

# ***REDDING SWIM TEAM TEAM HANDBOOK***



***Home of the Aqua Ducks***

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## **Welcome Swimmers and Parents**

The Redding Swim Team invites you to join our swimming family. The Redding Swim Team is one of 53 teams in Northern California and is a member of United States Swimming, a national organization with over 750,000 athletes across the country.

Serving Shasta County since 1952, our swim team provides four programs: Redding Aqua Ducks (RAD), Swim America, Redding Summer Ducks, and Redding Adult Swimming. These programs are instructional and educational for people of all ages. Swimmers learn proper swimming techniques, the importance of physical fitness, and the rewards of commitment.

### **Our Mission and Purpose:**

The Redding Swim Club and all associated programs are built upon mutual respect and open communications. Swimmers, Parents and Coaches all have individual roles as part of that community but obviously must interact with each other. The following provides a framework by which to understand these roles and to guide behaviors so that the team can gain the greatest benefits each participant, parent and coach can yield.

The Redding Swim Club has several different programs within its organization and our goal is to provide the best aquatic programs possible for all involved. At times Redding Swim Club and Redding Swim Team names may be interchangeable but overall purpose, philosophy and goal are the same.

### **Mission Statement:**

The mission of the Redding Swim Team is to provide physical, emotional, and social growth of swimmers/members through training and competition.

### **Redding Swim Team Ethos Statement:**

We are a family of swimmers, coaches, parents, and volunteers who provide a fun and friendly environment for athletes of varied skill levels to compete at their fullest potential. We strive to produce young adults that will become productive leaders in the community by teaching the values of teamwork and dedication.

**Teamwork:** Teamwork is essential to success in swimming. All teammates support each other, making it easier to endure difficult times.

**Dedication:** Swimmers and their parents dedicate their time to partake in meets, practices, and other events. Swimmers willfully dedicate a significant amount of their lives to the sport.

**Spirit:** As a team, we strive to encourage one another to rise to the occasion and perform with maximum effort.

**Positive Attitudes:** The members of our team make every effort to display positive attitudes throughout all circumstances.

**Respect:** The respect swimmers express towards one another, and coaches demonstrates a sense of loyalty that holds us together as a team.

**Perseverance:** Swimmers, parents, and coaches inspire one another to persevere through hard work and challenges.

**Family/Friendship:** As a team we are united together through the bonds of shared experiences and passion for support.

**Responsibility:** Swimmers need to be responsible enough to attend a time-consuming schedule while focusing on many different tasks.

### **Redding Swim Teams Coaching Objectives:**

- ❖ Provide a comprehensive aquatic program that emphasizes the development of lifelong learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.
- ❖ The Redding Swim Club is based upon open communication and mutual respect among the Board of Directors, instructors, coaches, participants, parents, and officials.
- ❖ The program is to serve as a positive, powerful, productive force for our participants and families.
- ❖ Prepare our members for a path of success, through education and fostering the members' quest for personal improvement.

### **To provide an attractive program for the participants:**

- ✓ Provide the participants with an enjoyable and rewarding experience.
- ✓ To give quality instruction in the fundamentals of each program offered: specific athletic skills and strategies to improve participant's success.
- ✓ Sportsmanship, ethical conduct, and fair play to be an integral part of the Redding Swim Team
- ✓ Inspiring all athletes to always give their highest effort in the pool, also a member of our community.
- ✓ To stress the importance of self-discipline in both the pool and the community
- ✓ Teach our participants that dignity, self-worth, and self-esteem are achieved through hard work.
- ✓ To create a positive atmosphere and a climate that is enhanced when participants work together as a team to represent Redding Swim Team
- ✓ Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a direction for positive and successful outcomes.

### **To make our aquatic programs a source of both participants, family, and community pride:**

- ✓ Help each participant to interact positively with staff, community, and fellow participants.
- ✓ Make the team a positive influence on all who encounter our program.
- ✓ To demonstrate the social competence of operating within a set of rules and regulations governing the sports offered

### **General Information regarding our Handbook**

There are several things to keep in mind about this handbook. First, it contains only general information and guidelines. It is not intended to be comprehensive or to address all the possible applications of, or exceptions to, the general policies and procedures described. For that reason, if you have any questions concerning eligibility for a particular benefit or the applicability of a policy or practice to you, you should address your specific questions to the General Manager. Neither this handbook nor any other company document confers any contractual right, either expressed or implied, to remain in the company's employ. Nor does it guarantee any fixed terms and conditions of your membership. The procedures, practices and policies described here may be modified or discontinued from time to time. We will try to inform you of any changes as they occur.

## Redding Swim Team – Structure

The following guidelines are used by the RAD Coaching Staff when assigning a swimmer to a specific group. Coaches' discretion: child's maturation, attendance, and social structure of the group. Each child will be placed into the group that best suits their ability and team dynamics as determined by the staff. When a child ages up to a new group, they will move after the Summer Break or Spring Break.

<b>STROKE SCHOOL</b>	
The program is a seasonal program to provide participants an opportunity to work on stroke improvement and skill development. We will provide strong fundamentals and skills in an enthusiastic environment! This is the perfect opportunity for those first-time swimmers that want to experience a new sport.	For ages 10 to 18 capable of swimming 15 yards crawl/freestyle and 15 yards on the back.

<b>ROOKIES GROUP</b>	
The focus of this group is to gain confidence and enjoyment in the water by teaching basic swimming skills of body/head position, leg propulsion, arm propulsion, breathing and stroke coordination for the four competitive strokes. Other skills that will be taught are dives/starts, finishes, and turns for all strokes/races. Competition is not required. Cost: \$93/month	This group is for swimmers who are generally ages 5-9 and new to the sport of swimming. This swimmer must be able to swim 25 yards of freestyle/front crawl and 25 yards of backstroke/back crawl.

<b>AGE GROUP</b>	
Swimmers should be proficient in all four competitive strokes, turns, and dives. The emphasis will be on improving the swimmer's technical skills. Training strategies are introduced as well as interval training and reading a pace clock. Through their efforts, swimmers gain confidence and pleasure in their growing ability. Swimmers in this group need to provide their own equipment. Practices are generally 1.5 hours, but new swimmers will start off at an hour until the coach determines the swimmer is ready for more. Cost: \$130/month	This group is for swimmers who are 7-12 years old. Participants can swim all four competitive strokes: Complete a legal 100 IM, 100 Freestyle with side breathing and flip turns, and 50 Backstroke legally.

SENIOR GROUP	
<p>Swimmers in this group focus on improving their competitive proficiency and performance. The emphasis is stroke skills and interval swim training. This group focuses primarily on proper technique of the four competitive strokes, starts and turns, and improving skills and conditioning for the sport of swimming. Swimmers in this group need to provide their own equipment.</p> <p>Cost: \$145/month</p>	<p>This group is for swimmers who are 13 years old and older. Participants can swim all four competitive strokes: Complete a legal 100 IM, 100 Freestyle with side breathing and flip turns, and 50 Backstroke legally.</p>

**The Stroke School, Rookies, Age Group, and Senior Swimmers not in the Regional Group will be able to participate in the Summer Thursday night events: These events cost \$10, sign up on the pool deck the day of the event.**

MASTERS
<p>Monday, Wednesday, and Friday 5:30-7:00 am Monday - Thursday 6:00-7:00 pm Friday 4:15-6:00 pm (No Fridays in the Summer).</p> <p>This is a group of adults, 19 years and older, who are interested in swimming as part of their physical fitness program. The coach will provide workouts for swimmers, or they can lap swim on their own. This group's emphasis is on meeting the needs of its participants.</p> <p>Cost: \$56/month</p>

COMPETITIVE GROUP
<p>Swimmers that are Registered with USA Swimming and attend the local swim meets in the area. As well as participate in 80% of practice per month. Morning practices and weight room count as ½ a practice. Evening practices count as 1 full practice.</p>

REGIONAL GROUP
<p>Swimmers that are Registered with USA Swimming and attend the local swim meets and regional swim meets as well as attending 80% of practices per month. Morning practices and weight room count as ½ a practice. Evening practices count as 1 full practice. The swim meets that qualify our swimmers as Regional Swimmers are the Sierra Nevada 14&amp;under Championships (Junior Olympics) and the Sierra Nevada Summer Championships (Bill Rose Junior Olympics). The swimmers in this group must sign a Contract and Honor Code.</p>

The most current team practice schedule is available on our team website.

<https://www.reddingswimteam.org/page/year-round-ducks/practice-schedule>

<b>Practice Schedule – School Year</b>			
<b>Groups</b>	<b>Time/Days</b>	<b>Location</b>	<b>General Guideline</b>
Private Lessons	<ul style="list-style-type: none"> <li>5:30pm or 6:00pm T or Thurs</li> </ul>	Shasta College	Private lessons
Rookies Group	<ul style="list-style-type: none"> <li>5:00-5:45 pm M-Thurs</li> </ul>	Shasta College	5-9 years of age
Stroke School	<ul style="list-style-type: none"> <li>4:00-5:00 pm M-Wed</li> </ul>	Shasta College	10-14 years of age
Age Group	<ul style="list-style-type: none"> <li>5:30-7:00 pm M-Thurs</li> <li>4:15-6:00 pm Fridays</li> </ul>	Shasta College	7-12 years of age
Senior Group	<ul style="list-style-type: none"> <li>4:00-6:00 pm M-Friday</li> </ul>	Shasta College	13 and up
Masters	<ul style="list-style-type: none"> <li>5:15-6:45 am M, W, Fri</li> <li>6:00-7:00 pm M-Thurs.</li> <li>4:00-6:00 pm Fridays</li> </ul>	Shasta College	Adults

**Stroke School – seasonal/sessions (6-week programs)**

<b>Practice Schedule – School Year</b>			
<b>Groups</b>	<b>Time/Days</b>	<b>Location</b>	<b>General Guideline</b>
Age Group Competitive	<ul style="list-style-type: none"> <li>5:30-7:00 pm M-Thurs</li> <li>4:15-6:00 pm Fridays</li> <li>5:30-6:45 am M, W, F (once a week for 11 -12 years of age)</li> </ul>	Shasta College	7-12 years of age
Senior Group Competitive	<ul style="list-style-type: none"> <li>4:00-6:00 pm M-Friday</li> <li>5:30-6:45 am M, W, F (once a week for 13 and up)</li> <li>6:00 – 7:00 pm T and Th. Weights (14 and up)</li> </ul>	Shasta College	13 and up
Age Group Regional	<ul style="list-style-type: none"> <li>5:30-7:00 pm M-Thurs</li> <li>4:15-6:00 pm Fridays</li> <li>5:30-6:45 am M, W, F (twice a week for 11 -12 years of age)</li> </ul>	Shasta College	7-12 years of age
Senior Group Regional	<ul style="list-style-type: none"> <li>4:00-6:00 pm M-Friday</li> <li>5:30-6:45 am M, W, F (three times a week for 13 and up)</li> <li>6:00 – 7:00 pm T and Th. Weights (14 and up)</li> </ul>	Shasta College	13 and up

<b>Practice Schedule – Summer</b>			
<b>Groups</b>	<b>Time/Days</b>	<b>Location</b>	<b>General Guidelines</b>
Rookies Group	<ul style="list-style-type: none"> <li>5:00-5:45 pm M-Thurs</li> </ul>	Shasta College	5-9 years of age
Youth Summer Ducks	<ul style="list-style-type: none"> <li>9:30-10:30 am M-Wed.</li> <li>or</li> <li>4:00-5:00 pm M-Wed.</li> </ul> Thursdays – Mini Meets at 5:00pm	Redding Aquatic Center Shasta College	10-14 years of age
Age Group	<ul style="list-style-type: none"> <li>5:30-7:00 pm M-Thurs.</li> </ul>	Shasta College	7-12 years of age
High School Summer Ducks	<ul style="list-style-type: none"> <li>9:00-10:30 am M-Wed.</li> <li>or</li> <li>4:00-5:00 pm M-Wed.</li> </ul> Thursdays – Mini Meets at 5:00pm	RAC  Shasta College	8 <sup>th</sup> grade and older
Senior Group	<ul style="list-style-type: none"> <li>4:00-6:00 pm M-Thurs.</li> </ul>	Shasta College	13 and up
Masters	<ul style="list-style-type: none"> <li>5:15-6:45 am M, W, Fri</li> <li>6:00-7:00 pm M-Thurs.</li> </ul>	Shasta College	Adults

<b>Practice Schedule – Summer</b>			
<b>Groups</b>	<b>Time/Days</b>	<b>Location</b>	<b>General Guidelines</b>
Age Group Competition	<ul style="list-style-type: none"> <li>7:15-9:00am T &amp; Th</li> <li>5:30-7:00 pm M-Wed.</li> </ul>	Redding Aquatic Center Shasta College	7-12 years of age
Senior Group Competition	<ul style="list-style-type: none"> <li>7:00-9:00 am M-Thurs.</li> <li>4:00-5:30 pm M-Wed.</li> </ul>	Redding Aquatic Center Shasta College	13 and up
Age Group Regional	<ul style="list-style-type: none"> <li>7:15-9:00am T, W, TH</li> <li>5:15-7:00 pm M-Wed.</li> </ul>	Redding Aquatic Center Shasta College	7-12 years of age
Senior Group Regional	<ul style="list-style-type: none"> <li>7:00-9:00 am M-Thurs.</li> <li>4:00-5:30 pm M-Wed.</li> <li>6:00 – 7:00 pm T &amp; Th.</li> </ul> Weights (14 and up)	Redding Aquatic Center Shasta College	13 and up



## **Coaching Staff**

### **MARK WAGNER: HEAD COACH/GENERAL MANAGER**

Mark serves as the Head Coach and General Manager for the Redding Swim Team. He is a former College All-American Swimmer who has been coaching since 1985. He has coached all levels of swimming in the areas of recreational, high school and U.S.A. swim teams before coming to Redding in September of 1996. In 2005, Mark was also hired as Head Coach of the Men's and Women's Swimming/Diving Team at Shasta College.

Since arriving in 1996, our swimmers have set over 100 new team records and have qualified swimmers for the Age Group Western Zone Meet, Junior Nationals, Senior Nationals, and two (2) Olympic Trials Qualifiers. In addition, the American Swimming Coaches Association certifies Mark as a level 4 coach. His certification places him in the top 5% in the nation. Mark is serving on numerous Board of Directors within the swimming and local community. He has three wonderful children.

### **BETHANY WILLIAMS: ROOKIES and AGE GROUP COACH**

Bethany is a former swimmer of the Aqua Ducks. She has been coaching with the Aqua Ducks for 6 years and enjoys teaching and coaching the new athletes. She has been teaching swimming for over 15 years as well as being a head coach for local High Schools for the past 6 years. She is the Site Director for our Shasta College site and enjoys helping children of all ages explore swimming. A graduate of Chico State in Kinesiology and movement studies, she brings her knowledge of her degree, her smile and caring nature to our team. She is married to a former swimmer, Chris and has three wonderful children, Clark, Clayton, and Evalette.

### **ROB SMITH – ASSISTANT COACH**

A lifelong swimmer, Rob grew up on the pool deck with his dad as a swim coach. Some of his lasting memories are summer swim meets, playing in the team area, and camping with the team at meets. In high school he swam for Shasta High as a standout freestyler and backstroke. Recruited to swim with Coach Ernie Maglischo at California State University, Bakersfield; he honed his skills to become a competing force in Division II swimming. During his freshman year, he earned All American Honors and a National Championship ring as a member of Roadrunner team. The following year Rob took the opportunity to move up into Division I as a Sun Devil at Arizona State University. There he continued to achieve success competing for ASU on the national team all three years, earning All American Honors, helping his team earn a top ten finish his senior year. Throughout college Rob coached age group teams in California and Arizona and contributed to the ASU program as a volunteer assistant coach. Rob completed his degree in Exercise Science from ASU with honors and continued onto his post graduate education with a degree in Chiropractic. Excited to work with the kids, Rob takes his past swimming experience and his acquired body of knowledge and applies it to his coaching. Not afraid to try new approaches and always looking for fun in practice, he abides by a simple philosophy in coaching, "Every swimmer has unrealized potential." He finds his role as a coach is to challenge the swimmer and support their growth as a whole person.

### **CHIP MARK: SITE COACH**

Chip Mark - Coach Chip Mark is a Redding native and grew up on the Year-Round Redding Swim Team (back then it was called the "Shasta Aquatic Club Bears"). Chip is married to his wife Alicia and together they have two children, Christopher and Amber. Chip has been involved with aquatics all of his life. He worked at the Redding YMCA for nearly 17 years (from 1997-2013) as the Aquatics Director where he taught swimming lessons, coached a Jr. Swim Club for entry level swimmers (many of whom went on to swim for the Ducks), and taught Red Cross Water Safety and Lifeguarding classes. Chip has also coached at the High School level at Redding Christian, American Christian and currently coaches the Shasta High School's JV swim team and assists with the Varsity team. Coach Chip is a familiar face to many around the pools as he has also coached with the Ducks in the past and he is delighted to join the Duck family once again, he shares his love of swimming and children with the community.

## **Swimmer Recognitions**

### **Swimmer of the Month – Rookies, Age Group and Juniors Monthly Award**

Each month a swimmer is chosen as the Swimmer-of-the-Month. The award is based upon attitude, attendance and effort at practice and swim meets. Each swimmer receives a specialized swim cap in recognition of their achievement. Each Swimmer-of-the-month will have their name printed in the Weekly Flash.

### **Pay Day – Monthly Award for Age Group and Juniors**

This award is based on monthly attendance. Swimmers that achieve 80% or better win a candy bar.

### **“A” Medals**

When a swimmer achieves an “A” time in an event for the first time, they receive an “A” Medal. The coaches check the results after each swim meet and hand out awards afterwards. At some swim meets, “A” Medals are given directly to the swimmers.

### **High Point Award**

The top three swimmers in each age group during the Short Course and Long Course season will earn this event. The swimmers’ ranking will be based on 1-5 place in each individual event. The scoring will be 6, 4, 3, 2, and 1.

### **Competition Award**

Rewarding swimmers that attend 80% of the possible swim meet days for their specific swim group. The swimmers in the Rookies through the Junior Team can also earn a bonus by winning the Swimmer of the Month Award.

### **National Swimmer Award**

Swimmers who achieve a National Reportable Time in one or more events receive a Team Award and a certificate from United States Swimming and Sierra Nevada Swimming. The swimmer is honored in the Newsletter and in the local paper for this outstanding accomplishment.

### **Team Records**

Team records are updated every September, in conjunction with the National and LSC records. Swimmers who break a Team Record will be rewarded. Official records are kept for all nationally recognized events, and 8-under events recognized by the LSC.

### **Lap-A-Thon**

The Lap-A-Thon is a fund-raising event held each spring. Swimmers earn money for the team by swimming as many laps as they can in a specific time. Rewards are given to the Swimmers who are the top money raisers at this event.

### **Team Awards Banquet**

The Awards Banquet is held at the end of the previous season. Every swimmer is awarded either for their participation (three to six-month award, seven to nine-month award, and 10-12-month award)

## GOAL SETTING

Goal setting can be one of the greatest tools for personal motivation; however, goals must be S.M.A.R.T.: Specific, Meaningful, Affirmed, Realistic, and Traceable.

**SPECIFIC** means just that. Goals should be stated with a concrete time to be achieved as well as when you plan on attaining that time. For example, I want to swim a 1:06 in the 100 Fly by January 1. Then focus on practice on your desired goal times.

**MEANINGFUL** means setting goals that are personal and purposeful to you. The goals you set must be your own aspirations, not your parents' or your coach's, but your own.

**AFFIRMED** means confirming your goals by firmly planting them in your heart and soul. Write your goals out and place them on the refrigerator, in your locker, on the ceiling at home or anywhere else you will see them daily. Convince yourself that you can achieve them.

**REALISTIC** means setting goals that are achievable by you within the time frame you or your coach have established. It is great to have high expectations, but goals must be attainable, or you will not experience success, and swimming may not be enjoyable anymore. Your coach can help you set challenging, but realistic goals.

**TRACEABLE** means being able to chart your progress on the way to a season or yearly goal. Setting short-term goals helps establish a means of monitoring your achievement along the way. This feeling of accomplishment will help motivate you in obtaining your goals.

**BELIEVE IT! VISUALIZE IT! DO IT!**

## DIET GUIDE

Here is a very simple guide to consider when eating as an athlete. In addition, please search USA Swimming's website: <http://www.usaswimming.org>

**CARBOHYDRATES:** Needed to fuel the body for proper growth and development (60% of daily diet). Squash, veggies, pasta, potatoes, rice, bread (whole wheat), and beans are good sources of carbohydrates.

**PROTEINS:** Necessary for muscular and structural development (25% of daily diet). Foods such as chicken, fish, lean beef, eggs, milk, and cottage cheese are great proteins.

**VITAMINS AND MINERALS:** Continues the proper chemical balance within the body (15% of daily diet). Bananas, oranges, apples, green vegetables, and yellow vegetables contain numerous vitamins and minerals.

**FATS:** Necessary for proper enzymatic processes. Limited amounts are suggested. Most found in butter, cheese, jellies, etc.

**SUGGESTIONS FOR PRE-MEET COMPETITION MEAL:** Four days prior to competition, increase your carbohydrate intake, decrease your fats, and increase fluid intake.

**DAY OF THE MEET:** Include carbohydrates, fluids, and fruits.

*FOODS THAT CONTAIN HIGH LEVELS OF PROCESSED SUGARS SHOULD BE AVOIDED AS MUCH AS POSSIBLE (EG: SODA, CANDY, CAKES, and ICE CREAM).*

## HOW TO SEND YOUR CHILD TO A SWIM MEET

The following information may be useful to parents and swimmers when entering a U.S.A. swim meet. Follow each step carefully to assure your swimmer's admittance into the swim meet. For those who have never been involved with USA Swimming, this meet entry procedure may be quite different from anything you have seen before, so please pay close attention to the following.

To compete in a swim meet, a swimmer must be registered with USA Swimming two weeks prior to competition. The cost is \$95 for the 2024 season of competition. If you wish to purchase USA Registration, please email [reddingaguaducksboard@gmail.com](mailto:reddingaguaducksboard@gmail.com)

## ONLINE ENTRIES

### Become a member – Swimconnection.com

Membership is free and will give you access to all the services offered by SwimConnection (add swimmers to your profile, track their performances, email notifications when meet results are in, etc.) Go to <http://swimconnection.com/sn>

On the MEMBER navigation bar at the top, click on Login, and in the "Why Join?" box on the right, click on signup. Simply fill in the form and follow the instructions to activate your account.

### Setup your Member Profile

Login at SwimConnection by clicking on the "Login" link on the MEMBER navigation bar at <http://swimconnection.com/sn> When your login at SwimConnection, you are directed to "My Account", your personal home page. This is where you can add swimmers to your profile and set up other preferences. Click on "Edit Account Properties" on the left-hand side of the page and set up your account to your liking.

### Getting Started – Swimmer Home Page

Each swimmer has a home page at SwimConnection. If you have swimmers included in your profile, simply click on the swimmer's link on your home page. You can also access any swimmer's home page via the swimmers list (click on the "Swimmers" link on the LSC navigation bar at the top of each page). On the swimmer home page, you can:

- View the swimmer's best times.
- View a history of times for each individual event.
- Convert times to different courses.
- Compare times against different time standards and see how far the swimmer is from reaching these standards.

### Top Results

You can click on the Top Results link (on the LSC navigation bar at the top of each page) to view top times per event, course, and age group. Time eligibility for an Age Group can be computed according to the meet's date or as today's date.

### Meet Results

Click on the Meet Results link to access meet results. Quick access to event results is possible through links for each event. See all swimmers that attended the meet for a specific team and see all the times for a specific swimmer.

### **Online Meet Entries**

Click on the “Enter Meets” link to enter a meet online quickly and easily. The system will insert a swimmer’s best times and convert them automatically! Pay by credit card through a secure server and get your personalized meet sheet to take to the meet.

### **Standards**

Click on the “Standards” link to quickly view all time standards of interest for your swimmers. All these standards are available on the Swimmer Home Page to compare a swimmer’s performance against these standards.

### **Coaches**

Coaches have access to a wide variety of reports to help them keep track of their swimmers’ performances. Click on the “Times Lists” link on the navigation bar.

... and much more!

## **SWIMMERS - WHAT TO DO WHEN YOU ARE AT THE SWIM MEET**

**Find your coach** – check in with your coach for team area information and warm up/stretching directions.

**Warmups** – this is the time to get acquainted with the pool. Your coach will have a warmup for you that will include starts and sometimes pace work. Check with your coach before you leave the warmup.

**Attend team meeting/cheer** - information about the meet and relays is given here.

**Find your heat and lane assignment** – somewhere on or around the pool deck the heat and lane assignments will be posted. Look for the paper with your event number and description. Each heat will have lane assignments, the number in front of your name. Write it on your hand with a sharpie pen to remind you later. You should check your heat/lane about 2 events prior to yours.

**Check in with your coach** – once you know your heat and lane assignment tell your coach. This will also be the time your coach talks to you about your race, warm up, strategy, things to think about or work on during your race. If you want to scratch (not swim) an event do NOT circle it. *Check with your coach before you scratch an event.*

**Race** – You should be behind the blocks of your lane 2 heats prior to yours. Be aware some events move along faster than others. Check with the timers to make certain you are in the correct heat and lane. Listen to the referee’s whistles and be ready. Do your best. Get your time from the timers in your lane.

**After your race** - Warm down; the rule of thumb is warm down twice the distance you raced, i.e. 100 free race equal 200 warm down. Sometimes your coach will give you specific warm down instructions. Dry off, get warm, if it is a cold day dress warmly, and put something on your feet before you approach your coach.

**Check in with your coach** – Your coach will have information about your race: splits, comments about technique or strategy, suggestions on how to improve.

**Before you leave** – Check with your coach about relays, finals, team dinner plans and the next day’s arrival time. Clean your area and check your bag for all your gear. Thank your parents for bringing you, encouraging you, and working at the swim meet so you can swim.

**Additional things to bring to a winter meet** - Extra towels, extra suits, socks, clothes, and money.

## **Team Meets and Events**

The Redding Swim Team's current meets and events are listed on the team website under the "meets and events" link on the home page: <https://www.reddingswimteam.org/page/home>

### **Types of Meets Available to RAD Swimmers**

1. **Dual Meets:** Dual meets are designed to provide competition between Redding Swim Team and one other swim team. Dual meets usually last 2-3 hours.
2. **AGO Meets** provide an intermediate level of competition for swimmers with "B" times and "No Times."
3. **BB +/- Meets** are for all swimmers and all members are encouraged to participate. Awards are separated based on the BB time standard.
4. **A Meets** are for experienced swimmers who have achieved "A" times and faster. Team scores are kept, and team awards are given.
5. **Junior Olympics Championships** are held twice a year. During the spring, this meet is only for 14 & under, however, the Summer Junior Olympics are open to all swimmers. Specific time standards are set for these swim meets.
6. **T/F Meets** are typically for older/more experienced swimmers. The morning is the preliminary swims and the afternoon/evening the top swimmer's race again.
7. **SWAGR** is a swim meet that hosts the top age group (14&under) meet in Northern and Central California. Specific time standards must be met to qualify for this swim meet.
8. **Zone Meets** are annual regional championship meets held each August by USA Swimming. USA Swimming divides the country into four zones and each zone has its own meet and names a zone champion.
9. **Speedo Sectional Meets** provide the next level of competition for qualifying swimmers. The Speedo Sectional Meets have no age groups, and all event seeding is based only on qualifying times. The Speedo Sectional Meet is usually held at a premier location.
10. **NSCA Junior Nationals** are held each March for qualifying swimmers aged 18 and under. This meet is hosted by the National Swim Coaches of America (NSCA). In past years, this meet has been held in Orlando.
11. **USA Swimming Junior National Championships** USA Junior Nationals are exclusively for swimmers aged 18 and under and the swim meet is held each December (short course) and August (long course). This meet serves as a steppingstone to the top national and international level meets for 18 and under athletes. Qualifying times for this meet are faster than the NSCA JR National Meet in March.
12. **USA Swimming National Championships/US Open** is one of the top national level competitions that are held at different times throughout the year and serve as qualifying meets for international level competitions. There is no age limitation on these meets.
13. **US Nationals and National Disability Championships** are held twice a year and is the fastest meet in America. Qualification times for this elite senior meet are faster than the US Open. United States also has an **Open Water National Championship**, where contestants swim in a lake or the ocean. Open water swimming is also an Olympic event.
14. **Olympic Trials** are held every four years to select swimmers for the Olympic Games. This elite senior selection meet has qualification times faster than US Nationals. The top two swimmers in each individual event, plus a few additional freestylers are selected for the US Olympic Team.

## **TIMING 101**

(Fear not the pickle!)

- A swim race has few basic needs: pool, swimmers, and timers. You are the timer.
- Every family that has a child entered in the swim meet must help as a timer at that meet.
- Sometimes, the timing requirement is one hour per child entered; however, occasionally, two or more hours are needed to fulfill our team's timing commitment.

### **What's a timer?**

- At every race, each lane has three corresponding "chairs" – timers responsible for that lane.
- Chairs are allocated to teams based upon the number of swimmers they have entered the meet.
- Redding Swim Team usually has at least 3 or 4 chairs to fill.

### **How does one time?**

- It's easy! Every chair has a "pickle" – a pickle is button connected to an automatic timing system.
- When the swimmer in your lane touches the wall, push the button. That's it!
- One of the three chairs is also responsible for hand timing using a stopwatch.
- Make sure you know how to run the watch before the first race.
- Start the watch at the flash of light which goes off at the start of each race. Do not start from the beep.
- Stop the watch when the swimmer touches the wall.
- If you miss a start, don't worry! Call for a back-up watch, and you're back in business.
- One of the three chairs is also responsible for the clipboard.
- One clipboard per lane holds sheets listing the swimmers in your lane by race.
- Check-in swimmers prior to their heat.
- If your swimmer isn't there, call their name – they may be in the wrong lane.
- Record the hand time (stopwatch time) in the space provided on the sheet. An official will deliver and pick up the sheets from time to time.
- Timing responsibilities are explained by a swim meet official prior to every race.
- Stay at your post until you are relieved by the next timer. If your relief is late, ask another Redding Swim Team parent to help find your replacement.
- Relax – timing is fun: you interact with the kids, get yummy snacks, meet other parents, and you have the best seat in the house to watch some great swimming!

### **Timing sign-up sheet at the meet**

- Sign-up sheets are posted in an obvious place at the beginning of the warmup period.
- It is your responsibility to sign yourself up for a desired time slot. Please don't assume you're not needed if you haven't been asked to time by another parent volunteer.
- The sign-up sheet will remain posted for the duration of the swim meet. Check back periodically to ensure that every time slot is filled.
- You are responsible for getting to the right chair at the right time.
- If you're at the swim meet, you've got a seat!

**Thanks!**

# POLICIES AND PROCEDURES

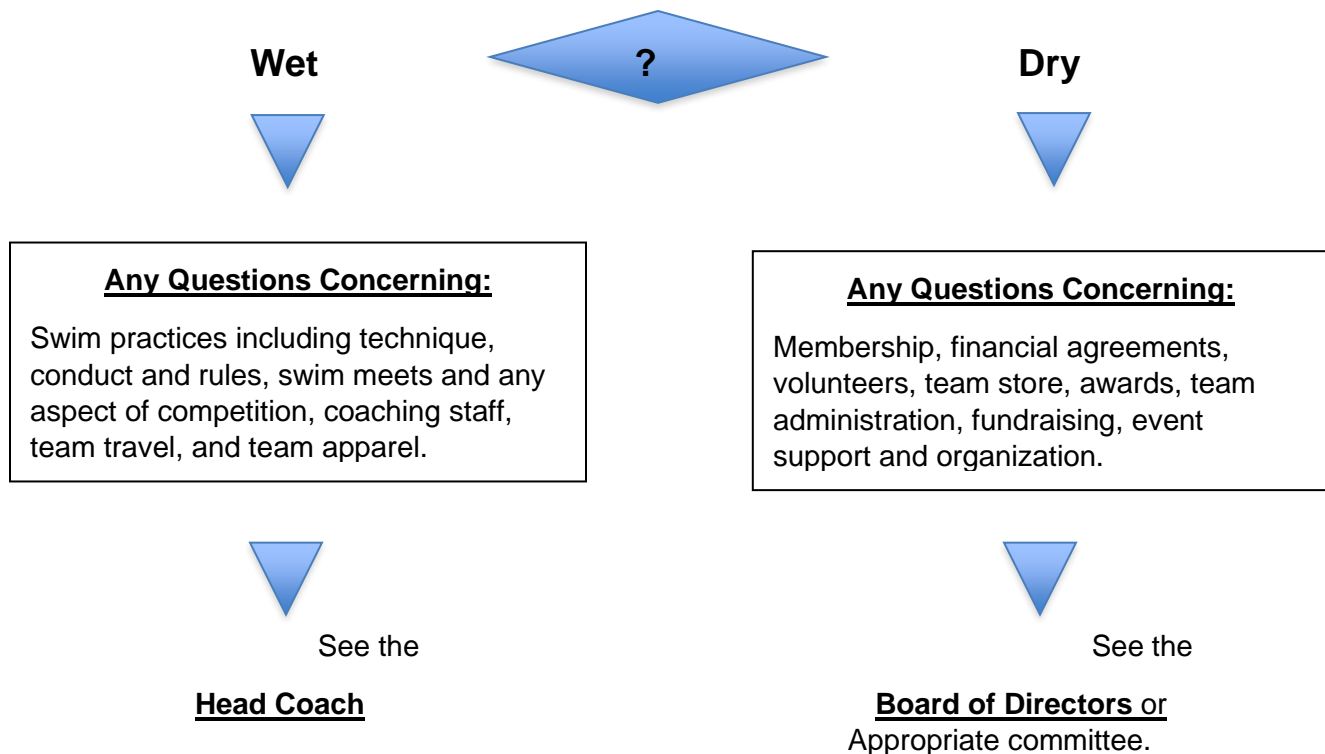
## General Overview

As a **Member Team** of USA Swimming, all members of the Redding Swim Team and its associated programs are expected to follow the rules and policies of the Redding Swim Team, USA Swimming, Sierra Nevada Swimming, any Federal, State, County or City ordinances. The Redding Swim Team bylaws, USA Swimming and Sierra Nevada Swimming rules and policies can be accessed through the team website: [Reddingswimteam.org](http://Reddingswimteam.org).

Along with the governance developed by these organizations, the Redding Swim Team has developed its own Policies and Procedures and a Team Handbook to help educate and guide its membership. The Redding Swim Team and all associated programs are built upon mutual respect and open communication. Swimmers, Parents and Coaches all have individual roles but also must interact in a way that's productive for each and for the organization. Further, while the bylaws of the Redding Swim Team are the main governing document for the organization, the Policies and Procedures herein are designed to clarify the intent of the bylaws, to develop reasonable policies for the overall benefit of the team, and to describe operations and procedures to accomplish team and athlete goals. The following, then, provides a framework by which to understand these roles and to guide behaviors so that the team can gain the greatest benefits each swimmer, parent and coach can yield.

## Team Organization Where to Start

The organization of the Redding Swim Team is broken down into "Wet and Dry" issues.





### **Dry Side Responsibilities – Board of Directors**

- Set Policy and Procedures of the Redding Swim Team.
- Coordinate and organize Team Functions (i.e., swim meets, fundraisers, Gala Dinner)
- Hiring of Head Coach/General Manager.
- Advise and supervise General Manager
- Prepares a monthly report.
- Plans or helps develop budget.
- Creation of Committees for team officers and members
- Oversees purchase of equipment
- Writes checks as authorized.

## **Responsibilities of the General Manager/Head Coach**

- ❖ **The Head Coach shall oversee all wet side issues.**
- ❖ **The General Manager shall coordinate the “Dry Side and “Wet Side” issues to ensure that the Redding Swim Team is a fluid and a successful organization.**

<b><u>Wet Side Responsibilities – Head Coach</u></b>	<b><u>Dry Side Responsibilities – General Manager</u></b>
<ul style="list-style-type: none"><li>• Oversees all levels of swimming designs and plans for all groups.</li><li>• Directly coaches at least one group.</li><li>• Educates and supervises all coaches.</li><li>• Sets practice schedule.</li><li>• Sets practice groups.</li><li>• Attends highest level of competition and sees that all swim meets are attended by a team coach.</li><li>• Determines meet schedule for team.</li><li>• Oversees individual and team entries.</li><li>• Coaches and oversees athletes at meets.</li><li>• Sets attendance and discipline policies for swimmers</li></ul>	<ul style="list-style-type: none"><li>• Prepares a monthly report.</li><li>• Plans or helps develop budget.</li><li>• Member of nominating committee for team officers</li><li>• Hiring of Staff Members</li><li>• Assists in fundraising.</li><li>• Maintains office hours.</li><li>• Attends pertinent meetings (team, LSC, etc.)</li><li>• Oversees communication: web site, Weekly Flashes, meet information, publicity, team records.</li><li>• Oversees purchase of equipment</li><li>• Runs parent education programs.</li><li>• Writes checks as authorized.</li><li>• Creates and distributes needed information to membership and staff.</li><li>• Oversees all the associated programs under the Redding Swim Team structure, such as Swim America, Summer Ducks, etc.</li></ul>

## **Responsibilities of the Board of Directors**

- ❖ **The Board of Directors shall preside and oversee the “Dry Side”, of the Redding Swim Team.**

It is important for Parents and Swimmers to understand both Wet and Dry side aspects of the Redding Swim Team Policies and Procedures. The proceeding (“Where to Start”) is designed to assist with questions as they

may arise, while the following describes policies are divided into Wet or Dry, as they impact Parent, Swimmer, and Coach.

## **Wet Side Policies and Procedures**

### **Coaches**

1. Coaches, or the Coach-in-Charge, will oversee warm-ups, practice sessions, and all competitive aspects at team swim meets.
2. A coach will remain at the facility until all the children are picked up.
3. Coaches should not be interrupted during practice sessions in any way unless the swimmer's safety is of immediate concern.
4. Coaches, at designated times, may assign swimmers to work independently or in small groups and those groups should not be interfered with by parents.
5. Parents should schedule time with a coach prior to, or following a practice session, should there be a need, rather than attempting to have a discussion during training. Appointments may be made at other times by the mutual agreement of parent and coach.
6. No coach or staff member shall provide transportation for swimmers to and from swim practices or to any RAD training session.
7. At least one coach will always be on deck while practice is being conducted, and the Redding Swim Team will strive to always have "two-deep" leadership/monitoring, especially in the youth programs, the second of which may be a parent.
8. While on deck coaches are not responsible for the children in the locker-room but do need to be notified immediately of any misbehavior by parents or swimmers in the locker room.
9. Coaches may assign swimmers to swim events for certain swim meets during the year. Parents should not alter the event plan for their child without discussion with the swimmer's coach.
10. Coaches will select relay members based on the best times for the specific needs of the relays and what is best for the team.
11. Coach's emails are listed on the website.

### **Practice Rules**

1. Swimmers are to walk onto the pool deck/practice area and check in with coaches **before** heading to the dressing or locker room.
2. Swimmers should not be dropped off for practice earlier than 15 minutes prior to their designated swim time unless prior approval is obtained from the Head Coach.
3. Swimmers must exit the pool once practice is over.
4. At the conclusion of practice, swimmers waiting for their parents shall wait at the front of the facility (or with a coach). A staff member will not leave the facility until all children are picked up. Parents need to pick up their child at the end of scheduled practice time.
5. Swimmers, under the age of 13, should, always, maintain a buddy system:
  - a. Once practice is over.
  - b. When traveling to and from dry land areas.
  - c. When utilizing the locker rooms.
  - d. When participating in swim meets.
  - e. When leaving the pool deck area for any reason during practice.
6. If a swimmer under the age of 13 must leave prior to the conclusion of practice for family reasons the child's parent, grandparent, and or adult family member must check in with the child's coach before the swimmer will be dismissed from practice.
7. Valuables should not be left in the locker rooms and no swimmer should remove or search other swimmer's belongings.

8. Swimmers are expected to conduct themselves in a manner of good sportsmanship and always present a positive image of themselves and our team. Swimmers should act in a well-mannered and self-disciplined way while participating in any team event. Treat your teammates, coaches, parents, officials, and members of other swim teams with the greatest respect and conduct yourself appropriately.
9. Swimmers are expected to be supportive of one another, with only positive comments exchanged. Rumor spreading, degrading or insulting comments, and malicious statements will not be tolerated. This includes Facebook and/or other social media forms of communication.
10. Inappropriate behavior such as, but not limited to, disrespectful behavior, horseplay, not following facility rules, destructive behavior, and behavior that is unsafe and/or creates an unsafe environment for others will not be tolerated. Knowledge of such behavior by others at any team event, without report, will not be tolerated.
11. "Deck changes" are prohibited as a member of the Redding Swim Team. Rather, changes into and out of swim attire should occur in an appropriate location such as a locker room or restroom.

## **Concerning Competition**

1. Swimmers must be registered with United States Swimming a minimum of two weeks prior to the swim meet the child plans on attending. Parent and/or Guardian must attend a brief meeting with the General Manager, once the meeting is completed, registration information will be emailed to the family.
2. Swimmers shall conform to the rules and regulations of Sierra Nevada Swimming and United States Swimming, as well as those outlined in the meet sheet.
3. The Meet Schedule is posted on our website and can be found in our Team Handbook. The Coaching staff has selected the swim meets that best suit the needs of our team and swimmers.
4. Swimmers should only attend meets that are on the Team Meet Schedule. Attending a swim meet that is not on the schedule is not sanctioned or condoned.
5. Swimmers are required to wear the team uniform at swim meets.
6. Swimmers shall always arrive at the competition at the time assigned by their coach. Being on time ensures a proper warm-up and is best for the overall good of the team.
7. Swimmers can consult with their coach when entering events for a swim meet. If a swimmer wants to scratch an event, they must talk to their coach first.
8. Swimmers should always be a positive influence. They should conduct themselves in a manner of good sportsmanship and always present a positive image of themselves and our team.
9. When traveling, swimmers will act in a well-mannered and self-disciplined way. Swimmers need to remember that they also always represent the Redding Swim Team.
10. Regarding relays, swimmers should always check with their coach prior to leaving the meet. This is particularly true of larger, more important swim meets. When in doubt, check with a coach.
11. Coaches may assign swimmers to swim events for certain swim meets during the year. Parents should not alter the event plan for their child without discussion with the swimmer's coach.
12. Except for RAD-hosted swim meets, there are typically charges for relay entries.
13. Swimmers who are selected for and have committed to a relay are expected to follow the instructions of their coach or the coach-in-charge regarding payment.
14. Coaches will select relay members based on subjective criteria such as times but may consider objective criteria such as swimmer's individual entry load and what is best for the team.
15. Once a swimmer turns 18 years of age, they must complete the Athlete Protection course on the United States Swimming website prior to competing.
16. Swimmers that participate in relays at Redding Swim Team home meets do not have to pay relay fee but may be required to pay a pool surcharge. Swimmers selected for relays at swim meets that are not a Redding Swim Team host event will be responsible for paying for relays that day.
17. Any expenses arising due to a violation of the Codes of Conduct outlined and/or referenced in "Policies and Procedures" or within the RAD Handbook, shall be the financial responsibility of the parties involved.

18. Reimbursement for purchases, rentals, and/or services must be pre-approved by the committee chairperson, general manager, or head coach. The correct forms must be completed and signed by two board members before a check can be issued.
19. Members that have a child in a group that attends Qualifying Time Standards and/or Regional Swim Meets will share the cost of the staff members. The cost will include transportation, hotel, meals, and hourly rate for part-time employees. The cost will be divided equally between the number of swimmers participating and the days they participated. The family will be billed no later than 10 days after the swim meet. A family/swimmer who enters but does not attend, will still be responsible for their share of the cost and will be billed accordingly.

### **Team Travel/Chaperones**

1. Team Travel is a “win-win” situation for parents and swimmers. Team Travel was developed as an option to help swimmers get to out-of-town swim meets at a reasonable cost.
2. Parents wishing to chaperone swimmers on a travel meet must complete a background check and be approved to chaperone, through USA Swimming. Team Travel will include approved chaperones, as established by USA Swimming/Sierra Nevada Swimming background checks, to assist the coach-in-charge in the supervision of athletes on that travel.
3. All RAD chaperones are required to read thoroughly and acknowledge an understanding of USA Swimming and Sierra Nevada Swimming Athlete Protection Policies and must complete and sign a RAD Team Travel contract.
4. Chaperones are to help coordinate with the coach-in-charge travel to and from all Team Travel functions as well as the meet itself, where logistical support may be needed.
5. Costs for an approved chaperone to attend a Team Travel event shall be factored into the Team Travel budget for that event as the team will cover some of the chaperone’s expenses. Items not explicitly covered are considered the responsibility of the chaperone(s) (for example, meals are excluded).
6. Should a chaperone be the parent/guardian of an athlete on Team Travel, they will be charged proportional costs for that athlete to attend the event. Chaperones cannot count Team Travel toward the yearly volunteer hours required by Redding Swim Team competitive programs.

### **Swimmer’s Code of Conduct**

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes’ behavior. By signing this code of conduct, I agree to the following statements:

- ☐ I will always respect and show courtesy to my teammates and coaches.
- ☐ I will demonstrate good sportsmanship at all practices and meets.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ I will be respectful of my teammates’ feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ☐ I will attend all team meetings and training sessions unless I am excused by my coach.
- ☐ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ☐ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official’s call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of USA Swimming’s rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and/or the swim club’s board of directors.

## Communications

We have a number of communication systems in place to ensure that everyone is up to date on important team information such as schedules, deadlines, and activities. Only staff and designated members are allowed to use these tools of communication. Abuse of any of these tools can result in dismissal.

**Ducky Digest** Each week our office sends out an email to our members as a reminder of upcoming events. If you have any information that you would like included in the weekly news flash, please email Mark Wagner at [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com).

**Team Website** Our website, [www.reddingswimteam.com](http://www.reddingswimteam.com), is used for communications and distribution of information to members and potential members. In addition, the site is used as a billing portal for our members.

### **Redding Swim Team Social Media:**

- Facebook.com/OfficialRADswimpage
- Instagram.com/aquaducksredding

### **SMS (Short Messaging System)**

- Team's website has a SMS available for all families
- Band App – Redding Swim Team

### **Team Office**

- Office phone number: (530) 246-2666.
- Mailing address: P.O. Box 992112, Redding, CA 96009-2112
- Office e-mail: [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com).

**Media Responses to Press Releases** Press Releases are sent out regularly by staff or designated member with the intent to inform the community. Understand the Redding Swim Team does not control the amount or content the newspaper and/or media outlets report. General Members are not to contact the media for Redding Swim Team business or information unless authorized.

## **Team Practice Apparel, Equipment, and Uniforms at Swim Meets**

**Practice Apparel:** All swimmers need goggles and if your child has long hair, please bring a swim cap.

New swimmers may wear non-competition one-piece suits until a reasonable time has passed to purchase a team approved practice swimsuit.

Male swimmers must wear jammers or a brief- ("speedo") style suits.

Female swimmers need to wear a one-piece swimsuit. Bikini-style competition suits may be worn by swimmers over the age of 13, but they must be appropriate (more than one single strap on the hip) and only worn when not having a joint practice with age group swimmers.

## **RAD Team Uniform Policy for Competitions Year Round - Competitive Groups**

All swimmers must adhere to this policy at swim meets. Everyone is expected to meet these requirements.

### **Swim Meet Swim Caps Policy**

Swimmers need to wear a cap at a swim meet, the swimmers must wear their current team swim cap while doing warm-ups and competition. IF YOU ARE IN NEED OF CAPS, PLEASE CONTACT: CHRISTINA ACOSTA [cacosta@millvilleschool.net](mailto:cacosta@millvilleschool.net)

### **Swim Meet T-shirt and On-Deck Dress Policy**

While attending a swim meet, all members must wear a RAD team T-shirt. For meets that are championships and have special shirts, the swimmers must wear the designated T-shirt for that swim meet on the first and last day of the meet. If the swim meet is more than two days, the swimmers must wear a team T-shirt on the middle days. All swimmers will receive one team T-shirt at the beginning of the summer season.

Swimmers are permitted to wear RAD jackets or parkas on deck at a swim meet in instances where they would like to stay a bit warmer. Jackets, parkas, bags, warm-ups, t-shirts, shorts, sweatshirts, sweatpants, or any other article of clothing that shows the name, slogan, or logo of another team (including summer league teams, high school teams, and the Western Zone team) are not permitted at swim meets at any time. These items are also not to be worn at any time while on a team travel trip.

Technical Racing suits can be swimmer's choice. Technical suits are designed to reduce drag and/or increase compression for the swimmer. These suits can only be worn by swimmers at certain swim meets AND when indicated by the coaching staff. Unless told otherwise, all swimmers must wear their Team style meet suit. Tech suits not for use by swimmers 12 and under.

For convenience, practice equipment as well as RAD team bags, parkas, warm-up suits, team meet suits and equipment can be purchased through our online Team store. Order forms will be available on our website: <https://elsmoreswim.com/collections/redding-swim-team>

**Swim Meet Apparel:** We expect our swimmers to wear our **Team Swimsuits**. Team Swimsuits can be purchased from our team website by clicking on the online store tab:  
<https://www.reddingswimteam.org/page/home>

**Equipment:** Swimmers are to return all Redding Swim Team pool/swim gear (i.e. kickboards) to their proper place and should relocate any stray gear to safe and appropriate locations. If a swimmer breaks, loses, and/or make the pieces of Redding Swim Teams equipment unusable, the family is responsible for the cost of replacement.

Competition goggles are needed for all swimmers. Each group is required to purchase additional equipment for practices/training as list below:

<b>Group Name</b>	<b>Equipment needs.</b> <b>(net bags are needed for equipment)</b>
Rookies	-Fins
Age Group Program	-Paddles, Fins, Pull Buoy, Snorkel

## **Dry Side Policies and Procedures**

### **The Parents Role**

The parent role is an extremely important one. Ongoing support and encouragement of your child in his or her personal goals as a swimmer, as well as the following guidelines, will play a key role in your child's success and as a member of the Redding Swim Team.

1. Parents are to make every effort to have their child(ren) at all practices. Swimmers should be at the pool and ready to begin practice at their scheduled workout time.
2. Swimmers should not be dropped off for practice earlier than 15 minutes prior to their designated swim time unless prior approval is obtained by the head coach.
3. At the conclusion of practice, swimmers waiting for their parents shall wait at the front of the facility (or designated location). A staff member will stay at the facility until all children have been picked up. Parents need to pick up their child(ren) at the end of scheduled practice time.
4. Parents are not to interrupt the coach during the scheduled practice time. Conversations with the coaches can be scheduled before or after scheduled practice times.
5. Parents that participate in the Masters are not allowed to coach their child(ren) during practice times.
6. Any problems, concerns and/or issues should be directed to your child's immediate coach. If unable to address the issue with the coach, or if the coach is unable to address/resolve the concern, you may contact the head coach.
7. Parental support of the coaching staff is necessary for a positive and successful working relationship. Parents are discouraged from offering technical and critical advice regarding stroke technique, race strategy, training, and pre-race/post-race with their child(ren). Related questions should be addressed directly to the coach.
8. Medical conditions relating to your child(ren) should be addressed with his/her coach. Every effort will be made to accommodate any medical conditions.
9. Parents are expected to attend swim team meetings as scheduled.
10. Parents are encouraged to monitor the safety and behavior of children in the locker rooms and on the pool deck and act/react appropriately addressing any issues with a coach.
11. Parents are expected to be supportive of one another, with only positive comments exchanged. Rumor spreading, degrading or insulting comments, and malicious statements will not be tolerated.
12. Parents are expected to have read all the policies and discuss these policies with their children.
13. Parents that have knowledge of behavior that is in opposition to the rules that govern the Redding Swim Team and/or associated programs must be reported immediately to the head coach, general manager, and/or president of the board.

14. Parents of swimmers in the Competitive Groups are required to participate in and assist with swim meets, fundraising and social activities. Each family is required to complete a minimum of 35 hours of volunteer service at team functions.

## Cost and Financial Policies

### **AQUA DUCKS MONTHLY DUES:**

Stroke School	Cost varies on Program and times of the year.
Rookies Group	\$ 93
Age Group Program	\$ 130
Senior Group	\$ 145
Masters (Adults)	\$ 56
Family Max	\$ 330

If you wish to compete at USA Swimming Sanctioned Swim Meets, your child must be registered with USA Swimming Yearly Registration. \$95

USA Swimming Seasonal Registration (May 15-Sept.15) \$55 (required to compete at USA Swimming Meets)

### **General Financial Policies (members who joined prior to February 1, 2022):**

1. The Redding Swim Team does not accept checks as a form of payment. The default payment method is ACH (taken directly from the member's bank account) and is free.
2. RAD accepts credit card payments. There is a 3.3% plus .30 service charge to cover the costs incurred by RAD to the credit card vendor. To receive a monthly invoice that you may pay by credit card, email [reddingaquaducksboard@gmail.com](mailto:reddingaquaducksboard@gmail.com) and provide your name and preferred email address to send your monthly invoice. RAD will **never** directly charge your credit card. Instead, a link will be provided for you to pay your bill by credit card.
3. Monthly dues are to be paid no later than the 15<sup>th</sup> of the month. A late charge of \$25 will be assigned if payment is not received by the due date.
4. Dues that are past due for two consecutive months will result in suspension of the family's account. Your child will not be allowed to swim until payment is made and the account returns to good standing.
5. Written notice of intent to discontinue swimming for the coming month must be submitted by email to [reddingaquaducksboard@gmail.com](mailto:reddingaquaducksboard@gmail.com) by the 15<sup>th</sup> of the previous month or swimmer will be charged for the following month. No exceptions will be made. Dues are not pro-rated.
6. Returned ACH will be subject to \$25.00 NSF charges or chargebacks from the RAD's bank, whichever is more.
7. Members that have a child that have registered with USA Swim as a competitive swimmer to compete in sanctioned meets must pay a yearly family membership fee of \$120. This fee helps to offset the operating costs of the competitive teams and is to be charged in November. This fee is due in the second month of participation for new families and will be prorated as needed.
8. All swimmers in competitive groups are required to attend swim meets and must purchase and/or register with USA Swimming.
9. Members that have a child in a group that attends Qualifying Time Standards and/or Regional Swim Meets will share the cost of the staff members. The cost will include transportation, hotel, meals, and hourly rate for part-time employees. The cost will be divided equally between the number of swimmers participating and the days they participated. The family will be billed no later than 10 days after the swim meet. A family/swimmer who enters but does not attend, will still be responsible for their share of the cost and will be billed accordingly.
10. Families requiring financial assistance should direct their questions to the general manager, at (530) 264-2666 or by email [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)



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1. The Redding Swim Team does not accept checks as a form of payment. The default payment method is ACH (taken directly from the member's bank account) and is free.
2. RAD accepts credit card payments. There is a 3.3% plus .30 service charge to cover the costs incurred by RAD to the credit card vendor. To receive a monthly invoice that you may pay by credit card, email [reddingaquaducksboard@gmail.com](mailto:reddingaquaducksboard@gmail.com) and provide your name and preferred email address to send your monthly invoice. RAD will **never** directly charge your credit card. Instead, a link will be provided for you to pay your bill by credit card.
3. Monthly dues for the subsequent month are to be paid no later than the 25<sup>th</sup> of the month or the swimmer will be dropped from the roster.
4. If payment is not received by the 25<sup>th</sup> and the swimmer requests to be placed back on the roster for the subsequent month, a late charge of \$25 will be assessed. Payment must be made prior to the swimmer being placed back on the roster.
5. Written notice of intent to discontinue swimming for the coming month must be submitted by email to [reddingaquaducksboard@gmail.com](mailto:reddingaquaducksboard@gmail.com) by the 15<sup>th</sup> of the previous month or swimmer will be charged for the following month. No exceptions will be made. Dues are not pro-rated.
6. Returned ACH will be subject to \$25.00 NSF charges or chargebacks from the RAD's bank, whichever is more.
7. Members that have a child that have registered with USA Swim as a competitive swimmer to compete in sanctioned meets must pay a yearly family membership fee of \$120. This fee helps to offset the operating costs of the competitive teams and is to be charged in November. This fee is due in the second month of participation for new families and will be prorated as needed.
8. All swimmers in competitive groups are required to attend swim meets and must purchase and/or register with USA Swimming.
9. Members that have a child in a group that attends Qualifying Time Standards and/or Regional Swim Meets will share the cost of the staff members. The cost will include transportation, hotel, meals, and hourly rate for part-time employees. The cost will be divided equally between the number of swimmers participating and the days they participated. The family will be billed no later than 10 days after the swim meet. A family/swimmer who enters but does not attend, will still be responsible for their share of the cost and will be billed accordingly.
10. Families requiring financial assistance should direct their questions to the general manager, at (530) 264-2666 or by email [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)

### **Charter School Families**

1. Families that participate in charter schools, or any other school or facility that pay for dues, must pay for any expenses incurred by the Redding Swim Team to be a vendor.
2. Charter schools or similar schools that pay for dues may not use these funds to pay for family membership and/or insurance.
3. Charter School families have a one-time fee per school year of \$25 per child to cover administration and vendor expenses. In addition, we need Charter school families to fill out a vendor form to help us process to necessary paperwork, located on our website:

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dpsrad&id=1094073&team=psrad>

4. If the Charter does not pay the family's monthly dues, the family is responsible for the payment.

## **Resolving Concerns**

Any non-swimming (dry issue) concern, such as team operations, bylaw questions, policy or procedural questions, committee development or action, shall be directed to the Redding Swim Team Board of Directors.

Team Events (socials, Redding Swim Team hosted swim meets, etc.), fundraising, event coordination, or financial obligations, shall be directed to the chairperson in charge of that specific team event or function.

If members are not following the rules, regulations, ordinances, policies, and bylaws that govern the Redding Swim Team, whether it be a wet or dry issue, a member may be asked to attend a meeting with the head coach and/or the general manager to correct the situation. A second occurrence will generate a meeting with the head coach, general manager, and a board member. A third occurrence would be remanded to the Board of Directors for final resolution.

Any swimming concern (Wet Issue), including practices, weight training, dry-land exercises, swim meets, swimmer conflicts, swimmer-coach conflicts, or coaching concerns shall be handled in the following manner:

Step 1: Speak directly to the coach involved, either casually or with a scheduled appointment.

Step 2: If unresolved, ask for a more formal appointment where you and the coach can include the head coach.

Step 3: Request, in writing, a formal consideration before a Board of Directors Review Committee, which will include three board members, the coach involved, and the head coach. Note the dates and provide a somewhat detailed description of the events and outcomes of steps 1 and 2. Include your concern and desired outcome, explaining the reasons that you believe that outcome would be the appropriate way to handle the issue. The review committee will render an advisory document to the coach and parent who are then to attempt a final resolution within the frame of that advice.

Members not following governing rules could be suspended from the team for a length of time, with reinstatement that may include some action or actions to make amends for the violation, potentially including monetary payments should property be damaged lost or stolen because of the member's behavior. Revocation of membership could result if the board of directors, head coach and general manager deem appropriate. Procedures for expulsion are described in Article 5 of the Redding Swim Team's bylaws. Appeals of an expulsion must be submitted within 10 days of notice of the sanction to the Redding Swim Team Board of Directors together with any evidence submitted.

- A review of all facts, including evidence submitted by the charged member, shall be conducted by the Board of Directors to which the Disciplinary Committee will confer.
- A decision will be presented within 30 days of the request for appeal that may dismiss the expulsion, reduce the charges designation, reduce the sanction, or confirm the Disciplinary Committee's sanction.

## **Volunteers**

Parents of swimmers in the Competitive Groups are required to participate in and assist with swim meets, fundraising and social activities. Each family is required to complete a minimum of 35 hours of volunteer work. service at team functions.

Parents volunteering as an official will need to complete the required training provided by USA Swimming. Once completed, the Redding Swim Team will reimburse the volunteer for their USA swim non-athlete Membership and background check with the expectation that they volunteer at swim meets as an official for at least 1 year.

Families are responsible for signing up for events and then signing into log hours for volunteer services on the job sign up on the website. If your family logs more than 35 hours, they will be eligible to win three (3) months of free dues.

## Administration

Employees (staff) are supervised by the Head Coach. Employment contracts, if applicable, must follow USA Swimming and Sierra Nevada Swimming rules, any Federal, State, County and/or City ordinances, and the bylaws and policies of the Redding Swim Team. The Board of Directors are governed by USA Swimming and Sierra Nevada Swimming rules, any federal, state, county, city ordinances, as well as the bylaws and policies of the Redding Swim Team.

### Redding Swim Team Board Members

President, Jennifer Haslerud	<a href="mailto:jiscarb@aol.com">jiscarb@aol.com</a>
Vice President, Tom Fuller	<a href="mailto:tffo1@yahoo.com">tffo1@yahoo.com</a>
Treasurer, Christina Acosta	<a href="mailto:brown-1982@hotmail.com">brown-1982@hotmail.com</a>
Secretary, Chris Nelson	<a href="mailto:cnelson@hvsd.net">cnelson@hvsd.net</a>
Shannon Faucheux	<a href="mailto:shannon.faucheux@gmail.com">shannon.faucheux@gmail.com</a>
Kathryn Krzywicki	<a href="mailto:kathrynrzy@gmail.com">kathrynrzy@gmail.com</a>
Heidi Rupp	<a href="mailto:ruppmom3@yahoo.com">ruppmom3@yahoo.com</a>
Rob Smith	<a href="mailto:discoverlife.smith@gmail.com">discoverlife.smith@gmail.com</a>
Denise Villanueva	<a href="mailto:mirage07@hotmail.com">mirage07@hotmail.com</a>

### Redding Swim Team Administration

Head Coach/General Manager, Mark Wagner	<a href="mailto:reddingswimteam@yahoo.com">reddingswimteam@yahoo.com</a>
Billing	<a href="mailto:reddingaquaducksboard@gmail.com">reddingaquaducksboard@gmail.com</a>

### Team Committees:

<p><b><u>Home Swim Meets:</u></b></p> <ul style="list-style-type: none"> <li>• Meet Directors – Shannon Faucheux and Rob Smith</li> <li>• Administration Team – Heidi Rupp and Chris Nelson</li> <li>• Awards Team – Denise Villanueva</li> <li>• Hospitality Team – Christina Acosta</li> <li>• Logistics Team – Chris Nelson</li> <li>• Snack Bar Team – Christina Acosta</li> </ul>	<p><b><u>Committees:</u></b></p> <ul style="list-style-type: none"> <li>• Governance: Tom Fuller, Chris Nelson, Rob Smith, and member not serving on the Board</li> <li>• Team Store: Denise Villanueva and Christina Acosta</li> <li>• Employee: Mark Wagner</li> <li>• Budget &amp; Finance: Christina Acosta, Jennifer Haslerud, Tom Fuller, Mark Wagner, Jody Thulin, and member not serving on the Board</li> <li>• Awards: Denise Villanueva</li> </ul>
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- Communications: Kathryn Krzywicki
- Volunteer Coordinator: Shannon Fauchaux
- Fundraising: Christina Acosta, Shannon, Fauchaux, Kathryn Krzywicki

### RAD SHORT COURSE RECORDS (September 2022– August 2023)

#### 8 & Under

Year	Time	Name	Event	Name	Time	Year
06	15.14	Callie Demsher	25 Free	Joseph Natina	14.22	95
79	32.86	Sarah Natina	50 Free	Joseph Natina	31.25	95
96	1:11.58	Alicia Miller	100Free	Joseph Natina	1:08.84	95
92	18.40	Grace Natine	25 Back	Joseph Natina	17.45	96
92	38.31	Grace Natina	50 Back	Tyler Bolen	39.28	90
95	19.20	Alicia Miller	250 Breast	Tyler Bolen	18.58	90
93	42.76	Angela Miller	50 Breast	Tyler Bolen	41.29	90
99	16.50	Becca Brough	25 Fly	Tyler Bolen	14.96	90
06	39.05	Jamie Pincin	50 Fly	Tyler Bolen	33.99	90
92	1:23.68	Grace Natina	100 IM	Tyler Bolen	1:19.33	90
06	1:08.59	H Davis, M Ross,	100 FR	S. Elridge, C. Williams,	1:13.19	22
		H Moebes, J Pincin		M. Fauchaux, T. Turnipseed		
08	3:38.75	S Rooney, K Nadin,	200 FR	A Kikut, S Bright,	3:03.40	08
		T Freeman, S Tompkins		M Cubbage, A Aung		
06	1:22.38	H Davis, H Moebes,	100 MR	S. Elridge, C. Williams,	1:26.75	22
		J Pincin, M Ross		M. Fauchaux, S. Burnett		
08	4:23.87	C Kikut, S Tompkins,	200 MR	S Bright, M Cubbage,	3:25.70	08
		K Nadin, S Rooney		A Aung, A Kikut		

#### 9-10

Year	Time	Name	Event	Name	Time	Year
08	27.62	Jamie Pincin	50 Free	Winn Aung	*24.42	13
08	1:01.29	Jamie Pincin	100 Free	Winn Aung	*53.12	13
95	2:11.73	Angela Miller	200 Free	Winn Aung	1:59.66	13
08	6:07.48	Jamie Pincin	500 Free	Winn Aung	5:41.19	13
95	33.00	Angela Miller	50 Back	Winn Aung	30.50	13
95	1:10.45	Angela Miller	100 Back	Winn Aung	105.49	13
95	35.65	Angela Miller	50 Breast	Cody Wallman	36.84	91
95	1:17.63	Angela Miller	100 Breast	Tyler Bolen	1:19.90	92
08	31.17	Jamie Pincin	50 Fly	Winn Aung	28.57	13
95	1:09.33	Angela Miller	100 fly	Winn Aung	1:00.78	13
95	1:09.84	Angela Miller	100 IM	Winn Aung	1:04.33	13
95	2:27.31	Angela Miller	200 IM	Winn Aung	2:19.55	13
10	2:06.08	S Ludlow, K Ludlow,	200 FR	S Bright, W Aung,	2:23.96	11

		M Ludlow, N Bright		C Eberhard, A Aung		
07	2:28.44	J Pincin, H Davis,	200 MR	W Aung, M Hoppe	2:31.93	13
		C Demsher, A Aung		J Roberts, K Morphew		

**\*National record**

# 11-12

Year	Time	Name	Event	Name	Time	Year
10	25.54	Jamie Pincin	50 Free	Winn Aung	22.09	15
10	54.47	Jamie Pincin	100 Free	Winn Aung	48.55	15
10	1:58.98	Jamie Pincin	200 Free	Winn Aung	*1:45.43	15
96	5:20.54	Grace Natina	500 Free	Winn Aung	4:47.63	15
11	11:50.45	Caitlin Kalsbeek	1000 Free	Winn Aung	11:14.13	14
11	19:48.11	Caitlin Kalsbeek	1650 Free	Winn Aung	18:37.78	14
96	29.63	Grace Natina	50 Back	Winn Aung	28.42	15
96	1:02.90	Grace Natina	100 Back	Winn Aung	59.42	15
11	2:23.67	Abby Griffith	200 Back	Winn Aung	2:18.03	15
96	33.38	Grace Natina	50 Breast	Jake Soares	32.41	97
96	1:11.82	Grace Natina	100 Breast	Winn Aung	1:06.52	15
17	2:36.22	Audrey Bull	200 Breast	Noah Burrell	2:37.41	09
10	27.61	Jamie Pincin	50 Fly	Alex Aung	24.19	15
96	1:02.68	Grace Natina	100 Fly	Winn Aung	1:01.48	15
17	2:20.32	Audrey Bull	200 Fly	Winn Aung	*1:56.05	15
97	1:03.58	Angela Miller	100 IM	Winn Aung	56.53	15
96	2:14.97	Grace Natina	200 IM	Winn Aung	02:01.9	15
10	4:57.83	Jamie Pincin	400 IM	Winn Aung	4:32.41	15
09	1:49.10	J Pincin, A Aung,	200 FR	J Wyse, E Harvey,	1:55.51	08
		M Snyder, M Davis		N Burrell, G Lennon		
10	4:02.62	M Snyder, M Davis,	400 FR			
		A Kikut, J Pincin				
10	2:07.39	J Pincin, A Griffith,	200 MR	R. Haslerud, W. Nelson	2:14.21	23
		M Snyder, C Kalsbeek		C. Haslerud, O. McKnelly		
10	4:41.99	J Pincin, M Lynch,	400 MR			
		M Snyder, A Kikut				

**\*National record**

# 13-14

Year	Time	Name	Event	Name	Time	Year
12	24.03	Jamie Pincin	50 Free	Winn Aung	21.83	16
12	52.00	Jamie Pincin	100 Free	Winn Aung	47.25	16
11	1:53.80	Jamie Pincin	200 Free	Winn Aung	1:43.17	17
99	5:04.93	Sharon Olsen	500 Free	Winn Aung	4:44.17	16
99	10:32.40	Sharon Olsen	1000 Free	Winn Aung	10:01.02	16
99	17:51.55	Sharon Olsen	1650 Free	Scott Tyler	17:17.27	05

99	59.62	Sharon Olsen	100 Back	Winn Aung	53.17	16
10	2:11.76	Rachel Wasko	200 Back	Winn Aung	1:58.10	16
10	1:07.71	Rachel Wasko	100 Breast	Shane Drake	1:02.25	89
10	2:25.42	Rachel Wasko	200 Breast	Jon Palmer	2:17.76	98
18	58.69	Audrey Bull	100 Fly	Winn Aung	50.17	16
19	2:08.71	Audrey Bull	200 Fly	Winn Aung	1:52.41	17
10	2:11.27	Rachel Wasko	200 IM	Winn Aung	1:59.36	16
96	4:40.48	Grace Natina	400 IM	Winn Aung	4:24.88	16
11	1:44.76	J Pincin, A Aung,	200 FR	E Harvey, N Burrell,	1:39.91	10
		M Snyder, R Evans		G Lennon, T New		
11	3:45.40	A Aung, M Snyder,	400 FR	G Lennon, J Wyse,	3:40.39	11
		J Pincin, R Evans		S Reed, A Avery		
10	2:00.37	A Flores, R Wasko,	200 MR	G Lennon, J Wyse,	1:56.60	11
		M Hoxie, A Aung		S Reed, A Avery		
10	4:21.29	A Flores, R Wasko,	400 MR	G Lennon, J Wyse,	4:09.77	11
		M Hoxie, A Aung		S Reed, A Avery		

#### 15-16

Year	Time	Name	Event	Name	Time	Year
15	23.63	Jamie Pincin	50 Free	Winn Aung	21.29	18
15	50.97	Jamie Pincin	100 Free	Winn Aung	46.21	18
00	1:52.18	Sharon Olsen	200 Free	Winn Aung	1:40.21	18
01	4:51.46	Sharon Olsen	500 Free	Scott Tyler	4:42.42	09
01	10:12.72	Sharon Olsen	1000 Free	Kenny Rupp	9:50.79	97
01	17:01.55	Sharon Olsen	1650 Free	Scott Tyler	16:27.42	09
01	58.32	Sharon Olsen	100 Back	Winn Aung	52.42	18
01	2:08.66	Lauren Andrews	200 Back	Joey Wasko	1:53.28	07
21	1:04.58	Audrey Bull	100 Breast	Jake Soares	1:00.13	02
21	2:19.35	Audrey Bull	200 Breast	Jake Soares	2:10.49	02
21	57.37	Audrey Bull	100 Fly	Winn Aung	49.27	18
21	2:03.99	Audrey Bull	200 Fly	Winn Aung	1:48.38	18
21	2:07.62	Audrey Bull	200 IM	Winn Aung	1:55.51	19
21	4:31.08	Audrey Bull	400 IM	Jake Soares	4:18.39	02

#### 17-18

Year	Time	Name	Event	Name	Time	Year
16	23.44	Jamie Pincin	50 Free	Tyler Casey	21.03	11
16	50.69	Jamie Pincin	100 Free	Kenny Rupp	46.85	23
16	1:50.51	Jamie Pincin	200 Free	Kenny Rupp	1:41.69	23
02	4:58.50	Sharon Olsen	500 Free	Kenny Rupp	4:37.62	23
02	10:11.95	Sharon Olsen	1000 Free	Kenny Rupp	10:13.38	22
02	17:19.91	Sharon Olsen	1650 Free	Will Misslin	17:04.41	05
03	56.36	Lauren Andrews	100 Back	Joey Wasko	51.78	08

03	2:00.43	Lauren Andrews	200 Back	Kenny Rupp	1:51.03	23
22	1:04.68	Audrey Bull	100 Breast	David Scott	57.24	03
22	2:19.35	Audrey Bull	200 Breast	David Scott	2:05.67	03
22	57.39	Audrey Bull	100 Fly	Joey Wasko	50.13	08
23	2:03.81	Audrey Bull	200 Fly	Joey Wasko	1:54.92	08
23	2:06.23	Audrey Bull	200 IM	Joey Wasko	1:53.05	09
22	4:30.12	Audrey Bull	400 IM	Jake Soares	4:09.05	03
16	1:41.07	J Pincin, S. Ludlow	200 FR	C Pedersen, T Casey,	1:29.14	10
		A. Anderson, K. Ludlow		A Andrews, J Williams		
07	4:02.20	T Pincin, J Suther,	400 FR	J Wasko, T Wilson,	3:29.41	07
		M Akers, E Harvey		C Henson, S Tyler		
16	1:55.57	A Griffith, J. Pincin,	200 MR	J Wasko, B Gipson,	1:41.20	06
		L. Wyse, S. Anderson		S Tyler, J Henson		
			400 MR	J Wasko, T Casey	3:53.79	07
				R Jaques, S Tyler		

### RAD LONG COURSE RECORDS (September 2022– August 2023)

#### 8 & Under

Year	Time	Name	Event	Name	Time	Year
06	38.22	Callie Demsher	50 Free	Winn Aung	35.34	11
06	1:24.46	Callie Demsher	100 Free	Winn Aung	1:20.25	11
06	3:02.83	Callie Demsher	200 Free	Winn Aung	3:13.14	11
92	46.87	Grace Natina	50 Back	Joseph Natina	44.24	95
92	1:42.09	Grace Natina	100 Back	Alex Aung	1:56.85	09
90	47.85	Shastyn Grills	50 Breast	Tyler Bolen	51.68	90
90	1:53.60	Shastyn Grills	100 Breast	Tyler Bolen	1:52.42	90
79	40.48	Sarah Natina	50 Fly	Winn Aung	39.11	11
08	1:23.78	Jamie Pincin	100 Fly	Alex Aung	1:53.89	09
13	4:07.12	Jasmin Hoppe	200 IM	Winn Aung	3:38.86	11
			200 FR	A Kikut, S Bright, M Cubbage, A Aung	3:15.77	08
			200 MR	A Kikut, S Bright, M Cubbage, A Aung		

#### 9-10

Year	Time	Name	Event	Name	Time	Year
08	32.16	Jamie Pincin	50 Free	Winn Aung	*27.42	13
95	1:09.91	Angela Miller	100 Free	Winn Aung	*1:00.67	13
95	2:30.14	Angela Miller	200 Free	Winn Aung	* 2:11.32	13
08	5:33.58	Callie Demsher	400 Free	Winn Aung	4:44.16	13
81	39.29	Sarah Natina	50 Back	Winn Aung	35.58	13
95	1:23.75	Angela Miller	100 Back	Joseph Natina	1:18.20	97
95	40.82	Angela Miller	50 Breast	Joseph Natina	40.26	97

95	1:28.57	Angela Miller	100 Breast	Tyler Bolen	1:33.66	92
08	36.28	Jamie Pincin	50 Fly	Winn Aung	30.90	13
95	1:22.49	Kristen Hunziker	100 Fly	Winn Aung	1:08.90	13
95	2:46.00	Angela Miller	200 IM	Winn Aung	2:35.33	13
10	2:25.09	M Ludlow, S Ludlow	200 FR	K Morphew, W Aung	2:15.77	11
		K Ludlow, N Bright		S Bright, A Aung		
07	2:53.63	J Pincin, M Ross,	200 MR	K Morphew, W Aung	2:37.65	11
		H Davis, C Demsher		S Bright, A Aung		

\* National record

## 11-12

Year	Time	Name	Event	Name	Time	Year
10	28.83	Jamie Pincin	50 Free	Winn Aung	25.36	15
10	1:02.24	Jamie Pincin	100 Free	Winn Aung	*55.05	15
96	2:19.01	Grace Natina	200 Free	Winn Aung	*1:59.72	15
10	4:54.19	Jamie Pincin	400 Free	Winn Aung	4:14.90	15
02	10:45.17	Kara Hunziker	800 Free	Winn Aung	10:06.63	15
02	20:37.85	Kara Hunziker	1500 Free	Alex Aung	21:11.91	13
97	33.41	Sharon Olsen	50 Back	Winn Aung	30.32	15
97	1:13.53	Angela Miller	100 Back	Winn Aung	1:11.55	15
03	2:54.63	Becca Brough	200 Back	Winn Aung	2:45.86	14
08	38.69	Rachel Wasko	50 Breast	Cody Wallman	37.64	93
96	1:22.73	Aangela Miller	100 Breast	Cody Wallman	1:21.36	93
08	3:02.64	Rachel Wasko	200 Breast	Aaron Davis	3:06.99	04
10	31.77	Monika Snyder	50 Fly	Winn Aung	27.04	15
17	1:11.93	Audrey Bull	100 Fly	Winn Aung	59.54	15
17	2:39.08	Audrey Bull	200 Fly	Winn Aung	02:12.2	15
97	2:34.57	Angela Miller	200 IM	Winn Aung	02:22.1	15
17	5:39.70	Audrey Bull	400 IM	Winn Aung	05:01.0	15
08	2:10.51	R Wasko, A Flores,	200 FR	G Lennon, H Wright,	2:10.62	08
		C Demsher, A Aung		N Burrell, E Harvey		
10	4:39.07	J Pincin, A Kikut,	400 FR	G Lennon, H Wright,	4:55.91	08
		C Kalsbeek, M Snyder		N Burrell, E Harvey		
08	2:30.47	R Wasko, A Flores,	200 MR	G Lennon, J Wyse,	2:28.35	08
		C Demsher, A Aung		N Burrell, E Harvey		
10	5:33.57	A Griffith, J Pincin,	400 MR	G Lennon, H Wright,	5:45.40	08
		M Snyder, A Kikut		N Burrell, E Harvey		

\* National record



**13-14**

Year	Time	Name	Event	Name	Time	Year
97	27.07	Kelly Roche	50 Free	Winn Aung	24.73	17
97	59.20	Kelly Roche	100 Free	Winn Aung	54.15	17
12	2:09.90	Jamie Pincin	200 Free	Winn Aung	1:57.88	17
99	4:35.35	Sharon Olsen	400 Free	Winn Aung	4:16.05	16
99	9:17.36	Sharon Olsen	800 Free	Scott Tyler	9:19.38	05
99	18:09.67	Sharon Olsen	1500 Free	Derek Jansen	17:59.80	97
97	1:10.85	Renee Shank	100 Back	Winn Aung	1:03.34	16
97	2:30.28	Lauren Andrews	200 Back	Winn Aung	2:18.12	16
96	1:18.47	Shannon Haskins	100 Breast	Jake Soares	1:14.10	00
96	2:47.80	Shannon Haskins	200 Breast	Jake Soares	2:42.84	00
12	1:08.19	Jamie Pincin	100 Fly	Winn Aung	57.59	17
18	2:29.05	Audrey Bull	200 Fly	Alex Aung	2:11.13	15
12	2:32.53	Jamie Pincin	200 IM	Winn Aung	2:18.18	17
96	5:20.12	Grace Natina	400 IM	Winn Aung	5:01.04	16
11	1:56.80	J Pincin, A Aung, M Snyder, R Evans	200 FR	G Lennon, J Wyse, S Reed, K Smith	1:56.62	11
11	4:15.42	J Pincin, A Aung, M Snyder, R Evans	400 FR	G Lennon, J Wyse, S Reed, B Rasmussen	4:15.76	11
11	9:26.10	J Pincin, A Aung, M Snyder, R Evans	800 FR	G Lennon, J Wyse, S Reed, B Rasmussen	9:14.62	11
11	2:20.93	J Pincin, A Aung, M Snyder, R Evans	200 MR	G Lennon, J Wyse, S Reed, B Rasmussen	2:10.95	11
11	5:04.58	J Pincin, A Aung, M Snyder, R Evans	400 MR	G Lennon, J Wyse, S Reed, B Rasmussen	4:43.83	11

**15-16**

Year	Time	Name	Event	Name	Time	Year
00	27.01	Sharon Olson	50 Free	Winn Aung	24.49	18
14	58.48	Jamie Pincin	100 Free	Winn Aung	53.30	18
01	2:07.27	Sharon Olson	200 Free	Winn Aung	1:57.19	18
00	4:25.96	Sharon Olson	400 Free	Winn Aung	4:19.86	18
00	9:09.91	Sharon Olson	800 Free	Todd Kemen	8:58.67	96
01	18:01.10	Sharon Olson	1500 Free	Todd Kemen	17:01.64	96
01	1:06.96	Sharon Olson	100 Back	Joey Wasko	1:01.05	07
01	2:24.39	Lauren Andrews	200 Back	Joey Wasko	2:14.10	07
98	1:16.39	Lindsay Carrara	100 Breast	Cody Wallman	1:10.06	97
98	2:45.99	Lindsay Carrara	200 Breast	Jake Soares	2:35.18	02

21	1:05.85	Audrey Bull	100 Fly	Winn Aung	57.05	18
21	2:25.55	Audrey Bull	200 Fly	Winn Aung	2:08.82	15
02	2:31.68	Marissa Misslin	200 IM	Winn Aung	2:14.89	18
21	5:16.16	Audrey Bull	400 IM	Spencer Reed	4:56.40	13

# 17-18

Year	Time	Name	Event	Name	Time	Year
02	27.01	Sharon Olson	50 Free	Jake Schroeder	24.36	97
03	58.20	Sharon Olson	100 Free	Jake Schroeder	54.29	97
02	2:05.42	Sharon Olson	200 Free	Kenny Rupp	1:57.75	23
03	4:33.00	Lauren Andrews	400 Free	Kenny Rupp	4:16.83	23
02	9:12.25	Sharon Olson	800 Free	Kenny Rupp	8:54.44	23
02	18:04.54	Sharon Olson	1500 Free	Spencer Reed	17:46.74	14
03	1:05.32	Lauren Andrews	100 Back	Joey Wasko	1:00.38	08
03	2:20.33	Lauren Andrews	200 Back	Eric Pace	2:12.85	04
22	1:15.99	Audrey Bull	100 Breast	David Scott	1:05.45	03
22	2:45.83	Audrey Bull	200 Breast	David Scott	2:24.74	03
22	1:04.18	Audrey Bull	100 Fly	Alex Aung	58.20	18
22	2:24.56	Audrey Bull	200 Fly	Joey Wasko	2:11.07	08
02	2:24.04	Sharon Olson	200 IM	Howard Evans	2:14.83	18
22	5:17.60	Audrey Bull	400 IM	Joey Wasko	4:50.52	08
15	1:55.96	J Pincin, S. Anderson,, A. Griffith, A Aung	200 FR	J Wasko, T Casey, R Jaques, S Tyler	1:42.98	08
15	4:09.53	J Pincin, S. Anderson, A. Griffith, A Aung	400 FR	J Wasko, C Henson, A Andrews, S Tyler	<u>3:49.57</u>	<u>08</u>
15	9:14.67	A. Griffith, S. Anderson R. Evans, J. Pincin	800 FR	J Wasko, A Davis, A Andrews, S Tyler	8:28.22	08
15	2:12.80	A. Griffith, R. Evans L. Wyse, J. Pincin	200 MR	J Wasko, T Casey, R Jaques, S Tyler	1:56.98	08
08	4:49.64	E Harvey, M Akers, K Hunziker, T Pincin	400 MR	J Wasko, C Henson, R Jaques, S Tyler	4:20.00	08



## Regional Contract and Honor Code

### Expectations

1. Follow the Swimmer's Code of Conduct – in the RAD Handbook.
2. School Year – Attendance is based on 80% attendance workouts per month.
2. Attendance at required team meets.
3. Be a positive influence on the team.
4. Parental support.

### Description of Expectations

1. If a swimmer falls below the minimum standard, he/she will be placed on probation the following month. If attendance has not improved, the swimmer will be moved down. The reasoning for this is that if a swimmer is having difficulty attending practices, then it is unfair to that swimmer to place expectations of the Regional Team.
2. Attendance at certain swim meets is necessary so that the coach and swimmers can chart their race performance. Also, team unity and support are essential at this level of swimming. A swimmer that does not attend a Hosted Team meet will be asked to re-evaluate their commitment to the Competitive or Regional Team.
3. Positive influence is based on several areas of participation including the following: contribution at practice, conduct at swim meets, follow uniform requirement at practice and meets, positive role model for younger swimmers, and following training procedures.
4. Parental support is based on several areas of participation, including the following: parents of the Team need to volunteer for RAD meets, fund raising activities, and other team functions for RAD to operate an exemplary program. Parents must also be positive role models and encourage and support the coaching staff as well as all the swimmers on the Team.

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Swimmers shall act in a well-mannered and self-disciplined way while participating with the Team. Swimmers shall be a positive influence and conduct themselves in a manner that represents the Team, themselves, and their family. A swimmer who deviates from these expectations will have a meeting with their direct Coach, the second offense we will have a meeting with Coach Mark, a parent, swimmer, and Board Member meeting. On the third violation the swimmer will be suspended for a week. Any violations that occur during a team function may result in the swimmer being removed from the function and sent home at parent's expense. This disciplinary procedure in no way supersedes the terms of the Policies and Procedures of the Team.

**(Please retain this sheet for your records)**

**(Please RETURN this portion)**

The criteria established for the Regional Team is designed to ensure that your participation on RAD is positive, productive, and successful. Your signatures are required below indicating that you understand and agree to the participation and support of RAD.

Swimmer's signature \_\_\_\_\_ Date \_\_\_\_\_

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I, the undersigned Parent of \_\_\_\_\_ have read and understand the Code of Conduct, this form and all other team information sheets, and have ensured that my son/daughter fully understands their content. I declare that I agree to and support the Code of Conduct, this form, and all other team information sheets and all consequences as they relate to non-compliance.

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_

**This sheet must be signed and returned by \_\_\_\_\_.**

