

University City Swim Club

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

www.universitycityswimclub.com

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2024 Handbook

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General Information

Thank you for signing up for the youth spring 2024 season with the University City Swim Club!

The spring season will start on Monday, Jan. 8 and ends on Thursday, May 16, at the [University City Natatorium](#) (7420 Shaftesbury).

There are four practice days per week. Monday-Thursday. There are no practices on Saturdays. Practice attendance is flexible. Swimmers can come as often or as little as they'd like.

Levels	Monday - Thursday
Level 1	6:30 - 7:15 p.m.
Level 2	6:30 - 7:30 p.m.
Level 3	7:30 - 8:45 p.m.
Level 4	7:15 - 8:45 p.m.

COACHES

Bri Buckle
Sarah Dix
Emily Leong
Matt McGinnis

BOARD

President: Ellen Howe
Treasurer: Paul Granneman
Secretary: Emily Leong
Members: Mirella Barboza, Rachelle Dell, Jordan McCall, Karna Sherwood, Andrew Wool
Director of Operations: Doni Causey

Safety

To ensure the safety of all athletes, parents **must** come into the building to drop off and pick up swimmers after practice. Please be sure that your swimmer(s) is inside of the building at the start of practice before leaving the premises. There are a lot of school activities going on at the high school with lots of extra traffic and we want to guarantee that every athlete is accounted for when entering and exiting the Natatorium.

Parking

There is no parking in the upper parking lot this season due to high school events. Park your vehicle on the street or the bottom circle parking lot.



Weather/ Pool Closure Policy

In case of inclement weather or lightning, practices may be delayed or canceled. In case of pool closures at the University City High School Natatorium due to events or pool service issues, practice may be canceled and or rescheduled. Last-minute practice changes will be communicated by email.

Download the On Deck App Today!

Sign up for upcoming meets, check your account balance, update medical information and more. The On Deck app is available on [iOS](#) and [Android](#).

Quick Links

- [Link to Team Calendar](#)
- [Connect with Us](#)
- [Link to Team News](#)

Billing

For monthly swimmers, there is automatic billing the first of every month. February 1, March 1, April 1, and May 1. For season swimmers, there is no automatic billing.

Swim-A-Thon

Each year, the University City Swim Club organizes a swim-a-thon to raise money for the club. This year's swim-a-thon is **April 18, 2024**. The money raised helps pay for operating expenses as well as for our fund to assist swimmers who need financial assistance to join our club. This fund helps expand the reach of the swim club as well as makes it accessible to more UCity swimmers and beyond. During the swim-a-thon, our swimmers are encouraged to meet goals that are appropriate for them. It is a fun event, and we end it with a pizza party.



Swim Levels

LEVEL 1

Practice yardage: 1000 – 1500 yards

This group is designed for swimmers who can independently swim across the pool with any swim stroke. The focus of this group is fundamentals of swimming and good habit forming. The LEVEL 1 swimmer has complete proficiency in the freestyle and backstroke, and a beginning knowledge of the butterfly and breaststroke. This is an introduction to fundamentals such as streamline, under water pullouts, starts, turns, and proper technique regarding kicking, pulling and body positions. Participation at meets is encouraged.

LEVEL 2

Practice yardage: 1500 – 2000 yards

This group is designed for the swimmers who have achieved the main goals of LEVEL 1 or who are already proficient in both freestyle and backstroke and have the basic understanding of breaststroke and butterfly. In LEVEL 2, swimmers will begin or improve on established drills and mechanics for all four strokes. Fundamentals are reinforced and encouraged. Practice attendance is emphasized and participation at swim meets is encouraged.

LEVEL 3

Practice yardage: 2000 – 3000 yards

LEVEL 3 swimmers should exhibit legal strokes and turns in all four competitive strokes. At this stage, advanced drills and training are introduced and reinforced. This is an introduction to aerobic and anaerobic training, feel for the water, interval training and how to use the pace clock. Use of specific training equipment is encouraged. 75% practice attendance and participation at swim meets is encouraged.

LEVEL 4

Practice yardage: 3500 – 4500 yards

LEVEL 4 swimmers have progressed into longer training sessions and exhibit the maturity to handle an increased demand of practice. These swimmers will have a working knowledge of all four strokes and are able to perform legal and proficient starts and turns, in addition to having good practice and training habits. Maximum utilization of equipment and training is emphasized. Understanding and implementation of advanced swimming techniques, goal setting, and team dynamics are essential. Intrinsic and extrinsic motivation as well as responsibility are essential. LEVEL 4 swimmers exhibit maturity, goal setting, and leadership qualities. 75% minimum practice attendance is expected to achieve both personal and team goals and participation at swim meets is encouraged.



Registration Agreements

Medical Release Waiver

Youth Team Swimmers: I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **University City Swim Club** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **University City Swim Club** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **University City Swim Club** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

I hereby waive, release and forever discharge **University City Swim Club** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **University City Swim Club** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

Liability Waiver

By registering my child(ren) with the **University City Swim Club**, I agree to participate (or allow my child(ren) and family members to participate) in the **University City Swim Club**, and hereby release **University City Swim Club**, its directors, officers, agents, coaches, lifeguards, volunteers and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **University City Swim Club** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **University City Swim Club** program.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **University City Swim Club** program.



Photo Release

I hereby authorize UCity Swim Club to publish the photographs taken of me and/or the undersigned minor children, and our names, for use in the UCity Swim Club printed publications and website. I release UCity Swim Club from any expectation of confidentiality for the undersigned minor children and myself and attest that I am the parent or legal guardian of the children listed below and that I have the authority to authorize UCity Swim Club to use their photographs and names. I acknowledge that since participation in publications and websites produced by UCity Swim Club is voluntary, neither the minor children nor I will receive financial compensation. I further agree that participation in any publication and website produced by UCity Swim Club confers no rights of ownership whatsoever. I release UCity Swim Club, directors, officers, agents, coaches, lifeguard, volunteers and employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned minor children.

UCSC Policies

Parents should review policies with their child(ren).
I have read the Bullying Policy and agree to abide by its rules.
I have read the Locker Room Etiquette and agree to abide by its rules.
I have read the Swimmer Code of Conduct and agree to abide by its rules.
I have read the Parent Code of Conduct and agree to abide by its rules.

Note: Please refer to [UCSC Policies](#) on our website.

Video Analysis Feedback

During swim practice, coaches may use a tablet to provide video feedback for athletes. This is beneficial for both the athletes and the coaches. Video analysis gives athletes the opportunity to see how they swim and helps with goal setting. The videos recorded on the devices are not shared and are deleted shortly after practice.



Swim Meets

Swim meets are a great opportunity to challenge your new skills. Meets are not just about winning, but about conquering fears, performing those much worked-on flip turns, or finally not getting a DQ in the 200 IM. Meet participation is not required, but strongly encouraged as it not only challenges the individual swimmer, but also promotes team spirit and unity. Swim meets build confidence, strengthen the community, give swimmers goals to meet, and are fun.

Team suits

Team suits are not required, but highly encouraged for meets. Learn more about ordering team suits here: <https://www.gomotionapp.com/team/moucsc/page/register/team-suits>.

UCSC swim caps

Every new swimmer will receive one free swim cap. For returning swimmers, swim caps are available to purchase for \$5.

Things to consider bringing to the swim meets:

A swim bag with:

1. Towels (one per event)
2. Deck shoes (ex: crocs or flip flops)
3. Goggles (two pairs just in case one breaks)
4. Swimming suit
5. Swim cap
6. Swim eardrops (if your swimmer uses them)
7. Deck clothes (robe, sweatshirt, sweatpants, or other comfy clothes to stay warm between events)
8. Clean clothes (for after the meet)
9. Sharpie marker for writing your swimmer's events on their arm (see below)
10. Bottled water or sport drink (no soda or energy drinks)
11. Healthy snacks (bananas, nuts, crackers, sandwich, fruit, no sugary treats)
12. Camping type chair or blanket (if there is a crash area)
13. Entertainment (games, coloring books, tablets or books)
14. Chargers for electronics
15. Copy of heat sheet from emails
16. Cash for concessions

Night before a swim meet:

1. Pack swim bag
2. Get a good night's rest



Meet arrival

1. Check in with coach and/or meet table
2. Write the events on swimmer's arm with sharpie before they get wet
3. Warm up
4. Report to your coach two events prior to your scheduled event

How to read a heat sheet

Event 1 – 25 freestyle

Heat 1

Lane 1 – Brandon W.

Lane 2 – Anna R.

Lane 3 – Bryan D.

Lane 4 – Capri K.

Heat 2

Lane 1 – Drew A.

Lane 2 – Halle A.

Lane 3 – Lily R.

Lane 4– Maya C.

If your child is Lily R., she is in the:

(Event) #1

(Heat) #2,

(Lane) #3

(Stroke) 25 Freestyle

Write this on her arm like this:

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

Continue with all other events:

E	H	L	S	
1	2	3	25FR	Event 1, Heat 2, Lane 3, 25 Freestyle
14	3	2	100 BK	Event 14, Heat 3, Lane 2, 100 Backstroke
26	1	1	200 FL	Event 26, Heat 1, Lane 1, 200 Butterfly

Strokes

FR=freestyle

BK=backstroke

FL=butterfly

BR=breaststroke

IM=individual medley

