



Vancouver Swim Club

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Welcome to Vancouver Swim Club!

Thank you for your interest in the Vancouver Swim Club (VSC), an affiliate of Oregon Swimming, Inc and USA Swimming, Inc. VSC is a non-profit, parent supported swim team that promotes competitive swimming for athletes ages 5-18. Please see our website for more information.

To determine which group is the best fit for your swimmer, he or she will be asked to participate in a placement evaluation. Group placement evaluations are held on the 1st Monday and 2nd Wednesday of each month at 4:00 p.m. Please contact Angie Shannon at (360) 571- 7264 to schedule your placement evaluation. A parent/guardian must accompany the swimmer in order to sign the necessary paperwork prior to the evaluation. Swimmers should have goggles and be ready to swim at their appointed time. Our team's home pool is Marshall Community Center Pool a 25 yard, 6 lane pool with VSC's own starting blocks. Placement evaluations are held there.

For insurance purposes, a parent/guardian must complete a Registration Agreement and pay the registration fee prior to the swimmer entering the water. This registration will be returned if your swimmer decides not to join VSC. One of our certified coaches will evaluate your swimmer and place them in the appropriate group for their current swimming abilities. Should your swimmer decide to join VSC, we will also collect the first months' dues. Dues for each group vary and are based on actual pool and coaching time.

Once you join VSC, you will receive a monthly bill by email as well as our newsletter, "The Wavelength". All payments are due by the 15th of each month. Family discounts are given for three or more swimmers. The two swimmers with the highest dues pay the full amount, while the rate for each additional swimmer will be \$25 per month.

Vancouver Swim Club is a year round swim team, with the exception of an approximate two to three week break in late August/Early September, when the pool is closed for maintenance. Notifications of "no practice days" or meet schedules will come to the swimmer via their coach, email or the Wavelength. You can also check the VSC website, where the coaches generally post "no practice days" on the calendar.

General Information

Normal Practice

Once you have joined our team, your child should come to practice prepared with a water bottle, suit and goggles, as a minimum. Additional equipment may be needed, but is generally available on deck to borrow. We have practice five days a week, year round, except for pool maintenance breaks and an occasional Friday when there is a meet that most of our swimmers, as well as coaches, are attending. Coaches will notify swimmers during practice and/or send home flyers. Swimmers should bring their clothes and bags on deck with them for security purposes. Things can end up missing if they are left sitting in the locker room during practice.

Swim Meets

If your swimmer decides to compete in swim meets, a meet schedule can be obtained from your child's coach. You will be given a list with the appropriate meets for your swimmer circled. You will then decide which

meets you would like to attend and return the list to the coach. Meet fees are paid on your behalf by VSC and then billed to you with your monthly dues.

Competitive swimming is divided into two seasons: short course (25 yard) which is September through March, and long course (50 meter) which is April through July. Meet schedules for each entire season go out in late August/early September and March. If you join at another time of year, you will need to discuss meet entries with your child's coach. Swimmers will receive detailed meet information shortly before each meet. This will inform you of warm-up and competition times, pool location, and what events your child will be swimming. If you have questions regarding swim meets, please feel free to contact a board member, other parent, or one of our coaches.

Our team handbook, which is available on request, has great information on our competitive swim program, by-laws, parent roles, coach role, nutrition, what to bring to meets, and driving directions to most pools. Please remember to keep a copy of your Registration Agreement. It provides a detailed description of our policies and procedures.

If you have any additional questions, please feel free to call me.

Welcome and Good Luck!

Angie Shannon - Membership Coordinator
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