

Desert Foothills Swim Team

Home of the Waverunners

Welcome to the 2017 Desert Foothills Swim Team. We are excited that you have chosen to join our swim team family, in what will be an exciting and rewarding experience for all. This handbook has been provided in an effort to have this season be a success for everyone. We ask that each family read through this information and refer to it often throughout the season.

Thank you,
Kim Courtney

Team and School Director: Kim Courtney
DFST Team Coordinator: Tatem Bridda
Swim Team Head Coaches: Trevor Moore
Coaches: Kelsey Garner, Gavin Landreth, Eddie Masters

Contact Numbers

Swim Office: 480-502-2234
Emergencies: Tatem Bridda: 904-306-6775
Trevor Moore: 602-413-2305

Payment Information

We gladly accept cash, check, Visa or Master Card

A CREDIT CARD IS REQUIRED ON EVERY ACCOUNT TO COVER ANY TUITION/FEEES NOT PAID BY THE 10TH OF EACH MONTH. **We will not run your card without consent unless you fail to pay tuition on time or have open charges that are over a month old.*

Your tuition check may be placed in the mail box by the office. Cash must be received by office staff or team coordinator. Equipment, snacks and entry fees for all meets are the responsibility of the individual swimmer and/or parent.

Fees

Registration fees are \$30 per student, per year and are non-refundable, as well as non-transferable. This fee is payable upon registration.

Return Check Policy

There will be a \$30.00 fee for all returned checks

Cancellation Policy

If you cancel or withdraw your swimmer for any reason, the office staff must be notified in person. DFSC does not give refunds for partial month enrollment. The annual club/administrative fee of \$30.00 is non refundable and non- transferable.

Tuition Club Discounts for 2017

- Enroll during early registration ending Monday 2/6; save \$10 off monthly tuition
- Swim during Pre-season (February) and save \$10 off monthly tuition
- Paying by cash or check... save an additional \$10 off each month!

Going on Vacation??? Inquire in the office for prorated monthly tuition.

Program Levels:

Developmental:

Geared to 3, 4, & 5 year olds who already have been through swim lessons, can swim and take a breath on their own. Swimmers are required to attend team lessons in order to participate at intra-squad meets as well as those meets that allow coach participation. No swimmer can participate at meets until their coach or director agrees that the swimmer is safe in the water and can swim unassisted.

This is an introduction to swim team and a building block to the next level. Program designed for those that can swim and breathe on their own. Emphasis is on learning the strokes and working on endurance for longer distances. Depending on their level of ability in the water will determine their length of practice time.

1st Practice

Have some training background and have the ability to swim 25 meters unattended. These swimmers will have interaction with the coach in the water to help achieve understanding and the principles of each stroke, starts and finishes. Swimmers at this level can participate at swim meets.

2nd Practice

This group will be introduced to race strategies at swim meets and different training techniques at practices. Swimmers will also continue to redefine their strokes, turns, and starts. Additional time could be added to practices.

3rd Practice

All of the above in addition to the introduction and education on the importance of aerobic and anaerobic training. Land conditioning and deck training are held with these swimmers to strengthen what the swimmer is performing in the water. Additional practice time will be added to this level.

Elite, High School and USA BOUND swimmers

by invitation Same as above but with more intense training. Elite swimmers have additional practices to augment the club programs.

Training Days and Times:

Please note: We acknowledge and recognize **ALL** national holidays. A monthly or seasonal practice schedule will be emailed to you at the beginning of each month/season.

Inclement Weather Policy:

The staff at DFST never likes to cancel or postpone a practice. Should lightning or inclement weather occur at any practice, swimmers are required to exit the pool immediately, it is in the best interest and safety of our swimmers, **YOUR CHILDREN.**

Please review the following:

In the event of lightning we follow the 30 minute rule (this is the waiting period required before any swimmer can enter the pool). If rain occurs practice will continue or be called at the discretion of the coach. There are no make ups for inclement weather. A recorded message will advise you of any changes or practice cancellations and will be updated throughout the day. It is the responsibility of the parent/swimmer to call the swim office at 480-502-2234 for all weather updates. In addition, a parent can expect an email as well advising of any cancellations due to weather.

General Information:

Each swimmer is required to train with the following: board, fins, goggles, cap and league suit. Equipment is available for purchase and is **NOT** refundable after a purchase is made.

*Make sure your swimmer comes prepared with their equipment, towel and plenty of water to every practice.

*Please, **NO JEWELRY** *Label all equipment. The club is not responsible for lost or stolen items.

*Swimmers need to arrive and leave practice on time. Children under the age of 8 need to be accompanied by an adult.

*A parent is responsible for checking information at each practice posted on the team board

One parent from each family is required to attend the parent meetings held at the beginning of the Spring, Summer and Fall Leagues.

Communication:

DFST will have 4 modes of communicating information to its members:

1. Email: dfsc.team@gmail.com
2. Coaches & Coordinators at practices
3. DFSC bulletin board
4. Phone 480-502-2234

Coaching Staff:

The coaching staff is responsible for team practices, meets and decision of events a swimmer will swim at each meet. Coaches have the authority to remove an athlete/parent from practices and meets if they feel the swimmer/parent is disruptive or not following the rules and or the code of conduct.

Coordinators:

The team coordinator oversees the program and is the liaison between the director, clubs, coaches, parents and coordinators. **He/She** is in charge of parent meetings and team related events. A coordinator will oversee each practice. They will be responsible for answering questions from parents and ensuring the safety of all children at practices.

Meet Survival Guide

*** To participate on the Desert Foothills Swim Team every swimmer is expected to attend the swim meets. When there is a meet, no practice is held for any level.**

-Sign up sheets for each meet will be located on the table by the office. It is the responsibility of each parent to register their swimmer for each meet. The entry form will indicate if there is a fee for that meet. If your swimmer's name does not appear on the sign up list, we will assume that the swimmer will not be attending that particular meet.

-Keep in mind that for each meet we attend, the coaching staff has to register every swimmer and the entries are generally due 1-3 days before the scheduled meet.

-Facility and/or entry fees are based on sign-ups. **DO NOT** sign up and then not show up, as the entry fee will still be assessed. We count on every swimmer to attend!

-A parent from every family is required to volunteer at 3 meets for each season that the swimmer participates in. Example would be Spring League (March, April, and May). If you are unable or choose not to fulfill this duty, a \$25 per meet (times 3 meets per season) fee will be assessed. Same applies if you are a "No-Show". Please check with a coordinator for meet sign ups. Success relies heavily on parent involvement.

-Due to lack of deck space, parents are asked to stay with the spectators unless they are volunteering at a meet. Do not **coach** your swimmer when they are getting ready for an event or in the pool. If they should hear a voice it should be that of their coach. Feel free to cheer swimmers on as a spectator. Remember, there is a difference.

-Sometimes swimmers get disqualified at meets. Officials are there just for that, disqualifications. You or I might not agree with their decision, but they have the final say. A coach, not a parent can appeal the decision in an appropriate time after the meet.

-Each and every swimmer's safety is the priority at meets. I must insist that **EVERY** swimmer stay with their parent volunteer. If they need to use the restroom, the

volunteer will either take them or locate you. We do not want a swimmer to miss an event because they are not on deck.

-Parents, remember to bring lawn chairs, water, hats and sunglasses. No coolers are permitted at Arrowhead Country Club.

-Remember to be proud of your swimmer regardless of whether they come in 1st or 8th. How they got there is far more important...that each one of them take the lessons they have learned and apply it to themselves and their swimming. And if they can do that, they have already **won!**

Dos and Don'ts for Swimmers

Meet Snacks

Send your child with their own food to keep them in the swim team area rather than having them try to find you at the meet.

Fruit (grapes, apples, cut up cantaloupe and watermelon, raisins, cranberries) Nuts (peanuts, walnuts, sunflower seeds) Cheese (string cheese, cubed cheese) Crackers, baked chips, pretzels

Water or sports drinks

No hot dogs, candy or ice cream. Your child will have an upset stomach and not swim well.

At the Meet

Remember to rest & play quiet games between events; keep all your energy for your swim events. This is NOT a time for running and playing tag.

Wear team shirt, suit and flip flops LABEL EVERYTHING! Bring towel, goggles, sunscreen & swim bag to keep it all in. Bring snacks & drinks from the list above Quiet entertainment (cards, books, games, etc.)

Pick up your garbage after every meet.

Glossary

Bull Pen

The area where swimmers report before each event to check in and pick up entry card.

Deck

The area immediately around the pool. During practice parents are asked to stay off the deck. At meets, spectators are prohibited from being on the deck so officials can do their job.

Disqualification

A technically incorrect stroke, kick, turn, or false start. Times do not count.

Dual Meet

Two teams competing at one location

Event

The race in which the swimmer participates.

False Start

Leaving the blocks before the sound of the starter or before swimmer touches wall on relay exchanges. Leads to disqualification.

Heat

Placed in race with swimmers seeded at the same level. May have more than 1 per event.

Heat Sheets

A listing of all swimmers by heat and lane assignments at a meet. These may be purchased before the meet.

Invitational

More than 4 teams participating at a meet. There is an entry fee parents are responsible for.

Referee

The official who is in charge of all other officials at a meet. The referee makes all final decisions and sees to the running of the meet.

Scratch

Not to swim an event after being entered.

Seed Time

The time used to enter a swimmer at a meet. This determines a swimmer's heat and lane assignment.

Starter

The official responsible for the start of each heat and calling swimmers back to the blocks.

Stroke Judge

The official that determines the legality of a swimmer's stroke or his/her turns.

DFST Code of Conduct

1. Swimmers shall meet all requirements of their respective training level. Attendance is necessary for conditioning and development of swimming skills, if a problem arises and you need to alter your workout schedule, contact your coach. Please be prepared and on time for workouts.
2. Swimmers and parents are expected to conduct themselves in a manner that will bring credit to themselves and to Desert Foothills Swim Team. Disruptive behavior will not be tolerated at any practice, club function or swim meets. If found to be in violation, the individual will be asked to leave the premises immediately. A 1st offense is a warning, 2nd offense removes the swimmer and or parent from the next meet and a 3rd offense removes the individual from all practices and meets indefinitely. There will be no tuition returned if swimmer/parent is found to be in violation.
3. Any swimmer found to have caused physical damage to any of the facilities we attend as well as our own facility will be charged for the repair or replacement of the damaged property.
4. Any coaching decisions that you have a question about should be discussed with your swimmer's coach. Please do not talk to any coach on the deck at any practice or meet. They are available for questions after practices. When doing so, I ask that no

swimmer is exposed to this conversation including your own child. Should you have an immediate concern, speak to a coordinator on duty.

5. No parents on deck during workout times and training.

6. Due to the lack of deck space at some of the clubs, parents must stay with the spectators unless they have signed up to volunteer at the meet. Please do not coach your child when they are getting ready for an event or in the pool. That is the coach's responsibility.

7. In order to participate at a meet a swimmer must have attended the practice prior to that scheduled meet.

Code of Conduct Agreement

I/We have read the manual as well as the Code of Conduct for the Desert Foothills Swim Club. I/We understand the policies and agree to abide by them. All parents and swimmers and above are required to sign this agreement.

Parent Signature: _____

Swimmers Signature: _____

Date: _____