



Registration for the 2015-2016 swim season will begin September 1. Please register your swimmers on the website www.carmelswimclub.org. Please be sure to read the following pages in this packet:

- Welcome back letter from Head Coach Chris Plumb
- Notes from CSC office
- Online registration instructions
- Fee Schedule and Information on Payments and Obligations
- Electronic Debit Authorization – if you were enrolled last year, you will remain enrolled until you notify the office.
- CSC Honor Code*updated
- CSC Parent Code of Conduct*updated
- CSC Social Media and Electronic Communication Policy*NEW
- CSC Discipline Code*updated
- Swim Group Descriptions*updated
- Age Group Short Course Meet Schedule
- Hosted Meet Information
- Equipment List for all Groups
- CHS Facility Guidelines



Dear Carmel Swim Club,

Welcome to the 2015-2016 swim season! With the Olympics on the horizon, this is an exciting time to be a swimmer, and you are part of the best swimming team in the world – TEAM USA. Historically, swimming is the most watched sport at the Olympics and Team USA is the most decorated US Olympic team.

First, let me start by thanking you for your care and commitment to the Carmel Swim Club. There are countless people working behind the scenes for the benefit of our athletes. It takes dedication, hard work, and a serious investment of time to keep the Carmel Swim Club running. Our organization is successful because of people like you. The impressive successes listed below are a direct result of our collective effort: thank you doesn't begin to do it justice, but please know your efforts are valued and appreciated.

SUCCESS

In the pool, we have had the greatest year a community swim club could hope for:

- USA Swimming Gold Medal of Excellence
- Highest Ranked Swim Club in the Indiana LSC via Virtual Club Championships
- Provided 1500 swim lessons and gave more than 125 free swim lessons
- 14 athletes competing in college next year
- Over 40 athletes currently competing in college
- 13 USA Swimming Scholastic All-Americans (most in Indiana)
- 2015 IHSAA Boys and Girls Champions (29th consecutive championship for girls team)
- 2014 and 2015 Swimming World Girls National Team Champions
- 6 Individual and 4 Relay IHSAA State Champions
- 22 Individual 10 Relay Carmel Swim Club Records set
- 10 Indiana Swimming Records broken
- 3 Swimmers named to the National Junior Team
- 1 National Champion
- 1 Junior World participant
- 1 Junior World Record holder
- 1 American Record holder

VALUE OF SWIMMING

These remarkable results are not an accident. To highlight a few factors, they are the result of both careful and long-term planning, working to create a place where our athletes and coaches are encouraged to take constructive risks, cultivating a supportive team culture, nurturing a positive symbiotic relationship with Carmel High School, and leadership from a supportive and forward-thinking Board of Directors.

I believe success comes from focusing on the process, not the result. The Carmel Swim Club is performance-minded and process-driven. School will teach you about books, how to pass a test, and give you knowledge and how to succeed, but swimming teaches you about life.

1) Swimming is an endeavor that every athlete will be able to relate to and use in his or her future work experience.

Determined. Works well within teams and is self-motivated. Communicates with peers and superiors. Takes feedback well. Who am I describing? The person you are looking to hire or one of our swimmers? Everything swimmers learn will be extremely valuable to any workplace. Athletes learn what to do in order to overcome obstacles and achieve success. They learn to advocate for themselves when a disagreement occurs with a coach. Athletes begin to respectfully and effectively speak with authority. Each swimmer has their own individual experiences, and every experience is a great lesson in how to become productive in the workforce and in life. Truly the swimming experience is priceless, and you cannot assign a value to the incredible long-term effects engaging in this sport will have on your athlete.

2) Swimming provides a strong support system and forges important relationships—FTT.

We are all on the same team, no matter if you are an athlete, parent, or coach. Earlier this year, Associate Head Coach Ian Murray got into a serious bike accident. That very same night, a cooler was placed on his porch and meals were scheduled to be delivered to his family for weeks. A club member who was diagnosed with cancer tells you how thankful she is to have the support from our program through her difficult time. Former athletes write to you explaining how thankful they are for the quality coaching they received while at Carmel because many of their peers did not. Your own son is the only one on his team who shakes his baseball coach's hands after each game and practice and thanks them. The team we have at Carmel Swim Club becomes an unconditional support group that will help you and push you through whatever you have going on in life (in or out of the pool). FTT (For the Team) means the value and importance of relationships holds meaning not just today, but for a lifetime.

3) Swimming demands patience and an unrelenting work ethic.

Today, everything you need is readily accessible and nearly instantaneously available. You want a sandwich? Go online and it is delivered to you. Skype and FaceTime give us the ability to see and speak with friends and family who are far away. Google renders friendly arguments moot. While we are drowning in information, we are lacking in wisdom. Swimming teaches you the skills you need that cannot be developed by reading a book or watching a YouTube video. Swimming increases your capacity for work. Swimming teaches you patience – it takes time to develop skills, for your times to drop, pushes you through plateaus. An unrelenting work ethic is the foundation upon which success is built. Combine the two together and you can conquer all things.

CHALLENGES

Finding high-quality staff is always a challenge for a swim club. It is demanding to be employed here. To start, the hours are odd and coaches work nights and weekends, which does not equate to a "normal" life. The jobs here are for special people who are dedicated to improving young people's lives through aquatics. Finding, and keeping, quality people requires time, money, resources, and unique thinking. As a parent, I ask you to think about the job of the coach when you speak to them. Over half of our coaching staff holds another full-time position. One meet may equate to more than 500 entries for a coach to scrutinize. Conducting a practice takes skill, art, and science. Trust me, all of our coaches have the best intentions for the swimmers. I encourage our athletes to be easy to swim with and tough to swim against. I encourage you to become easy to work with and have high standards for your own children.

Programming the pool is also a challenge. Ten years ago, the Carmel High School Aquatic Center was the only pool in town, and virtually all community swim lessons ran through us. Today, our lesson program has to compete with Stony Creek, Goldfish Swim School, and the Monon Center. We need to find ways to spread the word about not just the club, but our aquatics programming, including swim lessons, stroke development, and Masters swimming. The swim lesson program is our feeder system; it

builds our base, and guarantees the long-term sustainability of Carmel Swim Club. We need to enhance our existing offerings and look for new ways to develop our early-age and our adult programming. We need you to serve as ambassadors of all Carmel Swim Club offers in the community.

UNDERSTANDING THE LONG-TERM PROCESS

As a parent of two boys, a 13-year-old and 10-year-old, I understand the competitive nature of Carmel and youth sports. Everyone wants to win, and they want to win now! As parents, there are times we judge ourselves by how our kids rank versus other kids. When I feel myself doing this, I ask myself, what is this going to mean for my child five years from now?

Your child doesn't need to be successful at age 10 to be a National Champion! The proof is on our club and her name is Claire Adams. Claire just won the 100 and 200 backstroke at the 2015 United States National Meet and posted the 9th and 14th fastest times in the world, respectively. When Claire was 10, she did not have an individual cut time and swam on the B and C relays at the Long Course Age Group State Meet.

Volume, training intensity, and weight training all can wait. Our goal is to have our athletes swimming their fastest as they leave the Carmel Swim Club. This is not always an easy task, nor do we always achieve this goal (I do not believe any swim club does this consistently) but this is the perspective we take when we think about each athlete's group assignment, time in the water, skills learned, etc. Volume (yardage) is not a bio-motor quality. Athletes at young ages need to enjoy the sport for the sport itself, acquire the skills that will serve them as they age, develop a great attitude about the sport, create lasting relationships, and embrace how to do things the right way.

SUMMARY

It is our goal for Carmel Swim Club to be the premier youth sports organization in the Midwest. We want to be a community club with a national presence. We want to help everyone in Carmel learn to swim, and we want our athletes to strive to be the very best in the world. This is a unique and fun challenge. Your support allows us to live this vision. So, thank you again for your support; we look forward to working with you and your athlete during this exciting time.

Chris Plumb
Head Coach/CEO
Carmel Swim Club



NOTES FROM CSC OFFICE

Welcome back to the Carmel Swim Club for another season! Below are notes from the “dry side” of the club, which include answers to frequently asked questions: payments to the club, website navigation information, and team support information.

Several club policies have been updated including the Honor Code, Parent Code of Conduct, and Discipline Policy. The CSC Social Media and Electronic Communication Policy is NEW this year. Please read these policies carefully. These policies are included in the swimmers’ registration process and you and your swimmers will agree to abide by these policies when registering with the club.

Payments to the club

Your club statement will be e-mailed on or about the first of the month and is due and payable on the 15th of the same month. If the account is still outstanding by the first of the following month your child may be asked to leave the water, and will not be allowed to participate in practice, meets or travel trips until the account is paid. ***If your account has a balance of 60 days or more, your child will not be allowed to participate in practice, meets or travel trips; you will be required to participate in the club’s ACH debit program or provide a credit card for monthly payments. A \$5 surcharge will be applied to the statement for credit card payments each month.***

CSC website information

- View the following tutorials on the CSC website for the following: Email/phone verification; Swim Meet Entry 101 (reminder, coaches choose the events your swimmers swim in meets!); Parent on Deck App for I-Phones: <https://www.teamunify.com/MyTutorials.jsp?team=incsc>
- Swimmers’ email addresses and cell phone numbers can be entered into the website under the swimmer’s account information (Member email & text messaging setup) if they would like to receive email messages and group text messages from their coaches.
- When making any changes to your online account for team support, entering swim meets, etc, you must choose the appropriate button to save the changes (save account changes, sign up, remove, etc.). Always check your work by going back into the applicable page to check that your changes were saved. Team Unify DOES NOT sign you up for events for team support or sign your swimmer up for swim meets. ***Parents are responsible for the changes made to their account on the website, and that includes team support and entering/removing swimmers from swim meets.***

Team Support = Volunteer

Families will provide team support through the required **sessions** between the championship/developmental meets and the 10 and under meets and triathlon, as indicated by the online team support sign up instructions. The number of team support **sessions** PER MEET will be determined prior to the swim meet. The number of sessions required is dependent upon the number of families in the club. Families with USS Officials should only sign up to provide team support as USA Swimming Officials.

EXAMPLE ONLY of team support requirement from May 2011:

The online team support sign up for the Arni's Spring Fling swim meet (May 13-15, 2011) AND the CSC Jammin' July swim meet (July 13, 2011) will begin Friday, April 29th at 10:00am and will close on Monday, May 9th at midnight. BOTH of these swim meets will be held at Carmel High School pool.

Team support requirements for these meets are as follows:

ALL CSC families are required to provide team support for two (2) sessions between the Spring Fling meet and the July 10 and under meet. You may provide team support at one (1) session at each meet or two (2) sessions at one meet. Per the CSC Swim meet Contract, parents are required to provide team support regardless if their swimmer is swimming in the meet or not. If you are a USA Swimming official, please sign up to officiate.

If providing team support is not your gift, families may opt out of providing team support by paying \$800 during the registration process. This allows us to hire team support when needed.

Background Checks

Effective September 1, 2013, all team support personnel (volunteers) are required to be members of USA Swimming (USA Swimming officials or non-athlete members), **OR** submit to a Carmel Clay Schools /Carmel Swim Club criminal history report via Safe Solutions. The club will honor prior criminal history reports on file at CCS if they have not expired. Criminal history reports are \$33/person and are the responsibility of the club member(s). Download the [criminal history report form](#) and submit the completed form to the CSC office along with a check for \$33 made payable to Carmel Swim Club. Team support personnel (volunteers) will not be allowed to participate in any club events (Pit Crew Parents, swim meets, triathlon) until we have a criminal history report on file for you. These reports are good for five (5) years.

If your current background check expires in 2016, we highly suggest you renew your background check sooner than later! Contact the CSC office if you need to know your background check expiration date.



How to Register with the Carmel Swim Club

1. On the internet, Go to www.carmelswimclub.org
2. Click on "Start Registration" and click on "Register NOW"
3. If you are a **NEW MEMBER**, choose the option "I am not sure if I have a billing account on this team...", enter your email address and click NEXT

If you are a **RETURNING MEMBER**, choose the option "I am currently **signed in** and I want to register Members under this Billing Account:XXXXX"
4. Enter password, complete billing, guardian, and insurance sections, click NEXT
5. Enter new member information OR update information that has changed from last season, click NEXT
6. If you are registering more than one swimmer, click on "add new member"; if you are done registering, click on "Checkout using secure server."
7. Click in each box if you agree to the forms which are Club policies; if not, you will not be able to join the Club. Please note that the form "Membership Rules for High School Swimmers" only applies to swimmers in grades 9-12 but the software requires all members to click on the box.
8. Complete the credit card information; Click "Pay and Submit Registration".
9. You will be given an option to print your receipt.
10. It will take approximately 24 hours for your registration to be approved. Once approved, you will be able to sign your swimmer(s) up for swim meets once they become available. Returning members must have a '0' balance on their club account before starting practice and the account will not be approved until payment has been made. If you paid for a background check(s) during the registration process, you will be emailed the CCS/CSC background check form or you can print it by clicking here: [criminal history report form](#) and return it to the club's office.



2015-2016 Carmel Swim Club Fee Schedule/Information on Payments and Obligations

YOU ARE REGISTERING TO JOIN THE CARMEL SWIM CLUB FOR A YEAR

Training fees are computed on a twelve month basis, but are payable in nine months. Monthly dues will be billed on the first of each month from October thru June. All yearly training fees will therefore be completely paid off in June.

In addition to the above training fees, each swimmer is responsible for the meet entry fees for the meets in which they are entered and for any team travel they participate in. These fees will be billed monthly as they occur.

Your statement will be e-mailed on or about the first of the month and is due and payable on the 15th of the same month. If the account is still outstanding by the first of the following month your child may be asked to leave the water, and will not be allowed to participate in practice, meets or travel trips until the account is paid. If your account has a balance of 60 days or more, your child will not be allowed to participate in practice, meets or travel trips; you will be required to participate in the club's ACH debit program or provide a credit card for monthly payments. A \$5 surcharge will be applied to the statement for credit card payments each month.

If a swimmer chooses to no longer participate with the Carmel Swim Club, there will not be any refund of any training fees or entry fees paid in advance. Swimmers pay the training fee regardless of whether they are in the water or not (this includes a swimmer participating in another sport or activity. Example: soccer, basketball, summer league swimming, etc.)

An exception to this annual obligation will be provided to swimmers in their first year contract with CSC and to all Discovery 1 & 2 swimmers and Imagination 2 swimmers. They may discontinue their current contract without further monthly dues obligation by informing the CSC office **in writing** of their intent to discontinue **prior** to the monthly billing. Please note: Any entry fees for upcoming meets must be paid if notice of intent to leave club is given after the deadline to un-commit has passed.

Any swimmer wishing to discontinue their current contract must notify the CSC office in writing or you will be expected to pay your obligations. Should the swimmer wish to rejoin CSC anytime within one year of their discontinuance, any unpaid obligations for the previous contract year must be repaid prior to re-establishing membership. This repayment will not apply to Discovery swimmers or any swimmers who were within their first year of membership in CSC.

For those families with three or more swimmers: Your two children in the highest practice group pay the usual registration fee and training fees. Additional children, however, do not pay any team registration fee and are charged only \$77 each month training fees for the period of October thru June. (Discovery "third child+" pays \$66)

If a swimmer changes practice groups anytime during the year the monthly installment amount will also change to reflect the new practice group.

Any payments may be mailed to the Carmel Swim Club office (300 E. Main, Suite E, Carmel, IN 46032) or may be deposited in the black plastic "drop box" in the pool lobby. Please list your child's name on your check. Do not put cash in the box. If you would like to pay cash, please come to the CSC Office.

If you have a question concerning fees or other charges, please call Lisa Sheets at 575-8244 or e-mail to carmelswimclub@aol.com.

CARMEL SWIM CLUB 2015-16 FEE SCHEDULE

GROUP	CSC		USA & IN. SWIM		MONTHLY		ANNUAL		TOTAL	
	REGISTRATION		REGISTRATION		DUES		DUES		COST	
High Performance	\$ 175.00		\$ 61.00		\$ 176.00		\$ 1,584.00		\$ 1,820.00	
High Performance 2nd child	\$ 175.00		\$ 61.00		\$ 132.00		\$ 1,188.00		\$ 1,424.00	
Senior I	\$ 175.00		\$ 61.00		\$ 171.00		\$ 1,539.00		\$ 1,775.00	
Senior I 2nd child	\$ 175.00		\$ 61.00		\$ 127.00		\$ 1,143.00		\$ 1,379.00	
Senior II	\$ 175.00		\$ 61.00		\$ 165.00		\$ 1,485.00		\$ 1,721.00	
Senior II 2nd child	\$ 175.00		\$ 61.00		\$ 127.00		\$ 1,143.00		\$ 1,379.00	
Challenge I	\$ 175.00		\$ 61.00		\$ 165.00		\$ 1,485.00		\$ 1,721.00	
Challenge I 2nd child	\$ 175.00		\$ 61.00		\$ 127.00		\$ 1,143.00		\$ 1,379.00	
Challenge II	\$ 175.00		\$ 61.00		\$ 149.00		\$ 1,341.00		\$ 1,577.00	
Challenge II 2nd child	\$ 175.00		\$ 61.00		\$ 116.00		\$ 1,044.00		\$ 1,280.00	
Challenge III	\$ 175.00		\$ 61.00		\$ 143.00		\$ 1,287.00		\$ 1,523.00	
Challenge III child	\$ 175.00		\$ 61.00		\$ 110.00		\$ 990.00		\$ 1,226.00	
Exploration I	\$ 175.00		\$ 61.00		\$ 149.00		\$ 1,341.00		\$ 1,577.00	
Exploration I 2nd child	\$ 175.00		\$ 61.00		\$ 116.00		\$ 1,044.00		\$ 1,280.00	
Exploration II	\$ 175.00		\$ 61.00		\$ 143.00		\$ 1,287.00		\$ 1,523.00	
Exploration II 2nd child	\$ 175.00		\$ 61.00		\$ 110.00		\$ 990.00		\$ 1,226.00	
Voyager I	\$ 175.00		\$ 61.00		\$ 143.00		\$ 1,287.00		\$ 1,523.00	
Voyager I 2nd child	\$ 175.00		\$ 61.00		\$ 110.00		\$ 990.00		\$ 1,226.00	
Voyager II	\$ 175.00		\$ 61.00		\$ 138.00		\$ 1,242.00		\$ 1,478.00	
Voyager II 2nd child	\$ 175.00		\$ 61.00		\$ 105.00		\$ 945.00		\$ 1,181.00	
Imagination I	\$ 175.00		\$ 61.00		\$ 138.00		\$ 1,242.00		\$ 1,478.00	
Imagination I 2nd child	\$ 175.00		\$ 61.00		\$ 105.00		\$ 945.00		\$ 1,181.00	
Discovery I,II; Imagination II	\$ 175.00		\$ 61.00		\$ 88.00		\$ 792.00		\$ 1,028.00	
Discovery I,II, Im. II 2nd child	\$ 175.00		\$ 61.00		\$ 66.00		\$ 594.00		\$ 830.00	
Third Child +	\$ -		\$ 61.00		\$ 77.00		\$ 693.00		\$ 754.00	



**Authorization Agreement for
Electronic (ACH) debits**

I hereby authorize Carmel Swim Club to initiate debit entries and to initiate, if necessary, credit entries and adjustments in error in the checking account, indicated below, and the bank named to credit and/or debit the same to such account.

Bank Name: _____

Account Number: _____

Routing Number: _____

Name(s) on account: _____

Debit Amount: current statement amount due

Frequency or dates: monthly, on or around the 15th of each month

Signature: _____

Date: _____

Printed Name: _____

Swimmer's Name(s) _____

PLEASE ATTACH A BLANK VOIDED CHECK. If you are paying for your first month's dues with a check, you do not need to attach a voided check.



CSC HONOR CODE 2015-16

The following code is in effect throughout the year. Some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (**at the expense of the parent and/or swimmer**) and other punishments including barring from future travel meets or other competition, suspension from practice, or dismissal from the team.

1. All CSC team members should be respectful of their peers, coaches, and parents. Any CSC team member not acting in such a manner will be asked to change or stop that behavior. If that team member fails to comply, they will be asked to leave and disciplinary procedures will follow.
2. CSC will travel as a team and as individual families in order to compete with the best and further strive to better competition. Everyone is expected to behave in an exemplary manner. The reputation of CSC, as well as the other athletes with you, is dependent on your behavior.
3. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
4. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or USOC banned substance of any kind will not be allowed. In addition, any team member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from CSC. Any swimmer suspected of such activity will appear before a review committee composed of the senior team coach, the head age group coach, the club president, and two other CSC board members.
5. At no times will male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved situation. This applies to CSC members or members of any other team.
6. No team meetings may be missed. Be punctual to all meetings and warm-up times.
7. No team member may be out of their room after the assigned bed time. Permission must be obtained from the coach to leave the room past this time.
8. Any damages or thievery incurred at a motel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Make all long distance calls on a credit card or collect
9. All team members will be polite in restaurants. Leave a 15% tip. If there has been a problem with the service, see the coach.
10. All team members must agree to follow the rules about practice and meet behavior.
11. Use of audio or visual recording, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
12. All team members will adhere to the CSC social media and electronic communication policy.

I recognize my responsibility to abide by the rules and requirements of the Carmel Swim Club Team I am representing and I acknowledge that I have received and read such.

Swimmer _____

Dated _____

Parent _____

Dated _____



CSC Parent Code of Conduct 2015-2016

Parents of swimmers on the Carmel Swim Club ("CSC") are required to read, sign and agree to abide by the following Code of Conduct.

1. Parents will cooperate with coaches, team members, opponents and officials at all times.
2. Swimmers are in the care of CSC staff and coaches during all practices and meets.
3. Parents should leave coaching to the coaches.
4. CSC Parents will provide positive support, generally in terms of cheering, and clapping for all swimmers, both CSC and its opponents.
5. If you have a problem with any coach or official within the CSC, bring it to the attention of your child's coach. If that is unsatisfactory then bring it to the attention of the Head Age Group Coach or the Head Coach. If you deem the response to be unsatisfactory, then write a formal complaint to the CSC board of directors. All such issues must be documented, signed and dated.
6. Any objections to officials or coaches decisions should be reserved until after the conclusion of the meet session. At such time, the issue should be discussed with the coach in a professional manner.
7. Use of audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms or locker rooms.
8. CSC parents teach and encourage their children to exhibit good sportsmanship.
9. CSC parents are gracious in victory and dignified in defeat.
10. CSC parents will be a positive role model for their children and their teammates.
11. No consumption of alcohol, tobacco products or illegal drugs at the facility of any CSC event which you are attending.
12. CSC parents will not tolerate any sexual or racial harassment or intolerance.
13. CSC parents encourage an atmosphere of openness, cooperation and consultation.

14. CSC parents encourage loyalty within the team and the Club.

15. CSC parents will comply with the Club's social media and electronic communication policy.

Any violation of this code will be brought to the attention of the board of directors, which will issue the appropriate response. This response could include one or more of the following:

Reprimand, verbal or written

Probation

Temporary suspension

Permanent suspension

Signature of Parent

Date



CSC Social Media and Electronic Communication Policy

As representatives of the Carmel Swim Club you have the responsibility to portray your team and yourselves in a positive manner. In addition to the agreed upon behaviors in the Carmel Swim Club Honor Code, if you participate in any electronic communications (e.g., texting, e-mail), interact on a social networking site(s), or use social media (e.g., Twitter, Facebook, Instagram, Snapchat) you must avoid inappropriate and offensive behaviors. If a club representative's social media profile and its contents or other electronic communications are found to be inappropriate in accordance with the behaviors listed below, he/she will be subject to disciplinary action in accordance with the club's Disciplinary Policy and Procedures.

Examples of inappropriate and offensive behaviors may include, but are not limited to, depictions or presentations of the following:

- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Content online that is unsportsmanlike, derogatory, demeaning, defamatory, or threatening toward any other individual or entity (for example, derogatory comments regarding another swimmer or club)
- Any communications including posts depicting or encouraging unacceptable behaviors such as violent or illegal activities (for example, sexual harassment, vandalism, underage drinking, or illegal drug use).

Remember:

- Always present a positive image and don't do anything to embarrass yourself, your team, your family or the Club.
- The Internet is permanent. Anything posted online is available to anyone in the world. Any content you post is completely out of your control the moment it is placed online, even if you limit access to your page.
- Don't post anything you wouldn't want your coaches or parents/guardian to see.
- Your social media content can and will be reviewed by both potential higher education schools and potential employers.

Approved 8-26-15



CSC Disciplinary Policy and Procedures

Whereas the Carmel Swim Club is established to promote the sport of swimming and in the process help to develop the character of the individual swimmers,

Whereas, for the orderly operation of the Carmel Swim Club certain rules and regulations and procedures for enforcing same must be established,

Whereas, it is the expressed intention of the Carmel Swim Club to set forth procedures that will aid in identifying behavior the club finds undesirable and define a process for addressing an alleged occurrence.

Therefore, be it resolved that the following shall be the Disciplinary Code & Procedures:

This Disciplinary Code shall apply to all behavior occurring during or at an activity or function that is associated with the Carmel Swim Club including but not limited to: swim practice, swim meets, team trips, team outings, or individual group outings and addresses objectionable behavior by members of Carmel Swim Club occurring outside of club activities.

The types of objectionable behavior shall be divided into three (3) classifications:

- **Class I** – Shall deal with the behavior that is considered very severe and disruptive, possibly life threatening and/or in direct violation of governmental laws. These are actions that are so detrimental that it is not desirable to have such a person associated with the team.
- **Class II** – Shall deal with behavior that is considered disruptive; having an intended detrimental effect on one's self, other members of the team, or the general public; causes significant damage to the reputation of the club and/or their coaches; leading to the possible injury of self or other persons.
- **Class III** – Shall deal with behavior that is somewhat disruptive; does not portray the Carmel Swim Club in a good light; and other actions that are not in compliance for good behavior as a member of a team or society in general.

Class I Objectionable Behavior: Unacceptable Behavior (including, but not limited to): Sale or distribution of illegal drugs; conviction of felony and fighting that results in the severe bodily injury of any person (regardless whether at a club activity or not).

Disciplinary Procedure:

Board shall send notice of hearing to parent/guardian and swimmer via certified mail.

- Hearing before quorum of Board of Directors with parent/guardian and swimmer being given the opportunity to be present; the facts shall be presented by the Board President or his/her designee; Head Coach shall be present in advisory role.
- Board decision to be mailed to the parent/guardian and swimmer within one week via certified mail.

Recommended Discipline:

- May result in membership termination or other action as determined by the board of directors.

Class II Objectionable Behavior: Unacceptable behavior as a member of the Carmel Swim Club at Carmel Swim Club team functions practices and meets. This behavior would include, but not be limited to: Possession or use of illegal drugs, alcohol, or tobacco, theft, or significant vandalism.

Disciplinary Procedure:

- Hearing before Disciplinary Committee consisting of three members of the Board of Directors chosen by a majority of the Board.
- Committee shall send notice of hearing to Parent/Guardian and swimmer via certified mail with parent/guardian and swimmer being given the opportunity to be present;
- The facts shall be presented by the Board President or his/her designee; the Head Coach shall be present in an advisory role.
- Board Committee decision to be mailed to the parent/guardian and swimmer within one week via certified mail.

Recommended Discipline:

- 1st Offense – Suspension* from the team for a minimum period of thirty (30) days of the swimmer’s season (these days may extend into the swimmer’s next season, if needed).
- 2nd Offense - Suspension* from the team for a minimum period of sixty (60) days of the swimmer’s season (these days may extend into the swimmer’s next season, if needed).
- 3rd Offense – Shall be considered a violation of Class I Objectionable Behavior and handled according to the disciplinary proceedings of Class I Objectionable Behavior.

* Terms of suspension shall be spelled by the Disciplinary Committee and must be adhered to by the swimmer/parents in order to be reinstated by the Committee at the end of the suspension period. During the periods of suspension, swimmers remain a member of Carmel Swim Club and thereby all dues and fees are still due in full from the swimmer. The swimmer cannot be reinstated until any fees and/or dues that are in arrears are paid in full. Additionally, during periods of suspension, all work session requirements remain the responsibility of the swimmer and any missed session will be charged in accordance with the then current fee schedule.

Class III Objectionable Behavior: Unacceptable behavior at Carmel Swim Club practices, competitions and team functions that include, but are not limited to: minor vandalism, being disruptive in practices or meets, abusive language or behavior, insubordination to members of the coaching staff, chaperones, or others, littering, other acts of misconduct as determined by the coaching staff.

Disciplinary Procedure:

- Handled by the Coaching staff (Parents will be involved if anticipated discipline will result in a suspension).

Recommended Discipline:

- As determined by the coaching staff (including but not limited to, extra laps, clean-up duties, suspension from practice, and/or suspension from meet(s)). Repeated Class III offenses may result in the offense being considered a Class II Objectionable Behavior.

During all investigations into allegations of Class I & II offenses, involving questioning or interviewing of the subject swimmer, a parent, or guardian of such swimmer shall be present.

All disciplinary decisions by a Coach, Board of Directors, or Disciplinary Committee are final and cannot be appealed.

Approved 8-26-15



TRAINING GROUP STRUCTURE

DISCOVERY SERIES (ages 6-8)

Discovery 2

Attendance Expectations: There are no attendance expectations for Discovery 2; however, swimmers are NOT permitted to attend more than four (4) practices per week.

Competition Expectations: There are no competition expectations for Discovery 2; however, swimmers may attend CSC hosted 10 & under meets with their coach's approval.

Technical Requirements:

- Must be able to proficiently swim 25 yards of freestyle (with rotary breathing) and 25 yards of backstroke
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- There are no performance requirements for Discovery 2.

Group Emphasis: The main focus of this group will be on increasing efficiency in freestyle and backstroke. This group will also learn the basic fundamentals of breaststroke and butterfly and become proficient in these strokes. There will be a very large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will receive basic instruction for racing starts and turns. There will be a daily dryland component designed to increase the physical literacy of each athlete. Practices will be educational and swimmers will have fun!

Discovery 1

Attendance Expectations: There are no attendance expectations for Discovery 1; however, swimmers are NOT permitted to attend more than four (4) practices per week.

Competition Expectations: Discovery 1 swimmers will be expected to compete in CSC hosted 10 & under meets. Some athletes may attend CSC hosted invitationals with their coach's approval.

Technical Requirements:

- Must be able to legally swim a 100 yard individual medley without stopping.
- Must be technically proficient in all 4 strokes.
- Must be able to execute a flip turn.
- Must meet the USA Swimming certifications standards for racing starts.
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- Must have competed in all four (4) strokes in a meet.

Group Emphasis: The main focus of this group will be on improving stroke technique in all four strokes. In addition, this group will improve their fundamentals of turns and starts for all strokes. There will be a very large emphasis on developing a strong and consistent kick for all four strokes. There will be a daily dryland component designed to increase the physical literacy of each athlete. Practices will be educational and swimmers will have fun!

IMAGINATION SERIES (ages 9-10)

Imagination 2

Attendance Expectations: There are no attendance expectations for Imagination 3; however, swimmers are NOT permitted to attend more than four (4) practices per week.

Competition Expectations: Imagination 3 swimmers will be expected to compete in CSC hosted 10 & under meets. Athletes age 11 and some ages 9-10 may attend CSC hosted invitationals with their coach's approval.

Technical Requirements:

- Must be able to proficiently swim 50 yards of freestyle (with rotary breathing) and 50 yards of backstroke
- Must have working knowledge of butterfly and breaststroke
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- There are no performance requirements for Imagination 3.

Group Emphasis: The main focus of this group will be on increasing efficiency in freestyle and backstroke. This group will also learn the basic fundamentals of breaststroke and butterfly and become proficient in these strokes. There will be a very large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will receive basic instruction for racing starts and turns. There will be a daily dryland component designed to increase the physical literacy of each athlete. Practices will be educational and swimmers will have fun!

Imagination 1

Attendance Expectations: There will be a minimum expectation of 50% practice attendance on a weekly basis.

Competition Expectations: Imagination 1 swimmers will be expected to compete in CSC hosted 10 & under meets, as well as CSC hosted invitationals. Some athletes may attend local invitationals with their coach's approval. In addition, any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM.

Technical Requirements:

- Must be able to swim a 100 yard individual medley without stopping.
- Must be technically proficient in all 4 strokes.
- Must be technically proficient in long & short axis turns and be able to perform breaststroke pull-outs.
- Must meet the USA Swimming certifications standards for racing starts.
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- Must have competed in all four (4) strokes in a meet.

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be introduction to higher levels of competition. There will be the addition of two dedicated dryland training sessions in addition to their daily on deck warm-up. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will begin to incorporate the underwater dolphin kick/fish kick.

VOYAGER SERIES (ages 11-12)

Voyager 2

Attendance Expectations: There are no attendance expectations for NEW GROUP; however, the more the athlete attends, the more improvement they will see.

Competition Expectations: Voyager 2 swimmers will be expected to compete in CSC hosted invitationals. In addition, any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM.

Technical Requirements:

- Must be able to proficiently swim 50 yards of freestyle (with rotary breathing) and 50 yards of backstroke, as well as 25 yards of butterfly and breaststroke.
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- There are no performance requirements for Voyager 2.

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be two dedicated dryland training sessions in addition to their daily on deck warm-up. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will learn to incorporate the underwater dolphin kick/fish kick.

Voyager 1

Attendance Expectations: There will be a minimum expectation of 60% practice attendance on a weekly basis.

Competition Expectations: Voyager 1 swimmers will be expected to compete in CSC hosted 10 & under meets, as well as CSC hosted and other local invitationals. In addition, any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM.

Technical Requirements:

- Must be able to swim a 200 yard individual medley without stopping.
- Must be technically proficient in all 4 strokes.
- Must be technically proficient in long & short axis turns and be able to perform breaststroke pull-outs.
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- Must have USA Swimming meet experience.
- Must be able to swim 10 x 50 freestyle @ 1:00, swim 4 x 100 IM @ 2:15, and kick 10 x 50 @ 1:15 in more than one stroke
- 11 year old swimmers must have obtained more than 2,600 Hy-Tek Power Points, 12 year old swimmers must have obtained more than 2,200

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be introduction to higher levels of competition. There will be the addition of a third dedicated dryland training session in addition to their daily on deck warm-up. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will begin to incorporate the underwater dolphin kick/fish kick

EXPLORATION SERIES (ages 13-14)

Exploration 2

Attendance Expectations: There are no attendance expectations for Exploration 2; however, the more the athlete attends, the more improvement they will see.

Competition Expectations: Exploration 2 swimmers will be expected to compete in CSC hosted invitationals. In addition, any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM.

Technical Requirements:

- Must be able to proficiently swim 50 yards of freestyle (with rotary breathing) and 50 yards of backstroke, as well as 25 yards of butterfly and breaststroke.
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- There are no performance requirements for Exploration 2

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be two dedicated dryland training sessions in addition to their daily on deck warm-up. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will learn to incorporate the underwater dolphin kick/fish kick.

Exploration 1

Attendance Expectations: There will be a minimum expectation of 60% practice attendance on a weekly basis.

Competition Expectations: Exploration 1 swimmers will be expected to compete in CSC hosted and local invitationals. In addition, any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM.

Technical Requirements:

- Must be able to swim a 400 yard individual medley without stopping.
- Must be technically proficient in all 4 strokes.
- Must be technically proficient in all 7 turns & breaststroke pull-outs
- Must have a proficient underwater dolphin kick
- A CSC coach must conduct the evaluation and approve of placement in the group.

Performance Requirements:

- Must have USA Swimming meet experience.
- Must be able to swim 10 x 100 yard free @ 1:45, swim 6 x 100 IM @ 2:00, and kick 10 x 50 yard @ 1:10 in more than one stroke
- 12 year old swimmers must have obtained more than 2,300 Hy-Tek Power Points, 13 year old swimmers must have obtained more than 2,200 Hy-Tek Power Points, and 14 year old swimmers must have obtained more than 1,900 Hy-Tek Power Points

Group Emphasis: This group will emphasize more advanced techniques for all strokes, including refined starts and turns. The underwater dolphin kick will begin to be mastered. Goal setting and mental training will also be introduced. Dryland will become a more integral part of training with three dedicated sessions per week. Swimmers will LEARN TO TRAIN and will be prepared for a successful transition into senior swimming.

Group Emphasis: This group will emphasize more advanced techniques for all strokes, including refined starts and turns. The underwater dolphin kick/fish kick will begin to be mastered. Goal setting and mental training will also be introduced. Dryland will become a more integral part of training with three dedicated sessions per week. Swimmers will LEARN TO TRAIN and will be prepared for a successful transition into senior swimming.

CHALLENGE SERIES

Challenge 3

Ages: 9-10

Attendance Expectations: This group will be by invitation only beginning in September 2013.

Competition Expectations: Challenge 3 swimmers will be expected to compete in CSC hosted and local invitationals, as well as travel meets for elite competition. Any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM. In addition, swimmers will be encouraged to qualify and compete in the Central Zone Championships.

Technical Requirements:

- All technical requirements will be at the coaching staff's discretion.

Performance Requirements:

- All performance requirements will be at the coaching staff's discretion.

Group Emphasis: This group will emphasize more advanced stroke technique for all strokes, including refined starts and turns. The underwater dolphin kick/fish kick will be developed. Goal setting and mental training will also be introduced. All previous instruction will be continued and advanced. Swimmers will LEARN TO TRAIN.

Challenge 2

Ages: 11-12

Attendance Expectations: There will be a minimum expectation of 80% practice attendance on a weekly basis.

Competition Expectations: Challenge 2 swimmers will be expected to compete in CSC hosted and local invitationals, as well as travel meets for elite competition. Any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM. In addition, swimmers will be encouraged to qualify and compete in the Central Zone Championships.

Technical Requirements:

- All technical requirements will be at the coaching staff's discretion.

Performance Requirements:

- Must be able to swim 10 x 100 freestyle @ 1:40, swim 6 x 100 IM @ 1:50, and kick 10 x 50 @ 1:05 in more than one stroke

- 10 year old swimmers must have obtained more than 5,000 Hy-Tek Power Points, 11 year old swimmers must have obtained more than 3,800 Hy-Tek Power Points, and 12 year old swimmers must have obtained more than 3,600 Hy-Tek Power Points

Group Emphasis: This group will emphasize more advanced stroke technique for all strokes, including refined starts and turns. The underwater dolphin kick/fish kick will begin to be mastered. Goal setting and mental training will also be introduced. All previous instruction will be continued and advanced. Dryland will become a more integral part of training with three dedicated sessions per week. Swimmers will TRAIN TO TRAIN.

Challenge 1

Ages: 13-14

Attendance Expectations: There will be a minimum expectation of 90-100% practice attendance on a weekly basis.

Competition Expectations: Challenge 1 swimmers will be expected to compete in CSC hosted and local invitationals, as well as travel meets for elite competition. Any swimmer that qualifies for an Indiana Swimming Championship meet is expected to compete FOR THE TEAM. In addition, swimmers will be encouraged to qualify and compete in the Central Zone Championships, the Speedo Champions Series, and the USA Swimming Junior Nationals.

Technical Requirements:

- All technical requirements will be at the coaching staff's discretion.

Performance Requirements:

- Must be able to swim 15 x 100 yard freestyle @ 1:25, swim 5 x 200 yard IM @ 3:15, and kick 10 x 100 yard @ 1:50 in more than one stroke
- 12 year old swimmers must have obtained more than 5,900 Hy-Tek Power Points, 13 year old swimmers must have obtained more than 4,900 Hy-Tek Power Points, and 14 year old swimmers must have obtained more than 4,400 Hy-Tek Power Points

Group Emphasis: This group will begin to master technique in all four strokes. They will also begin to master the underwater dolphin kick/fish kick. Swimmers will TRAIN TO TRAIN. Training methodology and heart rate work will be learned in this group. Swimmers will begin to work more with race strategy. Dryland takes on a greater importance to the athlete and will be emphasized with three dedicated sessions per week. Swimmers will be prepared for a successful transition into elite level senior swimming.

Senior II, Senior I, and High Performance

All senior group placements are done at the discretion of the coaching staff.

IMPORTANT NOTES:

- These are guidelines that we use in structuring the Age Group and Senior swimming programs. **ALL group placements are done at the coaching staff's discretion.**
- The Carmel Swim Club training group structure is designed for every athlete's LONG TERM development.
- As a general rule of thumb, the more you attend practice, the more benefit and enjoyment the athlete will receive.
- When looking to move up, each athlete should look at being placed in the middle of the next group rather than the achieving the minimum standards. We want athletes to thrive in their new group, not just survive.

**CARMEL SWIM CLUB
2015-16 SHORT COURSE
MEET SCHEDULE**



<u>Dates</u>	<u>Meet</u>	<u>Location</u>
September 26 th	Carmel Swim Club Intrasquad Meet	Carmel Aquatic Center Carmel, IN
October 10-11 th	Southeastern Swim Club SwimFest	HSE High School Natatorium Fishers, IN
November 6-8 th	Carmel Swim Club Arni's Fall Frenzy Invitational	IU Natatorium Indianapolis, IN
December 3-5 th	USA Swimming AT&T Winter National Championships	King County Aquatic Center Federal Way, WA
December 4-6 th	Nashville Aquatic Club NIKE Music City Invite	Centennial Sportsplex Nashville, TN
December 5 th	Carmel Swim Club Snow Globe 10 & Under Invite	Carmel Aquatic Center Carmel, IN
December 9-12 th	USA Swimming Winter Junior National Championships	Georgia Tech Aquatic Center Atlanta, GA
December 11-13 th	Bloomington Swim Club Winter Invitational	CBAC Bloomington, IN
January 15-17 th	Carmel Swim Club Winter Invitational	IU Natatorium Indianapolis, IN
January 15-17 th	USA Swimming Arena Pro Series	Lee & Joe Jamail Swim Center Austin, Texas
January 22-24 th	Washington Township Swim Club Groundhog Invite	North Central HS Indianapolis, IN
February 19-21 st	Southeastern Swim Club Northside Closed Invite	Hamilton Southeastern HS Fishers, IN
March 4-6 th	Indiana Swimming CM Divisional Championships	Carmel Aquatic Center Carmel, IN

***CARMEL SWIM CLUB
2015-16 SHORT COURSE
MEET SCHEDULE***

March 11-13 th	Indiana Swimming Senior Championships	TBD
March 12 th	Carmel Swim Club March Madness 10 & Under Invite	Carmel Aquatic Center Carmel, IN
March 18-20 th	Indiana Swimming Age Group Championships	IU Natatorium Indianapolis, IN



2015-2016
Hosted Event Information

CSC families are required to provide team support at the following 8 meets and the CSC Triathlon:

<u>Meet</u>	<u>Dates</u>	<u>Locations</u>
Fall Frenzy	November 6-8, 2015	IUPUI Natatorium
Snow Globe	December 5, 2015	Carmel High School
Winter Invite	January 15-17, 2016	IUPUI Natatorium
CM Divisional	March 4-6, 2016	Carmel High School
March Maui Madness	March 12, 2016	Carmel High School
CSC Triathlon	April 24, 2016	Carmel High School
Spring Fling	May 6-8, 2016	Carmel High School
CSC Closed Invite	July 8-10, 2016	Carmel High School
Jammin' July	July 13, 2016	Carmel High School

The 10 and under swim meets only require approximately 60 team supporters. The developmental/championship meets can require as much as 600 team supporters per event. Families may be given the option to work between two events. If all of the team support positions fill in one event, you will need to sign up for the other event that is open. When one event fills, this DOES NOT relieve you of your team support obligation. You will need to fulfill your required shifts at the meet that has open positions. **Families will work 1-3 sessions each event, or BETWEEN two events if bundled together, for a total of 8-12 team support sessions for the year.** If you have any questions regarding team support, please contact Lisa Sheets at 317-575-8244.

Mark Your Calendars! Plan Ahead!

- Team Support Sign Up will be online through the CSC website, approximately ONE MONTH prior to the meet date. An email will be sent to all club families indicating the start of team support sign up.
- Sign up will remain open for two weeks.
- You must sign up for the shifts you will be working at this time. Record your shifts on your calendar.
- Families will provide team support between the championship/developmental meets and the 10 and under meets and triathlon above, as indicated by the online team support sign up instructions.
- Failure to sign up to provide team support or failure to work your shifts will result in fines being assessed to your account. **Fine schedule: no sign up = \$100; sign up but a no show for session = \$150; for every 15 minutes late for a session = \$25.** We don't want your money; we need you to support the team!
- The number of shifts to be worked will be determined prior to each meet and will be posted.

IF you know you have a conflict on a meet weekend, it is **YOUR** responsibility to find a substitute so you won't be fined. Some options are:

- Trade sessions with another family (post a note on the team bulletin board; you may find a family that can't work a meet and you can trade sessions)
- Hire a teenager (15 years old or older), or find one looking to fulfill community service requirements for Carmel High school or confirmation.

*******SAVE THIS SHEET!*******



EQUIPMENT LIST FOR ALL GROUPS

All Swimmers who are competing for the Carmel Swim Club are required to wear our team suit, team cap, and team t-shirts. Swimmers who are 13 & older must purchase the team warm-up for competitions. Parkas and sweat suits for 12 and under swimmers, and other Carmel Swim Club attire are available, but are not mandatory.

All items are available through our team provider, Swimville USA.

DISCOVERY 2

Goggles
Water Bottle

DISCOVERY 1

Goggles
Water Bottle
Speedo Rubber Swim Fins

IMAGINATION 2, VOYAGER 2 and EXPLORATION 2

Goggles
Water Bottle
Speedo Rubber Swim Fins
Speedo Pull Buoy
Speedo Mesh Equipment Bag
Dryland Clothes (running shoes, shorts, t-shirt)

IMAGINATION 1, VOYAGER 1 and CHALLENGE 2 & 3

Goggles
Water Bottle
Speedo Rubber Swim Fins
Speedo Pull Buoy
Snorkel
Strokemaker Paddles (not for CH3 or IM1)
Speedo Mesh Equipment Bag
Dryland Clothes (running shoes, shorts, t-shirt)

CHALLENGE 1 & EXPLORATION 1

Goggles
Water Bottle
Speedo Rubber Swim Fins
Speedo Pull Buoy
Snorkel
Strokemaker Paddles
Nose Clip (optional)
Speedo Mesh Equipment Bag
Dryland Clothes (running shoes, shorts, t-shirt)

SENIOR 1 & 2 and HIGH PERFORMANCE

Goggles
Water Bottle
Speedo Rubber Swim Fins
Speedo Pull Buoy
Snorkel
FINIS Ankle Strap
Strokemaker Paddles
Nose Clip (optional)
Old Running Shoes for the Pool
Speedo Mesh Equipment Bag
Dryland Clothes (running shoes, shorts, t-shirt)



Carmel Swim Club/CHS Facility Guidelines

Our athletes' safety is a top priority at the Carmel Swim Club. Carmel Swim Club is a guest of the Carmel High School and the use of the high school facilities is a privilege. Listed below are some practical guidelines for the use of the Carmel High School facilities available to the club, to include the locker rooms, pool, balcony, parking lots, cafeterias, gymnasiums and any other areas of the school:

Locker rooms:

1. Carmel Swim Club swimmers in the Discovery, Imagination, Exploration and Challenge groups use the PE locker rooms located at the south end of the pool. The Senior group swimmers use the Varsity and Community locker rooms. Swim lesson participants, master's swimmers and lap swimmers use the Community locker rooms located at the north end of the pool.
2. Parents with a swim lesson child of the opposite gender should use the Community locker room appropriate for the adult. We recommend the child change in a private shower or bathroom stall. If a child is over the age of 5 years old, they may use the appropriate locker room for gender (without parent), but the Aquatics Center MUST have permission from parent to send the child into the locker room.
3. Swimmers should not linger in the locker rooms. Before practice, swimmers should change clothes and meet their coach on the pool deck as soon as possible. After practice, swimmers should quickly shower, get dressed and meet their parents in the pool lobby.
4. Parents of the same gender should only enter locker rooms in an emergency situation. There is limited space in the locker room and we ask that you please respect the privacy of the athletes who are getting dressed after practice. If your child is taking too long to get out of the locker room, open the door and encourage them to get dressed quickly.
5. The Carmel Swim Club Coaches of the same gender walk through the locker rooms before and after practice to ensure that horseplay or nothing out of the ordinary is occurring. The coaches' presence tends to limit unwanted behavior.
6. Swimmers can wear swim suits home after practice if they are not comfortable using the locker rooms.

7. There are security video cameras throughout the high school, including all entrances to the building, on the pool deck, and the hallway outside of the locker rooms.

8. Parents should report any suspicious activity to any Carmel Swim Club staff member or Carmel Aquatic Center Staff member.

Pool Balcony:

1. Use the balcony for viewing practice only.
2. Do not lean on the glass railing; a panel has broken in the past!!
3. Do not try to communicate with your swimmer or the coach during practice. The swimmers need to pay attention to the coach. Talking or gesturing to either the swimmer or coach is distracting to the entire group.
4. Do not bring any type of ball into the balcony.
5. Running or horseplay is not allowed in the balcony.
6. Supervise non-swimming siblings at all times.

Pool Lobby:

1. Refrain from playing any games that interfere with the normal flow of traffic in and out of the building including the use of tennis, soccer, footballs, etc.
2. Swimmer back packs should be stored in the appropriate area designated by your group coach.

Parking:

1. If you are going inside the building to pick up your swimmer, park in one of the parking lots north of the pool. The circle drive in front of the pool (entrance 21N) is for swimmer pickup/drop-off only. There are many other clubs, teams and events that use this drive for pickup/drop-off for their student athletes.
2. Parents/guardians should be ready to pick up their swimmer(s) at the designated time when swim practice ends for their swim group. Parents who do not attend swim meets need to pick their swimmers up from swim meets immediately when the swim meet has ended. The swim coaches and other aquatics' staff have other commitments after practice/meets and if they have to wait on parents to pick up swimmers, this makes them late for their appointments/commitments. Also, some children experience anxiety when they are not picked up in a timely manner.