

University City Swim Club

University City High School Natatorium
7420 Shaftesbury Ave., University City, 63130

www.universitycityswimclub.com

info@universitycityswimclub.com



2018-2019 Handbook



UCity Swim Club 2018 Fall/Spring Season

Welcome to all returning and new families!

Please find the following information:

1. UCity Swim Club General Information
2. UCity Swim Club Coaches and Training Groups
3. UCity Swim Club Meets
4. UCity Swim Club Bullying Policy
5. UCity Swim Club AmazonSmile and Schnucks eScrip Information

General Information

Group Placement

Swimmers must be evaluated for group placement prior to the joining the team. Our head coach, Larry Edinger, is available Tuesday August 28 and Wednesday August 29, 5:30pm - 6:30pm, for evaluations. You do not need to schedule an appointment, but you can contact info@universitycityswimclub.com with any questions. Please note: swimmers must be able to swim 25 yards (in some form) without stopping to be eligible for the team.

Private Lessons

If your swimmer is not quite ready for the team, be in touch with us -- we can recommend coaches to offer private lessons.

Communication through Teamsnap

UCity Swim Club communicates with families through TeamSnap, a free app. We send weekly messages about upcoming meets, meet results, calendars, meet sign-up, announcements, and other topics. Soon after you register with the Club, you will receive an invitation to join Teamsnap. Please accept this invitation. It is your responsibility to read the emails and updates from the team.

Practice Cancellations or Changes

The Club may need to cancel practices due to inclement weather or pool service issues. Check your emails and Teamsnap if in doubt for any last-minute practice changes.

UCity Swim Club Swim-a-thon

Every year, the UCity Swim Club organizes a swim-a-thon to raise money for the Club. **This year's swim-a-thon is February 25, so please save the date!** The money raised helps to pay for operating expenses as well as for our fund to assist swimmers who need financial assistance to join our club. This fund is an important way to expand the reach of the Club as well as to make it accessible to more UCity swimmers and beyond. During the swim-a-thon, our swimmers will be encouraged to meet goals that are appropriate for them. It is a fun event, and we end it with a pizza party!



UCity Swim Club Commitment to the Community

The Club wants to make it possible for swimmers to be part of the team, regardless of ability to pay full fees, but we need everyone's help to do so.

If you are in a position to make a tax-deductible donation to the swim club to help support fee reductions for other swimmers, we welcome your donation. You can add a contribution of any size to your payment amount if you would like to. Thank you!

If you are applying for reduced fees, please contact info@universitycityswimclub.com for more information.

UCity Swim Club Board

President: Tammy Arnow

Treasurer: Satomi Stout

Secretary: Ratika Dayaldasani

Manager: Margaret Hassenstab

Members: Brice Bloom-Ellis, Kim Buie, Amy Chambers Cortright, Catalina Freixas, Jon Lane

If you are interested in joining the Board or getting more involved in the Club, please be in touch at info@universitycityswimclub.com! **We welcome your involvement!**

UCity Swim Club Fall/Spring Calendar



28, 29
5:30pm – 6:30pm at
U City High School Natatorium
Meet the Coaches, swimmer level
placement (new swimmers only)

AUGUST '18						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY '19						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

8 – 10 RSCA Ozark Qualifier*
14 Sweet Treats Practice
18 Presidents' Day, no practice
22-24 Ozark Division I Meet (by invitation only)
25 SWIM-A-THON FUNDRAISER

3 Labor Day
4 First day of practice
6 Team meeting + pizza party
8-9 Seahawks Dive Back In Meet

SEPTEMBER '18						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MARCH '19						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

16 – 17 HEAT Lightning 8 and Under Meet*

5 – 7 Fast IMX Kickoff
13 – 14 RecPlex Fall Festival Meet
20 CSP Spring Your Own Age Meet*
27 – 28 Halloween Howl Meet
30 Spooky Swim
31 No practice

OCTOBER '18						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL '19						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

19 – 21 Long-Course Kickoff*

3 – 4 HEAT Fall Classic Meet*
16 – 18 Ozark Champs Meet (by invitation only)
21, 22, 23 No practice, Thanksgiving Holiday

NOVEMBER '18						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY '19						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

4 – 5 RSCA Spring Fling Meet*
17 – 19 John Traube Memorial Meet
27 Memorial Day, no practice
31 – June 2 RecPlex Meet

7 – 9 RecPlex H2O Meet*
15 – 16 Chuck Fruit Invitational Meet
17 Last day of practice fall season + Fun Day + pizza party

DECEMBER '18						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE '19						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

5 Last day spring session + party
17 First day summer session

7 First day spring session
11 – 13 Too fast to Freeze Meet
18 – 20 RecPlex Winter Warmup*
21 M.L. King Day, no practice

JANUARY '19						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JULY '18						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

5 – 7 Independence Celebration Meet
12 – 14 Seahawks Summer Splash Meet
26 – 28 Ozark Long-Course Champs Meet (by invitation only)

*Fees for meets marked with asterisk are included in your meet fees.



UCity Swim Coaches and Training Levels

UCity Swim Coaches



Head Coach: Mr. Larry Edinger

I am a certified USA Swimming coach - I was introduced to swimming at the age of 8, and I was scared. By the age of 12 I was an instructor's aide, and later I joined the YWCA where I caught the attention of their senior swim instructors. I also became a water safety instructor with the Red Cross, and I believe everyone needs to have basic water safety training. I was fortunate to win gold, silver and bronze medals in the 2006 and 2007 Senior Olympics. I created and coached The Carondelet YMCA Blue Dolphins Swim Club for several years. I also coached The Indian Hills outdoor swim team in the summer of 1999. Last year I coached the Brittany Woods Middle School girls swim team.

Now that I am retired, I am spending my time doing what I love -- instructing and coaching swimmers. I believe that a good coach opens the door for his or her swimmers to succeed, and it is so meaningful to me to see my swimmers go on to swim in college and beyond.

UCity Swim Club Training Levels

Level 1 Group 1: 5:30 pm - 6:15 pm

Level 1 Group 2: 6:15 pm - 7:00):

This level is for you if you are comfortable and confident in the water, and you can get from one end of a 25-yard pool to the other in some fashion. In this level, we work on: diving, swimming 25 yards without stopping, all 4 strokes and breathing techniques, and endurance.

Both groups offer the same instruction. You can choose the time that works best for your family, and we will try to honor it. If you don't have a preference, please choose both.

Level 2 (5:30pm - 6:30pm, with the option to stay until 7pm): This level is for you if you've had some swimming and instruction experience, and you are now ready to move on to improving your stroke technique and swim endurance to 50 yards. In this level, we work on: diving from the block, swimming 50 yards, refining strokes and breathing techniques, emphasizing legal starts, turns, finishes and touches; increasing endurance, and getting some meet experience.

Level 3 (5:30 pm - 7 pm): This level is for you if you are able to swim all four competitive strokes and the IM legally, and you understand training vocabulary and the use of sets during workouts. In this level, we work on: perfecting all four competitive strokes for drilling/stroke improvement and breathing techniques, participating in interval workouts, refining starts, turns, finishes, and touches, further increasing endurance, and building the team meet spirit.



UCity Swim Club Meets

UCity Swim Club Meets

Swim meets are wonderful opportunities to challenge your new skills. Meets are not all about winning, but about conquering fears, performing those much worked-on flipturns, or finally not getting a DQ in the 200 IM. Not every meet is appropriate for every swimmer, but swimmers are encouraged to attend those meets designed for them. Meet participation not only challenges the individual swimmer, but promotes team spirit and unity.

Most meet fees are paid via your swimmer's Meet Fee, though some are billed separately. Please see the meet schedule for more information.

You must indicate, via the TeamSnap app, which meets your child/children will attend. Our coaches register swimmers for meets based on who signs up via TeamSnap.

2018-2019 Meet Schedule

The meets listed below are highly encouraged and are included in your meet fee. We hope you will choose to attend as many meets as are appropriate for your swimmer(s), as they build confidence, strengthen our community, give swimmers a "goal" to try to reach, and are a lot of fun!

Fall Season

1. CSP Spring Your Own Age, Pattonville High School, October 20, 2018
2. HEAT Fall Classic, Pattonville High School, November 3-4, 2018
3. RecPlex H2O Invitational, St. Peters RecPlex, December 7-9, 2018

Spring Season

1. RecPlex Winter Warmup, St. Peters RecPlex, January 18-20, 2019
2. RSCA Ozark Qualifier, February 8-10, 2019
3. HEAT Lightning 8 & Under, March 16-17, 2019
4. Chuck Fruit Aquatic Center Long Course Kickoff, April 19-21, 2019
5. 2019 RSCA Spring Fling, Lafayette High School, May 4-5, 2019

******Entries in all meets listed above are included in your meet fees. If you wish to attend any of the meets below, please speak to Coach Larry to see if it is an appropriate meet for your swimmer. Please understand you will be billed separately for any of the meets below.******

Additional Meets

1. Seahawks Dive Back In! McKendree RecPlex, Lebanon, IL, September 8-9, 2018
2. Fast IMX Kickoff, Pattonville High School, October 5-7, 2018
3. RecPlex Fall Festival, St. Peters RecPlex, October 13-14, 2018
4. RSCA Halloween Howl, Marquette High School, October 27-28, 2018
5. Chuck Fruit Invitational, Edwardsville, IL, December 15-16, 2018



6. Too FAST to Freeze, Pattonville High School, January 11-13, 2019
7. John Traube Memorial Meet, Edwardsville, May 17-19, 2019
8. RecPlex Meet Me in St. Louis, St. Peters RecPlex, May 31 - June 2, 2019
9. Independence Celebration, Edwardsville, July 5 - 7, 2019
10. Seahawks Summer Splash, Lebanon, IL, July 12 - 14, 2019

Meets by Invitation Only

1. Ozark A Champs, Carbondale, IL, November 16-18, 2018
2. Ozark Division I Championships, St. Peters RecPlex, February 22-24, 2019
3. Ozark Long Course Champs, Edwardsville, IL, July 26-28, 2019

UCity Swim Club Meet 101

Are you wondering what to bring to your first meet?

A **big** swim bag with:

1. Towels (1 per event)
2. Deck shoes like Crocs or flip flops
3. Goggles (2 pairs just in case one breaks)
4. Swimming suit
5. UCSC team t-shirt
6. Swim cap
7. Swim ear drops if you use them
8. Deck clothes= robe, sweatshirt, sweat pants, flippers or other comfy clothes to stay warm between events
9. Clean clothes to go home in by the end of the meet
10. Sharpie marker for writing your child's events on their arm (see below)
11. Drinks= bottle water or sport drink (not soda or energy drinks)
12. Healthy snacks= nuts, crackers, sandwich, fruit in general and bananas. No sugary stuff.
13. Camping type chair (if there is a crash area)
14. Blanket to lay on the floor (if there is a crash area)
15. Entertainment= games, coloring books, tablets or books
16. Chargers for electronics
17. Printed copy of heat sheet (at meet they cost around \$5. Larry will always have a copy!)
18. Highlighter to mark the events in the heat sheet
19. Camera
20. Cash for concessions

The **Night** before

1. Consider subscribing to Meet Mobile
2. Pack the swim bag and all the things you will bring to the meet. Meets start very early
3. Look on Teamsnap for the name and number of the Meet Captain
4. Get a good night's rest



Meet Arrival

Your swimmer

1. Check in with your coach
2. Write the events on your kid's arm before they get wet
3. Warm up
4. Report to your coach 2 events prior to swim event signed
5. Get your camera ready to take lots of pics so you can upload them to our website
6. Tie long hair up tightly

How to read a heat sheet

Event 1 – 25 freestyle

Heat 1

Lane 1 – Annie W.

Lane 2 – Annabelle R.

Lane 3 – Brynne D.

Lane 4 – Capi K.

Heat 2

Lane 1 – Esther A.

Lane 2 – Hallel A.

Lane 3 – Lily R.

Lane 4– Lucy C.

If your child is Lily, she is in the
25 freestyle event= event #1, heat #2, lane #3.

You will write this on her arm like this:

E	H	L	S
(event)	(heat)	(lane)	(stroke)
1	2	3	25 FR

And then continue with all other events.

E	H	L	S
1	2	3	25 FR
26	3	2	100 BK
34	2	5	50 FL

E= event

H= heat

L= lane

S= stroke

FR= freestyle

BK= backstroke

FL= butterfly

BR= breaststroke

IM= indiv. medley



UCity Swim Club Bullying Policy

(This policy can also be found at universitycityswimclub.com.)

Purpose

Bullying of any kind is unacceptable at University City Swim Club (the “Club”) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a child. The purpose of this Policy is to provide a safe, caring, and friendly environment for all of our athletes during Club-related activities. In furtherance of its purpose, this Policy sets forth an action plan to address all reported instances of bullying promptly and effectively, and highlights the need for all athletes involved to receive the support they need to prevent bullying.

What is Bullying?

The USA Swimming Code of Conduct defines bullying in 304.3.7 as: The severe or repeated use by one or more USA Swimming [athletes] (“[Athletes]”), regardless of when or where it may occur, of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other [Athlete] that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other [Athlete] or damage to the other [Athlete]’s property; (ii) placing the other [Athlete] in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other [Athlete] at any USA Swimming activity; (iv) infringing on the rights of the other [Athlete] at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

Reporting Procedure

An athlete who feels that he or she has been bullied is asked to do one or more of the following things immediately:

- Talk to your parents or guardians about it;
- Talk to a Club Coach, Officer, and/or Board Member;
- Write a letter or email to a Club Coach, Officer, and/or Board Member.

Parents and guardians are encouraged to promptly report their athlete’s complaint to a Club Coach, Officer, and/or Board Member.

While it is not always practical to report a complaint immediately following an incident, every effort should be made to bring the complaint to the attention of the Club’s leadership as soon as possible to stop the bullying behavior, and to increase the likelihood that the most accurate facts can be gathered concerning the incident.



How We Handle Bullying

If bullying is occurring during Club-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately and separate the athletes involved, if necessary. Whenever possible, it is advisable to seek help from another parent, Coach, Officer, or Board Member.
2. Make sure everyone is safe, and address any immediate medical needs.
3. Stay calm, model respectful behavior, and encourage others involved to do so as well.

Next, we address the situation by FINDING OUT WHAT HAPPENED and SUPPORTING THE ATHLETES INVOLVED using the following approach:

A. Finding Out What Happened

1. First, we get the facts.
 - a. A member of Club leadership will separately interview each of the athletes involved.
 - b. A member of Club leadership will separately interview any other persons known to have information about the incident.
 - c. During the interview process, the interviewer will listen without casting blame and will not refer to the act as “bullying” while trying to understand what happened.
2. Then, we determine if it's bullying according to the USA Swimming Code of Conduct.
 1. A member of Club leadership will review the USA Swimming definition of bullying;
 2. A member of Club leadership will consider the following questions:
 - What is the nature of the conduct complained of?
 - Was that conduct directed towards the affected athlete?
 - Is it severe or repeated?
 - Is it reasonable to believe that the conduct has caused physical or emotional harm?
 - Was property damaged?
 - Is the affected athlete in reasonable fear of harm to his/her person or of damage of his/her property?
 - Is it reasonable to believe that the conduct has created a hostile environment for the affected athlete at any Club-related activity?
 - Is it reasonable to believe that the conduct has infringed on the rights of the affected athlete at any Club-related activity?
 - Is it reasonable to believe that the conduct has materially and substantially disrupted the training process or the orderly operation of any Club-related activity?
 3. If a member of Club leadership concludes that bullying has occurred, the Club will notify the parents or guardians of the athletes involved and will attempt to provide support to those athletes in order to prevent future instances of bullying.

B. Supporting The Athletes Involved

1. Support the athletes who have been bullied.
 - a. Listen and focus on the athlete. Learn what's been going on and show you want to help. Assure them that bullying is not their fault.



- b. Work together to resolve the situation and protect the athlete. The athlete, parents, fellow team members and coaches may all have valuable input. It may help to:
 1. Ask the athlete what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the athlete should not be forced to change.
 2. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
 - c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the athlete.
2. Support the athlete exhibiting the bullying behavior.
- a. Make sure the athlete knows what the problematic behavior is. It is important for them to understand that the behavior is hurting someone else.
 - b. Calmly and respectfully tell the child that the problematic behavior is unacceptable and will not be tolerated.
 - c. Work with the athlete to understand the cause of the problematic behavior. For example:
 - i. Sometimes children bully to fit in. In other words, there may be some insecurity involved.
 - ii. Other times kids act out because of some other issue like abuse or stress. They also may have been bullied. These athletes may be in need of professional help.
 - d. Give the athlete the opportunity to make things right. For example, the child can:
 - i. Write a letter of apology; or
 - ii. Clean up, repair, or pay for any property they damaged.
 - e. Avoid strategies that don't work or have negative consequences:
 - i. Suspending or removing the offending athlete from the team will not reduce bullying behavior. In fact, those athletes may be less likely to admit and correct their problematic behavior if suspension or getting kicked off the team is the consequence.
 - ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
 - f. Follow-up. After the issue appears to be resolved, continue finding ways to help the athlete remember that what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate and to have good sportsmanship.

3. Support bystanders who witness bullying.

Every day, kids witness bullying. They want to help, but don't know how. Reassure them that they have the power to help in the following ways:

- a. Be a friend to the person being bullied;
- b. Tell a trusted adult – your parent, Coach, Officer, or Board Member;



- c. Help the person being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way out of the situation (e.g., “Let’s go, practice is about to start.”);
- d. Set a good example by not bullying others;
- e. Don’t give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

Adopted by the University City Swim Club, Inc. Board of Directors this 23rd day of April, 2013: /s/ Timothy J. Lemen, Chairman UCSC Board of Directors



UCity Swim Club AmazonSmile and Schnucks eScrip

Support the Club While You Shop

We invite you to help support the team while you shop! We have established relationships with Schnucks and Amazon, so that we can receive money each time you shop there.

Schnucks: You will need to present your card at checkout. We will distribute cards the first week of swim practice.