meets to attend. Families have flexibility in which meets to attend. The format of each type of invitational meet may vary which allows swimmers to swim events that they might not do in a dual meet setting. They will also swim against swimmers from various teams around the region. Registration information will be emailed to parents as the information is received from the meet organizers. Families are charged separately for Invitational Meet fees. Here is an overview of some types of meets we attend:
  1. Mini Meet - Typically geared for younger swimmers (usually 8 and under), these meets are a great way to introduce them to competition. They are usually shorter in time length and very "swimmer-friendly." Events are usually set up as "swim-your-own-age," as in 7 year olds swim against only 7 year olds.
  2. A/BB/C Meets – Places are based on swimmers' times. These meets are usually open to all swimmers that meet a certain cut time. Certain meets will only allow swimmers with C times to compete while others

only allow swimmers with A cut times to compete. Times are based on the USA Swimming Time Standards. A meet titled "A/BB/C" is open to ALL swimmers 9 & up. An A+ meet is open to swimmers who have achieved A times or better. Junior Olympics (JOs) is a time standard meet typically using A times as qualifying standards, however qualifying times have been faster than A times in many events.

3. Senior Meets- These meets are where there is a specific cut time for a particular event which the swimmer must achieve in order to be able to swim in that event, and there are no age group distinctions. Types of senior meets include Senior Champs, Sectionals, Junior Nationals, and Senior Nationals.

- CPSA Championships - This 2 day meet is open to all swimmers in the CPSA and any other invited teams. Prelims and finals are held each day for 11-12, 13-14 and 15 & over swimmers, while timed finals with awards ceremonies are held each day for 6 & under, 7-8, and 9-10 swimmers. Not only does it serve as a championship meet, but also can serve as a last chance meet to qualify for meets such as JOs and Senior Champs, and times achieved are recognized by USA Swimming.

Traveling to Meets - Swimmers are responsible for travel to and from swim meets. Carpooling is strongly encouraged between team members.

- What to Bring to Meets - Swimmers should be sure to bring all necessary items – team suits, goggles, towels and team caps. An extra towel to sit on between their events is recommended. Please remember that everything is going to get wet so don't send anything that can't be washed. Bring a sweatshirt, or other clothing to wear between events to keep from getting cold. If your swimmer is a "snacker" – please bring juice, crackers, fruit or other healthy snacks. It is best to avoid sugar and fats. Swimmers are permitted to bring books, hand held games, etc. to keep busy while waiting for events. Parents and spectators may want to bring a folding chair. Dual meets typically last 3-4 hours, and sessions at invitationals are usually limited to 4 hours per Middle Atlantic regulations.
- Warmups – All swimmers are expected to arrive on time for team warmups prior to every swim meet. Swimmers who do not show up for team warmups without prior notification and approval from the coaching staff will be scratched from the meet.

#### IV. Financial Information – Expenses & Costs

- Financial Contract – Upon enrollment, each family will receive a financial contract based on their swimmer's practice group. Please refer to this contract for specific payment information.
- Financial Assistance – The Marauder Swim Club does not turn anyone away due to their financial situation. That is why USA Swimming offers financial assistance to those families who qualify. For more information, click on the Links section on the website and look at the Outreach Program links. We are also willing to work with families who don't qualify for the Outreach Program. Please contact the Treasurer to discuss options.
- Team Swimsuits and Caps - A team order for matching suits and caps will be organized early in the practice season. Please watch for specific information to be distributed through email. Swimmers are encouraged to wear a suit with the team colors (black, gold).
- Team Gear - Our team identifies a vendor each season to provide spirit wear for our swimmers and parents. Details will be announced via email about the availability of samples, costs, and ordering details. Purchase of any team gear is optional and at the discretion of the family.

#### V. Communication - Swimmer, Coach, Parent

The relationship between swimmer, coach, and parent is an important aspect of swimming. Regular and open communication is necessary to avoid misunderstandings. Swimmers, parents, and coaches may not always agree, but respectful and open communication will help maintain a positive relationship. Marauder Swim Club will make every effort to convey information to swimmers and their parents in a timely manner. Methods of communication used by our team include:

- Team Website – The website offers up to the minute announcement, practice schedules, parent and swimmer education and information, meet entries, meet results, team records, changes and cancellations, and upcoming events. [www.teamunify.com/usapamac](http://www.teamunify.com/usapamac)
- Email – This is our primary method of communication for all notices such as swim meet information, team information, upcoming team events, and last-minute information. Please be sure to have your email address on file. Marauder Swim Club email address: [swimmarauder@gmail.com](mailto:swimmarauder@gmail.com)
- Mailbox System - Each family will have a mailbox (folder). All ribbons and other awards from meets will be placed here.
- "Remind" app – Marauder Swim Club uses the Remind app to inform families of last minute changes to practice, swim meets, etc. To sign up, text: 81010. In the body of the text, type: @swimmara
- Parent Meetings – Periodically the Executive Board will hold a parent meeting to go over important dates, upcoming activities and events, and provide parent education opportunities. These meetings are also a great time for parents to address issues, concerns, or ask questions. Attendance is strongly recommended.

## VI. Parental Involvement and Volunteer Policy

Marauder Swim Club is an organization that requires a commitment from all families, not just those involved in the day-to-day management of the club. Unlike many other sports your child may be involved in, running swim meets and other team events requires a tremendous amount of manpower and parental involvement! As an example, to properly run a 1-session home swim meet, we need approximately 60 volunteers to fill the critical jobs of Officials, Computer Table, Timers, Safety Marshals, Admissions, Concessions, and more. When you register your swimmer(s) with the Marauder Swim Club, you are also making a volunteer commitment to the Club.

- **If your swimmer(s) is competing in any given meet (home or away) and you are in attendance, you will be expected to volunteer during that meet.**
- All Marauder Swim Club families are **REQUIRED** to volunteer at the **CPSA Championship Meet** when the club is the host team. Failure to volunteer at these meets will result in a \$100 penalty fee per swimmer being assessed to your account.
- To encourage parents to fulfill our team's responsibility to provide trained USA Swimming officials at meets we attend, the club will reimburse parents the annual cost of registration and certification as an official. Officiating at meets will automatically fulfill your family's volunteering duties.
- Volunteering is crucial to the success of our meets. With each family doing its part, the Club can operate successfully and help your swimmer have a meaningful athletic experience.

## VII. Swimmers

- Swimming expectations – The Marauder Swim Club coaching staff puts forth certain expectations that they feel will allow for each swimmer to not only reach their full swimming potential but become better people in the process. The following are some of our expectations:
  1. Practice - We expect all swimmers to show up for the amount of practices listed per week. While there we expect swimmers to work hard, ask questions, and interact with one another. The coaches are here to guide you, but it is ultimately up to each swimmer whether or not they will improve. We do not want to see any negative comments, bad attitudes, or lack of effort during practice. Leave all your troubles outside the pool when you come to practice. You will ultimately get more out of practice.
  2. Swim Meets - Remember you are representing your swim club at ALL swim meets. How you handle yourself reflects upon not only you as an individual but how others look upon our team as a whole. The coaching staff expects good sportsmanship, which means swimmers are expected to cheer for their teammates and to be respectful to opposing teams.
  3. Swim Team Functions - Every now and then we will have swim team parties/gatherings or team practices that will help promote team unity. These are a great time for swimmers to get to know one another better and can be a great opportunity for parents and coaches to interact outside of the pool. All swimmers are expected to attend these events.
- Goals - The Marauder Swim Club coaching staff will be discussing the goals of each swimmer at the beginning of the season. Goals can be as simple as "Making 3 practices a week" or "working hard on my butterfly." They can also be long term goals such as "Qualifying for Junior Olympics" or "Go under 1:00 in the 100 Freestyle". The coaching staff will be keeping track and working with each and every swimmer to help him or her reach their individual goal.

## VIII. Team Contacts

Website: [www.teamunify.com/usapamac](http://www.teamunify.com/usapamac)

Email: [swimmarauder@gmail.com](mailto:swimmarauder@gmail.com)

Head Coaches: Rachel Hess & Eric Usbeck

Board Members: President: Debra Root  
Secretary: Ruth Miller

Vice President:  
Co-Treasurers: Amanda Shaw & Janet Christoffel

Meet Director: [marameetdirector@gmail.com](mailto:marameetdirector@gmail.com)

Booster Club President: Holly Wolpert

Marauder Swim Club  
Competitive Swimming  
Parent's Code of Conduct

As a parent of a swimmer and member of the Marauder Swim Club Competitive Swimming program, I will abide by the following guidelines:

1. Practice teamwork with all parents, swimmers and coaches by supporting the values and mission of the Marauder Swim Club
2. I will not interfere with coaches on the pool deck or attempt to coach or instruct the team or any swimmer at a practice or meets (from the stands or other areas).
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices
4. Maintain self-control at all times. I know my role.  
Swimmers... Swim  
Coaches... Coach  
Officials... Officiate  
Parents ... Parent
5. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated, and I may be asked to leave the program.
6. Enjoy involvement with the Marauder Swim Club by supporting the swimmers, coaches, and other parents with positive communications and actions.
7. During competitions, question or concerns regarding decisions made by meet officials are directed to our coaching staff. Parents address officials via the coaches only.
8. I understand that I am expected to volunteer my time during swim meets as outlined in the Parental Involvement section of the handbook.

Should I conduct myself in such a way that brings discredit or discord to the Marauder Swim Club Competitive Swimming Program, or the community, I voluntarily subject myself to disciplinary action. The Marauder Swim Club maintains the right to terminate any membership with/without cause in the interest of our vision, mission, and objective.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Marauder Swim Club  
Competitive Swimming  
Swimmer's Code of Conduct

Expected Behavior at all Swim Club activities:

- Act and conduct myself with dignity and respect for others and the property of others.
- Always practice and teach good sportsmanship.
- Promote positive high team spirit and morale.
- Offer congratulations to my opponents, win or lose, and to cheer on my teammates.
- Be a responsible goodwill ambassador between the sport of swimming and the public, as well as representing the Marauder Swim Club in the appropriate manner.

Prohibited Behavior at all Swim Club activities:

- Use of alcoholic beverages
- Use of illegal drugs
- Smoking or other use of tobacco products
- Destructive behavior
- Inappropriate or unruly behavior, including failure to adhere to team standards
- Theft of any kind
- Bullying of any kind

Consequences for violating Code of Conduct:

- Warning from coach
- Meeting with parent and coach
- Meeting with parent, coach, and suspension from team
- Dismissal from team (no refund will be given)

I have read the Competitive Swimming Code of Conduct and agree to abide by its provisions.

\_\_\_\_\_  
Swimmer's Signature

\_\_\_\_\_

