



**Sandpoint Sharks Swim Club
Team Handbook**

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Introduction

The purpose of this handbook is two-fold: to explain to new members just what the Sandpoint Sharks Swim Club (SSSC) is and to outline various policies that affect all swimmers. It should be read by all families so that they may become familiar with important facts and rules of the club.

Why swim?

The USA Swimming age group program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

- Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians.
- Swimming develops high quality aerobic endurance, the most important key to physical fitness.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self-image.

What is Sandpoint Sharks Swim Club?

Sandpoint Sharks Swim Club (SSSC) is a non-profit, parent-run organization. Our club is governed by the United States Swimming, Inc. and Inland Empire Swimming (IES) organizations. The Sharks Swim Club in one form or another, has been serving the City of Sandpoint and surrounding communities for over thirty-five years providing a year-round program for athletes.

Mission Statement, Vision, & Philosophy

Mission Statement

The objective and primary purpose of SSSC is to foster a safe and competitive swim environment

through education, instruction and training of athletes and dedication to Safe Sport practices.

Philosophy

Teamwork: Sandpoint Sharks Swim Club is a team that is built upon the commitment, support, and participation of the Board, coaches, swimmers, parents/guardians and the community at large. SSSC believes that its success in achieving the team's goals is dependent upon the cooperation of all members.

Coaching: SSSC is committed to providing comprehensive, expert swim/stroke training by an experienced coaching team. In addition to swim training, SSSC promotes the practice of healthy lifestyle habits, such as good nutrition and sleep.

The Swimmer: SSSC believes that each swimmer is an individual with different backgrounds, needs and goals. The club focuses on the development of positive self-esteem and individual goal setting. The team encourages swimmers to represent SSSC by participating competitively on a year-round basis. SSSC believes that all members should model team spirit and sportsmanship.

SSSC Board of Directors

The board is made up of five (7) members. Every Board Member must pass a background check and abide by these Bylaws of SSSC and all other such rules and regulations as may be promulgated by the Board.

Board meetings are held on a quarterly basis, or as needed. Anyone is welcome and encouraged to attend.

Responsibilities of the Board

The seven volunteer Board of Directors consist of swim parents/guardians, coaches and community members whose responsibility is to manage SSSC's business planning and fiscal responsibilities. The election of Board Members is held each year at the beginning of the swim season. Board Members are elected to serve a two-year term. Board member positions are President, Vice President, Treasurer, and Secretary. The head coach also serves as a voting member of this board.

Coaches Role

All SSSC coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. SSSC coaches have also passed a background check. All requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and the Sandpoint Sharks Swim Club.

SSSC coaches' main responsibility is to mold all of our swimmers into the best swimmers they can be. In addition, coaches mentor swimmers in life skills and positive values.

Coaches shall build relationships with team families, to achieve mutually set goals for each swimmer.

Coaches also help the team to build relationships with other aquatic organizations.

Parent/Guardian's Role

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets.

Parents/guardians are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a Parent of the Sandpoint Sharks Swim Club (SSSC) Swim Team, I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of Discipline, Loyalty, Commitment & Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coaches shift or after the conclusion of his/her coaching day.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
4. Maintain self-control at all times & know my role.
Swimmers – swim
Coaches - coach
Officials – officiate
Parents –parent
5. Enjoy involvement with the SSSC Swim Team by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated.
8. As a parent, I will strive to ensure that my athlete is on time to practices, meets and has proper gear and equipment.

I understand and agree to the above terms and conditions of the Sandpoint Sharks Swim Club in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Sandpoint Sharks Swim Club.

Should I conduct myself in such a way that brings discredit or discord to SSSC, or USA Swimming I voluntarily subject myself to disciplinary action. SSSC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

Your signature at the end of this handbook will be your acknowledgement of this parent code of conduct.

Release of Liability

The release of Liability can be found on the registration site and must be signed by all families joining SSSC. It reads 'Parent/Guardian hereby releases SSSC, its employees, officers, directors and volunteers and any facility used by SSSC from any liability arising out of any injury to the Swimmer(s) which may occur while the swimmer(s) is/are participating in the SSSC swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by SSSC.

Swimmer's Role

Squad Descriptions

SSSC's practice group guidelines have been developed by its coaching team to maximize the growth and development of swim techniques for its swimmers of all levels. Swimmers of similar abilities will be grouped together to reach the goals set for each level. The assignment of swimmers to a group shall be the decision of the coaching staff. Upon fulfillment of the group's goals, swimmers may be promoted at the completion of long course and/or short course season. In rare instances, an assignment may be modified during the swim year, if the coaching staff believes a different squad would be more appropriate for the swimmer.

PINK Squad

Introduction on what swim team is all about. We are learning to love the water and sport.

- **Submerge face underwater without plugging the nose and blow bubbles**
- **Float on back for 30 seconds**
- **Float on stomach for 15 seconds**
- **Complete 25-meter freestyle without stopping**
- **Complete 25-meter backstroke without stopping**
- **Push off the wall on their stomach underwater with their arms above their head**
- **Push off the wall on their back underwater with their arms above their head**

WHITE Squad

This is the first step to prepare for competitive swimming. This squad was designed to continue development on all four strokes, flip turns, 2 hand touches, and swimming etiquette. Swimmers must be able to display the following:

- **Listen and pay attention to the coaches during practice**
- **Attend practice at least twice a week**
- **An understanding of butterfly**
- **Proper dolphin kick**
- **Correct breathing technique for freestyle, backstroke, and breaststroke**
- **Show up to practice on time**
- **Bring their own equipment: swim cap, goggles, and flippers**

To practice at this level, you must be able to:

- **200-meter freestyle with flip turns at every wall and without stopping**
- **100-meter backstroke with flip turns at every wall and without stopping**

- Legal 50-meter breaststroke without stopping and two hand touches on the walls
- Full flip turn for freestyle and backstroke
- Streamline off every wall

PURPLE SQUAD

This is where swimmers are introduced to training. This squad was designed to continue each swimmer's development while increasing repetition and yardage. They will be encouraged to perfect their skills in all four strokes, flip turns, and swimming etiquette. Swimmers must be able to display the following:

- Listen, pay attention, and respect the coaches during practice
- Attend practice 3-4 times a week
- Swim 400-meter freestyle, 100-meter backstroke, 100-meter breaststroke, and 50 butterfly with good body position and without stopping
- Understand what drills are
- Proper and legal technique in all four strokes
- Show up to practice at least 5 minutes early and be in the pool right when practice starts
- Bring their own equipment: swim cap, goggles, water bottle, flippers, paddles, pull buoy, and kickboard

To practice at this level, you must be able to:

- 8 x 50's freestyle 1:15
- 1 x 100 IM 3:00
- 4 x 50's streamline kick on back 2:00
- Legal underwater breaststroke pullout
- No flip turn backstroke to breaststroke in the 100 IM

BLACK SQUAD

This squad is our performance-focused group. These swimmers have already learned the basics and have been introduced to drills in all four strokes. The squad was designed to encourage a lifelong love and appreciation of swimming as they are introduced to a more rigorous training. The goal is to maintain an emphasis on stroke technique while including more aerobic and anaerobic training, racing skills, and dryland(gym) sessions. Swimmers must be able to display the following:

- Attend practice 4-5 times a week
- Respect towards the coaches and every teammate
- Great team spirit and leadership skills
- Swim 1000-meter freestyle, 100 backstroke, 100 breaststroke, 100 butterfly, and 200 IM with good body position and without stopping
- Show up to practice at least 10 minutes early and be in the pool right when practice starts; not a minute later
- Bring their own equipment: swim cap, goggles, water bottle, flippers, paddles, pull buoy, kickboard, and snorkel

To swim at this level, you must be able to:

- 10 x 100's freestyle 1:25
- 4 x 200 IM 3:45
- 4 x 50's streamline
- Kick on back 1:15

Swimmer Code of Conduct

As a swimmer & member of the Sandpoint Sharks Swim Club (SSSC) Swim Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff members, I will leave the SSSC team area in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of SSSC spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where SSSC is represented.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all SSSC swimmers during practice, during swim meets, and at events sponsored by, or in which, SSSC Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, pushups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Head Coach or Board deems necessary if a member fails to adhere to the Code in part or in whole.

Expulsion: Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines

established for swim practice and club participation.

Safety and Behavior

The Sandpoint Sharks Swim Club board of directors reserves the right to terminate the membership of any individual whose behavior places the SSSC in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Equipment

(not all items are required for all groups)

- Practice Suit (must be specifically designed for competition and training)
- Goggles
- Cap
- Fins
- Paddles (hand & finger)
- Pull Buoy
- Snorkel
- Water Bottle
- Drag Socks

Team Attire

SSSC Team Suit or other pre-approved suits are required for all swimmers at meets. Tech suits must be FINA approved suits. Tech suits are discouraged at regular age group meets. They should be worn only at championship meets or when a swimmer is trying to qualify for a championship meet.

- SSSC Team Cap (required for all swimmers at meets)

Practice equipment and team suits may be purchased online. Check the SSSC website for our approved vendor, Swimoutlet.com

Team caps can be purchased from the coach with silicone caps ordered twice a year. We also try to have team caps available at meets.

T-shirts, sweatshirts and other items, marked with the team's name and/or logo are available for purchase through our Team store. Team attire is strongly suggested to be worn at all meets. Parkas are a highly recommended item to keep swimmers comfortable after workouts, between events at meets and during inclement weather. Visit the SSSC's [website](#) for a link to our approved vendors Turner Promotions and Swimoutlet.com. Team caps, required at all meets, are available from the SSSC coach.

Swim Meets

By its very name, the purpose of competitive swimming is to compete and that means attending swim meets! Individuals seeking membership in the Sandpoint Sharks Swim Club should understand that we are a competitive team, not a recreational team. Swimmers should be willing to accept the responsibility of membership and participate in meets. For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners.

Short & Long Course Seasons

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in mid-March is referred to as the short course season. During the short course season meets are recognized as “yard” events. There is also a long course swim season that begins in April and ends in early August. Meets during long course season are recognized as “meter” events.

Swim Meet Procedures

As a competitive swim team, we encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Swimmer Events

Your swimmer’s coach will select the events that they will participate in. The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Swimmers and parents/guardians are able to request events during the sign-up process, but the coaches make the final decision.

Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events as determined by their coach.

Meet Fees

A meet entry fee and event fees are required for entry in a swim meet. Meet fees for swim meets are the responsibility of the parent. The Meet Administrator will invoice the swimmer’s account and payments may be made along with the following month’s dues. Delinquent meet fees will result in a suspension in meet privileges until the swimmer’s account becomes current.

Upon passage of the meet sign up deadline, SSSC submits all entries and meet fees to IES. Meet fees are non-refundable to SSSC once they have been submitted to IES. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the meet fees. If SSSC coaches or staff make an error in a swimmer’s entries, the team will be responsible for the subsequent erroneous fees. Meet fees go to IES and to the host team for facility rental and fundraising.

Signing Up for a Swim Meet

Not all squads attend the same meets throughout the season, so please check the Squad Meet Schedule to determine if a swim meet is appropriate for your swimmer’s level before you commit.

Please pay particular attention to the deadline and commit your swimmer through your online account as early as possible!

E-mail from Team

Each family will receive an e-mail from SSSC approximately 3 weeks before each swim meet. The e-mail will contain a link to the SSSC website.

Click on the link to go to the EVENT SIGN UP page of the SSSC website.

Home Page Access

If signing up through the home page of the SSSC website (instead of directly through the e-mail link), find the swim meet you would like to enter under EVENTS. Click "Attend this event" and fill out the information needed to register your swimmer.

Notes to the Coach

On the EVENT SIGN UP page, there is a rectangular box for notes. Although the coaches will approve the events that your swimmer will participate in, you may place a request or suggestion to the coach in the notes section. Please note that your swimmer may not be able to participate in various events due to a minimum or maximum time requirement. The coach will ultimately determine if the event is appropriate for the swimmer.

Confirming your Events

SSSC recommends that you return to the EVENT SIGN UP page to see which events your coach has selected for your swimmer. Do this as soon as possible after the meet closing date, which can be found on the meet form. If you find an error, please contact your coach immediately.

Important Swim Meet Information

Meet Sheet

Each swim meet will have a meet sheet that will provide information such as location, date, time, directions, events, cost of events, etc. Please consult this meet sheet prior to signing up. It can be accessed through the SSSC website, Events tab. This will take you to the Event page where you can select the meet and see a brief description. The meet sheet may be found under the Forms/Documents heading, as a .pdf document listed in red. Click on the .pdf heading and the meet sheet will open.

Timeline for the Swim Meet

Meet hosting teams will provide a timeline for the swim meet. The timeline will show the estimated time for each event, which will allow you to better plan your weekend. You may visit the same Forms/Document heading as for the meet sheet above, to see if a timeline is available. Do not use this timeline to determine your arrival time at the meet. Your swimmers' coach will tell them when to arrive for warm-up.

First Swim Meet Guide

A First Swim Meet Guide is available on the SSSC website. Please be sure to read through it before your first meet. The guide will provide you with valuable information to prepare for the meet and to understand basic swim meet protocol. The most important thing that you must know is that you will not be alone. Either your squad parent, or a team mentor assigned by them, will be there to give you an orientation and help you to navigate through your first meet experience. There will be many veteran parents/guardians to serve as resources at the meet. Please feel comfortable asking for help as necessary.

Lost & Found

You are strongly encouraged to label all of your swimmers' equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment found around the pool deck will be placed in the pool office. It will be kept for 14 days and then if not claimed, donated to a local charity. Swimmers should keep all personal belongings on the pool deck and not in the

locker room during practice sessions. The locker rooms can be used by other YMCA members. **The club is not responsible for lost or stolen items.**

Dues & Association Memberships

Monthly dues

In consideration of the participation of the swimmer(s) in SSSC's competitive swim program, the parent/guardian agrees to pay the dues for the swimmer's practice level that is set forth. Monthly payment of dues shall be due and payable on the first day of each month, for 11 months, September through July (August is optional). Dues may be prepaid at any time. If the swimmer is transferred to a different squad by the coaching staff, the fees for the new squad level will be invoiced in the next billing cycle. If advance payments have been made the difference will be invoiced to the swimmer's account. If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$20 per month will be assessed to the family's dues account.

Payments will be collected on-line through your swimmer's account.

Swimmers are expected to pay dues for the entire month no matter how many days they attend practice. However, if the swimmer/parent notifies our head coach at headcoach@sandpointsharks.com in writing at least 5 days prior to the start of the month in which they plan to not swim, dues shall be waived subject to a \$25 fee for processing the inactivation. In order to reactivate the account, the swimmer/parent notifies the head coach in writing at least 5 days before the start of the month in which the swimmer will return. This action will be subject to a \$25 fee for processing the reactivation. There will be no reduction in fundraising or on-deck volunteer requirements as these are annual commitments.

USA Swimming/Inland Empire Swimming Membership

As the SSSC is a member of USA Swimming, all members are required to pay a yearly membership fee. This annual fee changes every year. This fee is reduced considerably for swimmers who qualify for free or reduced hot lunch through the school system (letter from the school district stating such and Outreach application is required). The USA Swimming membership provides secondary health and accident insurance in case of injury during swim team practice and during swim meets. Each swimmer **MUST** be registered with USA-S in order to swim with SSSC.

New swimmers are responsible for establishing an account initially with USA Swimming through a link provided by the SSSC registrar to link the swimmer to the club, and initial registration is paid directly to USA Swimming. Annual renewal will be initiated by the SSSC registrar and invoiced to the account. USA Swimming no longer sends out paper membership cards, but swimmers may check their USA swimming registration status via the Deck Pass application electronically.

Athletes:

Premium: (for most competitive swimmers) \$89

- Year-round membership valid until December 31, 2024.

Benefits:

- Year-round participation in USA Swimming sanctioned meets and the ability to qualify and participate in LSC Championships, Sectionals, Zones, Futures, Junior Nationals, National Championships, U.S. Olympic Team Trials – Swimming and the Olympics.
- Eligible to be selected for the National Junior Team and National Team Development Programs.
- Eligible to be selected or qualify for USA Swimming national and regional camps.

- Times are stored in the USA Swimming SWIMS database, allowing athletes to qualify for competitions, monitor improvement, and participate in recognition programs.

Seasonal (Great for new swim athletes) \$49

- Membership is valid for up to 150 consecutive days. This period is set by your LSC.

Benefits:

- USA Swimming meet participation up to and including LSC Championship meets, but not the Zone Championship level.
- If an athlete wishes to participate past their expiration date or compete in competitions higher than the LSC Championships (E.g.: Sectionals, Futures, Junior Nationals or National Championships), the athlete will need to pay the difference between their Seasonal Membership and Premium Membership. The difference must be submitted before the 150 days of the Seasonal Membership has expired.

Flex: (great for those 12 and under just getting into swimming) \$40

- Introductory membership for athletes 12 years old and under, geared towards practice and participation with any USA Swimming club.
- Includes two (2) sanctioned swim competitions per membership year. Flex members may not compete at or above the LSC Championship meet.
- If an athlete wishes to swim more than two (2) meets per year, the athlete will need to pay the difference to upgrade to a Premium Membership. The difference must be paid before the Flex Membership has expired.

Outreach: \$7

- A reduced fee category of athlete membership for economically disadvantaged swimmers.
- To be considered for an outreach membership, please contact your [LSC Registrar](#) for eligibility requirements. Click [here](#) for the USA Swimming LSC Map. *****We are with Inland Empire LCS**

These are due upon new membership registration and upon renewal of memberships in September. The IES membership is an annual membership from September through December of the next calendar year. Example September 2023 through December 2024

New swimmers will not be able to swim with SSSC if their USA-S registration has not been completed within 10 days of registration.

Suspension

If the monthly dues payment is not received in full by the last day of the month, a notice of delinquency will be e-mailed. If Parent/Guardian fails to pay any delinquent dues or assessment, including late fees, within 14 days from the date of such notice of delinquency, the Swimmer shall be suspended from further participation in all SSSC activities, including, but not limited to, practices and meets.

If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the board for a waiver of late fees and suspension. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts. He/she may also apply for a scholarship once the account is current.

Trial Memberships

Trial Memberships are available to new members only. The purpose of trial membership is to give families an opportunity to try the sport of competitive swimming prior to making a substantial financial commitment. Trial memberships last for two consecutive swim weeks and cost \$25.

Family Discounts

At registration SSSC will offer a 10% discount on total dues for families with two or more swimmers. For all other months and subsequent swimmers in the same family (excluding college and masters). There are no sibling discounts for scholarship participants or swimmers receiving otherwise discounted dues.

Annual Break

All squads receive the month of August off. This follows the end of the summer competition season. This break has been factored in when calculating monthly payment of annual dues. Swimmers will have the option to swim during the month of August to prepare for Open Water swims and USA-S national meets. This month will be charged at normal rates for those swimmers.

Fundraising

Fundraising requirement

SSSC is a parent run organization. In order to purchase and maintain our equipment, pay coaching staff, rent lanes and attend meets we must engage in fundraising. Your family will be responsible for raising a minimum of \$200 per swimmer per year. This is an annual commitment and will not be prorated should you take time off or leave the team.

Club Communication and Marketing

Web site

SSSC's **primary methods of communication** are e-mail, Facebook and the team website: <https://sandpointsharks.com/>. The website will include squad calendars, news and events and job sign-up tabs. The site will be updated regularly. Please check for new and updated information.

SSSC encourages open communication. Please feel free to email coaches or board members.

E-mail

E-mails will be sent to inform parents/guardians and swimmers of upcoming events, such as swim meets, team social events, fundraising opportunities, volunteer events, etc. **Be sure to keep your e-mail address current on the website. If you need help updating it send an email to info@sandpointsharks.com**

You may visit our website to send an e-mail to the coaches or board members. You may also e-mail **info@sandpointsharks.com** with any questions, concerns, or notifications.
Board of Directors: bod@sandpointsharks.com

Squad Parents

Each practice squad has a squad parent who serves as a conduit between the board and the parents/guardians. These individuals are able to answer basic questions that you may have or refer you to someone who can help. He or she also helps to coordinate various activities for the team.

Facebook

SSSC utilizes Facebook as a marketing tool for the Sandpoint community as well as for team communication. Please let the communications director know if you prefer your athlete not to be featured in pictures on our Facebook page.

Display Board

The display board near the SSSC office at the YMCA pool is updated with information related to team events.

Annual Mandatory Meeting

As stated in the Club bylaws SSSC must hold an annual open forum to:

- Discuss upcoming team events
- Communicate training objectives
- Provide a financial status report
- Hold elections for new Board of Directors members

The one-to-two-hour meeting will include a brief presentation by the Board of Directors, a few words from the Head Coach, and a brief question and answer session. You may be asked to complete a short questionnaire and survey. This is one of the few **MANDATORY** events we have, so all SSSC families will need to have an adult representative in attendance. The date and time of the annual meeting will be messaged out to all parents at least one month prior to the meeting. Please remember, the SSSC is a membership based club. Your vote and opinion matters to the direction of this club.

Board Manual

A Board Manual containing Board Meeting Minutes, Treasurer's Reports, SSSC Policies and Procedures, SSSC Organizational Structure, and other SSSC Planning Information is available for member review in the SSSC office. The Board encourages parents/guardians to regularly review this information to keep updated on current team endeavors.

Concerns

As in any large organization involving significant numbers of families, SSSC cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them.

If you have a concern about administration of the club, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact a Board Member (a current list of board members can be found on the SSSC website. Your concern will be taken to the following board meeting and mediated.

Appendix A



Minor Athlete Abuse Prevention Policy

**Sandpoint Sharks Swim Club
Effective: January 1, 2024**

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THIS POLICY APPLIES TO:

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

Adult Participants: Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees (“LSCs”) or member clubs to have regular contact with (e.g., ongoing interactions during a 12-month period wherein the individual is in a role of active engagement) or authority over Minor Athletes; and/or
- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

GENERAL REQUIREMENT

USA Swimming Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

DEFINITIONS

Athlete: A USA Swimming athlete member.

Authority: When one person’s position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

Dual Relationship: When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

Emergency Circumstances: A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete’s suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

Electronic Communication: Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging and social media.

Event or Facility Under Partial or Full Jurisdiction: Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.

In-Program: Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Massage: Any Massage involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Travel: Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by the Organization. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

Massage: Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

Minor Athlete: An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months.

Organization: Sandpoint Sharks Swim Club

EXCEPTIONS

[Note: Exceptions apply only where specified]

Close-In-Age Exception: In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older than the Minor Athlete.

Dual Relationship Exception: An Adult Participant has a dual role or relationship with a Minor Athlete. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually.

SANDPOINT SHARKS SWIM CLUB ONE-ON-ONE INTERACTION POLICY

The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the One-on-One Interactions section of the policy.

One-on-One Interactions

One-on-One Interactions present a risk for an Applicable Adult to abuse a minor athlete or initiate grooming behaviors to do so. This portion of the policy sets the expectation that if a one-on-one interaction occurs, it is done in a way that is observable and interruptible by another adult.

Meetings: In swimming, meetings between adults and minors are common. MAAPP requires that another adult be present AND that the meeting be in a location that is easily observed and interruptible. USA Swimming has recommended a similar concept, two-deep leadership, as a best practice for years. Now, two-deep leadership is not recommended, it is required.

Private Instruction: Legal guardians often hire coaches to give private lessons to their minor athlete. A private lesson is a one-on-one interaction between an Applicable Adult and a minor athlete, but it is not a one-on-one interaction occurring during team practices or USA Swimming events and activities. USA Swimming recommends that individual training sessions be observable and interruptible by another adult and that the minor athlete's legal guardian be allowed to observe the session. This is the only piece of the One-on-One Interactions section that is recommended and not required.

IN-PROGRAM TRAVEL AND LODGING

SANDPOINT SHARKS SWIM CLUB TRAVEL POLICY

Purpose: Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles, and hotel rooms – is less structured and less familiar.

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club or LSC.

Section 1 - USA Swimming Policies

These items are Code of Conduct stipulations in the USA Swimming Rulebook.

- a. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- b. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- c. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)
- d. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)

Section 2 - Additional Policies

- a. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
- b. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete unless prior parental permission is obtained.
- c. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be of a similar age. Where athletes are aged 13 & over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are aged 12 & under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
- d. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
- e. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- f. A copy of the Club Code of Conduct must be signed by the athlete and his/her parents or legal guardian.
- g. Team or LSC officials should obtain a signed Liability Release and/or Indemnification Form for each athlete.

- h. Team or LSC officials should carry a signed Medical Consent or Authorization to Treat Form for each athlete.
- i. Curfews shall be established by the team or LSC staff each day of the trip.
- j. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
- k. The directions & decisions of coaches/chaperones are final.
- l. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- m. When visiting public places such as shopping malls, movie theatres, etc., swimmers will stay in groups of no less than three people. 12 & Under athletes will be accompanied by a chaperone.
- n. The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate club or LSC leadership and the parent or legal guardian of any affected minor athlete.

Section 3 - Other Policies to Consider

Safety

- a. Additional guidelines to be established as needed by the coaches;
- b. Supervised team room provided for relaxation and recreation;
- c. Respect the privacy of each other;
- d. Only use hotel rooms with interior entrances; and
- e. Must wear seat belts and remain seated in vehicles;

Behavior

- a. Be quiet and respect the rights of teammates and others in hotel;
- b. Be prompt and on time;
- c. Develop cell phone usage guidelines;
- d. Develop computer use guidelines including social media;
- e. Respect travel vehicles;
- f. Establish travel dress code;
- g. Use appropriate behavior in public facilities;
- h. Establish two different curfews – in own rooms and lights out;
- i. Must stay in assigned hotel room; and
- j. Needs and wellbeing of the team come first.

Financial

- a. No room service without permission;
- b. Swimmers responsible for all incidental charges;
- c. Swimmers responsible for any damages or thievery at hotel;
- d. Must participate in contracted group meals; and
- e. Communicate travel reimbursement information and policies.

General

- a. Establish fair trip eligibility requirements;
- b. Establish age guidelines for travel trips;
- c. Parent(s) responsible for getting swimmer(s) to stated departure point; and
- d. Requirements for families to attend "Team Travel Meets."

SOCIAL MEDIA

SANDPOINT SHARKS SWIM CLUB SOCIAL MEDIA POLICY & GUIDELINES

Swimming for the Sandpoint Sharks Swim Club is a privilege. Swimmers on the Sandpoint Sharks Swim Club (SSSC) are Ambassadors of the club and the program. As swimmers you have the responsibility to portray your team, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you but benefit the entire team as a whole.

Facebook, Twitter, and other social media sites have increased in popularity, and are used by the majority of swimmers in one form or another.

SSSC members should be aware that third parties—including schools, teachers, coaches, future employers, universities, colleges—could easily access your profiles and view all personal information. This includes all pictures, videos, comments, and posters. Inappropriate material found by third parties affects the perception of the swimmer, the coaches, and the club. This could also be detrimental to you as you apply to colleges or future employment options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include but are not limited to the following:

- Photos, videos, comments, or posters showing the personal use of alcohol, drugs, and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments, or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory comments, taunting comments aimed at another swimmer, coach or other teams and derogatory comments against race and/or gender. No posts should show or encourage unacceptable violent or illegal activities (examples: sexual, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use and underage smoking).

If a swimmer is found to engage in such inappropriate behavior, he/she will be subject to the following penalties;

- Written warning
- A meeting with the Head Coach and their immediate Coach and parents
- Penalties as determined by the Head Coach and their immediate coach, including but not limited to possible suspension from the team

For your own safety, please keep the following recommendations in mind as you participate in social media websites;

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site-many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

If you are ever in doubt of the appropriateness of your online material, consider whether it upholds and positively reflects your own values and ethics as well as your families and the club's values. **If in doubt do not post!** Remember, always present a positive image, and do not do anything to embarrass yourself, the team, the coaches, and your family.

By signing below, you agree that you understand SSSC's social media Policy and Guidelines and agree to uphold them. By signing below, you also understand that failure to adhere to this policy and guidelines may result in consequences that include suspension from the club.

Requests to Discontinue Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant

subject to this Policy. The Organization must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

Hours Electronic communications must only be sent between the hours of 5:00 a.m. and 9:00 p.m. local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.

LOCKER ROOMS AND CHANGING AREAS

SANDPOINT SHARKS SWIM CLUB LOCKER ROOM/CHANGING AREA POLICY

Sandpoint Sharks Swim Club (SSSC) has public locker room / restrooms. The use of public restrooms is intended for parents, visitors, students and the general public. Such access means there are multiple groups utilizing the space simultaneously creating the need for SSSC athletes to be respectful of others privacy. SSSC athletes must be diligent in monitoring the area to protect all Sandpoint Sharks teammates from any inappropriate conduct. The purpose of this policy is to protect our athletes, coaches, and parents. We respectfully request all Sandpoint Sharks parents review this policy with your athletes. Safety First!

The Sandpoint Sharks Swim Club Board of Directors believes that constant monitoring inside of all locker rooms and changing areas could be the most effective way to prevent problems, but it believes more strongly that our swimmers have a track record of behaving well and that constant monitoring would make swimmers uncomfortable and may even place staff or volunteers at risk for unwarranted suspicion.

SSSC Best Practice Locker Room Policy

- No SSSC athlete may leave practice without permission from a coach. (See Policy Considerations below.)
- No SSSC athlete should be in the locker room alone at any time unless absolutely necessary.
- SSSC athletes should read and adhere to Sandpoint Lighthouse YMCA and Sandpoint Sharks Swim Team Locker Room policies.
- SSSC athletes must be aware of the other patrons utilizing the locker room and report to the coach or YMCA staff member any concerning or inappropriate behavior.
- SSSC athletes should shower and dress quickly avoiding time spent without cover in front of mirrors or in front of others.
- Parents should not enter the locker room unless absolutely necessary and then with conditions. (See below for Policy Considerations.)

Character First -- SSSC athletes understand personal accountability and the expectation of being a SSSC team member is always about maintaining a high level of personal character. The use of poor language, inappropriate discussions and general rough housing in the locker room is unacceptable. Please notify the coach to report any violations.

General Policy Considerations

Coaches make every effort to recognize when an athlete goes to the locker room or changing area during practice and, if they do not return in a timely fashion, we will check on the athlete's whereabouts. A swimmer leaving the water for the locker room or changing area must ask the coach first. It is impossible to record these instances, but this request allows for better awareness.

Parents should not enter the locker rooms unless it is truly necessary. In those instances, it should only be a same-sex parent entering from the hallway and entry should only be to the point where inquiry can be made as to the progress of the swimmer—typically a few feet inside the door. Please remain close to the door in order to respect swimmers' privacy. An opposite-sex parent needs to ask another parent to check on his/her child. If this is not an option, then the parent should let the coach know about this in advance, allow the coach to announce him or herself and allow swimmers to gather things to maintain their privacy. Following this announcement and a brief period, the coach and opposite sex parent can enter the locker room but only for the limited, specific purpose (and time needed) for which they entered.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Sandpoint Sharks Swim Club prohibits the use of mobile devices with recording capability in locker rooms.

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

This absolutely applies to cell phones even if the person is not using the photo, video, or other recording device. Please understand that the actual use of a photo, video or other recording device can violate state law as well as Sandpoint Sharks Swim Club policies and lead to serious consequences. Your child should be specifically advised that cell phones are not things that they require at practice although reality suggests this is impossible to enforce. Please ensure that all swimmers are aware NOT to use any function on any mobile or recording device whatsoever while in a locker room and should remain in a bag or clothing pocket.

MESSAGES, RUBDOWNS AND ATHLETIC TRAINING MODALITIES

SANDPOINT SHARKS SWIM CLUB MESSAGE AND RUB DOWN POLICY

General Requirement

Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

Additional Minor Athlete Requirements

- a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.
- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. Any Massage of a Minor Athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.

MEETINGS AND INDIVIDUAL TRAINING

SANDPOINT SHARKS SWIM CLUB MEETINGS AND INDIVIDUAL TRAINING

Meetings

- a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.

Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers

If a licensed mental health care professional and/or health care provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring although the Minor Athlete's identity does not need to be disclosed;
- d. The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
- e. The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

Individual Training Sessions

- a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
 - b. When a Dual Relationship exists; and/or
 - c. When the Close-In-Age Exception applies.
- d. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to the Sandpoint Sharks Swim Club, which can be withdrawn at any time.
- e. Parents/legal guardians must be allowed to observe the individual training session.

Appendix B

Parent Code of Conduct Contract

As a Parent of the Sandpoint Sharks Swim Club (SSSC) Swim Team, I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of Discipline, Loyalty, Commitment & Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coaches shift or after the conclusion of his/her coaching day.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
4. Maintain self-control at all times & know my role.

Swimmers – swim
Coaches - coach
Officials – officiate
Parents –parent

5. Enjoy involvement with the SSSC Swim Team by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated.
8. As a parent, I will strive to ensure that my athlete is on time to practices, meets and has proper gear and equipment.

I understand and agree to the above terms and conditions of the Sandpoint Sharks Swim Club in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Sandpoint Sharks Swim Club. Your signature at the end of this handbook will be your acknowledgement of this parent code of conduct.

Should I conduct myself in such a way that brings discredit or discord to SSSC, or USA Swimming I voluntarily subject myself to disciplinary action. SSSC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

SSSC maintains the right to terminate any membership with/without cause in the interest of its vision, mission and objectives.

Parent/Guardian Signature _____ Printed Name _____

Athlete's Printed Name _____ Date _____

Appendix C

Swimmer Code of Conduct Contract

As a swimmer & member of the Sandpoint Sharks Swim Club (SSSC) Swim Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff members, I will leave the SSSC team area in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of SSSC spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectfully attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where SSSC is represented.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all SSSC swimmers during practice, during swim meets, and at events sponsored by, or in which, SSSC Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, pushups, etc., being sent

home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Head Coach or Board deems necessary if a member fails to adhere to the Code in part or in whole.

Expulsion: Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

Safety and Behavior

The Sandpoint Sharks Swim Club board of directors reserves the right to terminate the membership of any individual whose behavior places the SSSC in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Athlete's Signature _____ Printed Name _____

Parent/Guardian Signature _____ Printed Name _____

Date _____