

University City Swim Club

University City High School Natatorium
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UCSC Handbook

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General Information

Billing

For monthly swimmers, there is automatic billing the first of every month.

Spring billing dates: February 1, March 1, April 1, and May 1.

Fall billing dates: October 1, November 1, December 1.

For season swimmers, there is no automatic billing. The summer seasons are paid in full and there is no automatic billing.

Behavior Policy

To ensure fairness and minimize disruptions during practice, the following behavior policy will be implemented:

1. Swimmers will receive ONE warning if they are misbehaving during practice.
2. If the behavior persists after the warning, the swimmer will be required to exit the pool and remain on deck for the rest of practice.
3. Swimmers are not permitted to enter the locker room until practice ends or a parent arrives to pick them up early.

No exceptions will be made.

Compliance Policy

To maintain compliance with USA Swimming regulations, all swimmers **must** hold a current USA Swimming membership.

1. Swimmers without a current USA Swimming membership will be prohibited from entering the pool.
2. Their accounts will be suspended, and they will be removed from attendance lists until the membership is updated.
3. Coaches and parents will be notified via email, stating that the swimmer is not permitted to participate in swimming activities until compliance is restored.

No exceptions will be made.

Weather and Pool Closure Policy

Practices may be delayed or canceled due to inclement weather, lightning, or pool closures at the University City High School Natatorium caused by events or service issues. Notifications for last-minute practice changes will be sent:



1. **Email:** For changes with more than two hours' notice.
2. **[Remind](#):** For short-notice updates.

If no cancellation notice is received, assume practice will proceed as scheduled.

Download the Sports Engine Motion App

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

Sign up for Remind

Sign up at <https://www.remind.com> for free. This service will be used for notifications like last minute practice cancellations or swim meet delays. The code is @ucityswim. The app is available on all mobile devices.

Download the Meet Mobile: Swim App

See meet results in real time, heat sheets, psych sheets, record, team scores, and time standards. The Meet Mobile: Swim app is available on [iOS](#) and [Android](#).

Quick Links

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



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

Liability Waiver

By registering with the **University City Swim Club**, I agree to participate (or allow my child(ren) and family members to participate) in club activities and release **the University City Swim Club**, its staff, volunteers, and agents from liability for any injuries or property damage during participation, including travel to and from practices, meets, and other team events.

I further agree to indemnify and hold harmless the club, its representatives, and employees against any claims for injury, death, or property damage involving myself, my child(ren), or family members while participating in club activities.

Medical Release Waiver

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 to myself and/or for my 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.

Photo Release

I authorize the **University City Swim Club** to use photographs of myself and/or my minor children, along with our names, in its publications and website. I confirm that I am the parent or legal guardian of the listed children and have the authority to grant this permission.

I understand that participation is voluntary, without financial compensation, and confers no rights of ownership. I release the University City Swim Club, its staff, and volunteers from liability for any claims related to the use of these photographs.

Refund & Cancellation Policy

By signing up for the **University City Swim Club**, I understand that I am agreeing to complete the full season with no refunds or early cancellations.

UCSC Policies

Parents should review policies with their child(ren).



I have read the [Anti-Bullying Policy](#) and agree to abide by its rules.

I have read the [Arrival and Pickup Procedures](#) 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 [Meet Etiquette](#) and agree to abide by its rules.

I have read the [Parent Code of Conduct](#) and agree to abide by its rules.

I have read the [Swimmer Code of Conduct](#) and agree to abide by its rules.

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

Video Analysis Feedback

Coaches may use a tablet during practice to provide video feedback, helping athletes visualize their technique and set goals. Recorded videos are not shared and are deleted shortly after practice.



Anti-Bullying Policy

Purpose:

UCSC is committed to providing a safe, inclusive, and respectful environment for all members. Bullying of any kind—whether verbal, physical, emotional, or online—will not be tolerated.

Definition of Bullying:

Bullying includes repeated and intentional behaviors such as:

- Verbal abuse (name-calling, insults, threats)
- Physical aggression (pushing, hitting, intimidating behavior)
- Social exclusion or humiliation
- Cyberbullying (harassment via social media, messaging, or emails)

Expectations:

- All swimmers, coaches, and members will treat one another with kindness and respect.
- Any instance of bullying must be reported to a coach, club official, or designated team leader.
- Parents and guardians are encouraged to reinforce these values at home.

Reporting & Consequences:

- Reports of bullying will be promptly investigated.
- Appropriate actions will be taken, including warnings, suspension, or removal from the club if necessary.
- Support will be provided to those affected by bullying to ensure a safe environment for all.

Commitment:

By joining UCSC swim club, members agree to uphold this policy and contribute to a positive, sportsmanlike community.



Arrival and Pickup Procedures

To ensure a safe and organized environment for all swimmers and staff, the following arrival and pickup guidelines must be followed:

Arrival Expectations:

- Swimmers should arrive **5-10 minutes before the start of their scheduled practice**. This allows time to prepare without causing disruption to ongoing activities.
- Swimmers who arrive earlier than 10 minutes before practice must sit quietly on the pool deck. Playing, exploring the facility, or disrupting current practices is not acceptable.
- Parents **must** come into the building to drop off and pick up swimmers before and after practice. **Parking or dropping off in the upper gated parking lot is strictly prohibited.**

Pickup Expectations:

- Parents should pick up their swimmers promptly at the end of practice. Coaches and staff are not responsible for supervising swimmers beyond their scheduled practice times.
- Please respect parking and traffic flow guidelines for the safety of all members.

Enforcement:

Families who consistently fail to follow these procedures may be contacted directly for further discussion. Specific reminders or actions will be taken as necessary to maintain a respectful and productive environment.



Locker Room Etiquette

Purpose:

To maintain a safe, respectful, and clean environment for all swimmers, this locker room code of conduct outlines the expectations for behavior and responsibility.

Locker Room Expectations:

1. **No Horseplay:** The locker room is not a play area. Avoid running, yelling, or engaging in roughhousing to ensure safety for everyone.
2. **Safety First:** Be mindful of your surroundings and actions to prevent accidents or harm to yourself or others.
3. **Respect Personal Belongings:** Keep your hands to yourself, and never touch or move another person's belongings without their permission.
4. **No Phone Usage:** Phones are strictly prohibited in the locker room. This includes taking pictures, recording videos, or using FaceTime. Privacy and respect are paramount.
5. **Clean Up After Yourself:** Dispose of trash, return personal items to your bag, and leave the locker room as tidy as you found it.
6. **Turn Off Fixtures:** After using showers or sinks, ensure they are turned off properly to conserve water and maintain order.

Commitment:

By following these guidelines, swimmers contribute to a positive and respectful team culture. Coaches and staff will address violations as needed, which may include parental involvement or consequences based on the severity of the infraction.



Meet Etiquette

Purpose:

Participating in swim meets is an exciting opportunity for swimmers to showcase their skills, support their teammates, and represent UCSC with pride. This code of conduct ensures that all participants and families understand their responsibilities to foster a positive and respectful meet environment.

Swimmer Expectations:

1. **Punctuality:** Arrive on time for warm-ups and remain attentive throughout the meet. Follow your coach's instructions and stay with your team unless directed otherwise.
2. **Sportsmanship:** Cheer for your teammates, show respect to competitors, and exhibit positive behavior on and off the pool deck. Avoid disruptive behavior.
3. **Preparedness:** Bring all necessary equipment, including suits, goggles, towels, and team apparel. Swimmers should be ready to compete when their event is called.

Attendance Policy:

- Meet fees are covered by the club. However, if a swimmer registers for a meet event and does not attend for any reason, the corresponding meet fee and athlete surcharge will be added to the swimmer's account. You must withdraw from any events BEFORE the registration deadline. *No exceptions will be made.*
- Warm-ups are required for all participants.
- Parents should inform the coach promptly if attendance issues arise after registration.

Parent Expectations:

Refer to the [Parent Code of Conduct](#) for guidelines on parental behavior during swim meets, including supporting swimmers and respecting coaches' decisions. Parents are encouraged to reinforce proper meet etiquette and sportsmanship with their children.

Commitment:

By adhering to this swim meet code of conduct, swimmers and families help create a productive, fun, and respectful environment for all participants. Violations may result in consequences such as warnings, financial responsibility for fees, or restricted participation in future meets.



Parent Code of Conduct

Purpose:

As key members of the UCSC community, parents play a vital role in fostering a positive and supportive environment for all swimmers, coaches, and families. This code of conduct outlines expectations to ensure a respectful and smooth-running program.

Expectations for Parents:

1. **Timeliness:** Ensure your child is dropped off and picked up at all practices and swim meets on time.
2. **Viewing Area:** Remain in the designated viewing area during practices and swim meets to allow coaches to focus on training and instruction without distraction.
3. **Respect Boundaries:** Refrain from offering coaching or instructions to swimmers during practice. Trust our professional coaching staff to guide their development.
4. **Respect for Others:** Maintain a respectful attitude toward swimmers, coaches, other parents, officials, and staff. Discrimination, harassment, or disruptive behavior will not be tolerated.
5. **Sportsmanship:** Set a positive example by encouraging fairness, effort, and teamwork over competition alone.

Commitment:

By adhering to this code, parents contribute to an environment that helps swimmers thrive both as athletes and individuals. Violation of this code may result in consequences such as warnings or restricted attendance at club activities.



Swimmer Code of Conduct

Purpose:

This code of conduct aims to promote a safe, respectful, and productive training environment where swimmers can learn, grow, and excel. By following these guidelines, swimmers contribute to the success and positive atmosphere of UCSC.

Behavioral Expectations:

1. Respect for Coaches and Teammates:

- Listen attentively to your coach's instructions. Avoid disruptive behavior such as playing underwater, horseplay, or asking “what are we doing?” when instructions have already been given.
- Show respect for lane assignments and swimmer order as determined by your coach. Assignments are based on ability and speed to ensure safety and efficiency, not personal preference.
- Avoid tattling or bossing others around. If issues arise, bring them to the coach’s attention respectfully.

2. Appropriate Use of Equipment and Facilities:

- Use kickboards, buoys, and other equipment properly during practice. Excessive splashing, carrying others, or other horseplay is prohibited.
- Limit bathroom breaks to necessary moments. Repeated requests disrupt practice flow, so plan accordingly before entering the pool.

3. Positive Attitude and Sportsmanship:

- Treat teammates, coaches, and competitors with kindness and encouragement.
- Accept coaching decisions without complaint, and trust that decisions are made with the team’s best interests in mind.

Commitment:

Swimmers agree to follow this code of conduct, understanding that these guidelines ensure everyone’s safety, focus, and enjoyment. With parents reinforcing this code, families can help set clear expectations for their children. Coaches will address any violations, which may result in reminders, temporary removal from practice, or further consequences if necessary.



Swim Meet 101

What to Bring to the Swim Meet

- **Wear your racing suit** and drop off items in the crash area or with your family before warm-ups.
- **Essentials:** Towels (at least 2), goggles (plus a spare), swim cap (plus a spare), hair ties, deck shoes (like Crocs or flip-flops), and deck clothes to stay warm (parka, robe, sweats).
- **After the Meet:** Clean clothes for changing.
- **Extras:** Sharpie (to mark events), water/sports drinks (no soda/energy drinks), healthy snacks (e.g., nuts, granola bars, fruit), camping chair/blanket (for crash areas), entertainment (books, games), chargers for electronics, and cash for concessions.

What to Do When You Arrive at the Meet

- Arrive **10-15 minutes before warm-ups** to settle in and place belongings in the crash area. Avoid bringing items onto the deck.
- **Check in with your coach** upon arrival for directions to the crash area and warm-up details.
- **Don't miss warm-ups**—they're vital for practicing starts, turns, and getting familiar with the pool. Attend the team meeting after warm-ups for important meet information.
- Keep track of the meet's progress: monitor the scoreboard for events and check with attendants in the crash area or bullpen. Report to your coach or the bullpen **two events before yours** to be ready.
- **Parents**—please help your swimmer(s) be mindful of time.

