



## **WELCOME TO SOUTH BAY AQUATICS**

***We are glad you have chosen SBA to provide your child with a high-quality competitive swimming experience!***

***Please use this booklet to answer any questions you may have as you begin your journey with us.***

***If you have further questions, please don't hesitate to contact me personally:***

**Head Coach Tom Paradowski  
(619) 972-6946**

**[tom@paradowskiswim.com](mailto:tom@paradowskiswim.com)**

***Don't forget to visit our website for up to date team information at:***

**[www.southbayaquatics.org](http://www.southbayaquatics.org)**

# **ABOUT SBA**

***South Bay Aquatics is a 501 (c) (3) non-profit, charitable organization dedicated to promoting the sport of swimming in Southern San Diego County. It was established in 2001 when the teams of Chula Vista Aquatics Association, National City Swim Club and Eastlake Swim Team merged to become one of the strongest swim teams in the county. Together they provide over 50 years of swimming excellence in the South Bay Communities of Chula Vista, National City, Eastlake, Bonita, Rolling Hills Ranch and other surrounding areas.***

***The South Bay Aquatics USA swimming program provides a unified multi-pool environment conducive to training and quality instruction that allows athletes to systematically progress from novice to national caliber level. Our dedicated and trained coaching staff and parental participation instill in our athletes at all levels, positive lifelong values based upon teamwork, self-discipline and healthy competition.***

***SBA's swim program groups its members based on age and ability. Proper technique and education about the sport is the foundation upon which we base our practice groups: Novice, (Bronze) Jr. Age Group (Silver), Advanced Age Group (Gold) and Senior. As a swimmer develops certain skills, training and conditioning are introduced and increased at levels appropriate for each individual's age and maturity. SBA is a member of the San Diego/Imperial Swimming LSC and United States swimming.***

## **USA Swimming**

***USA Swimming is the National Governing Body for Amateur competitive swimming in the United States. The headquarters for USA Swimming is located at the Olympic Training Center in Colorado Springs, Colorado. Sixty-six percent (66%) of the revenues from the USA Swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. The current (2011 - 2012) registration fee for year-round swimmers is \$58.00 per year. When registered through USA Swimming, each swimmer has both liability and secondary medical insurance coverage. Each swimmer is covered at any organized practice of SBA and every competition that is USA Swimming sanctioned.***

***It is required of all SBA swimmers that they have a current USA Swimming membership. This membership not only supports swimming throughout the country, it also provides very important accident and medical insurance for every swimmer and club. Check's for USA Swimming registration should be made payable to San Diego/Imperial Swimming. Forms are available at: [www.si-swimming.com](http://www.si-swimming.com)***

## **WHAT DOES IT COST TO BE ON SBA?**

**After your two week trial period, a prorated monthly fee will be assessed based on your child's age and ability level (see levels below).**

**USA Swimming Registration - Due after trial period is completed. Checks should be made out to San Diego/Imperial Swimming. This fee goes to United States swimming, the governing organization for our sport. It allows the athlete to compete in all USA Swimming sanctioned meets and covers the insurance for the team. You must also fill out a new registration form and pay new fees after the summer session or at the end of the year (depending on which registration you apply for). Registration with USA Swimming is mandatory for all SBA swimmers.**

**Monthly Dues\*\*\* are due on the first day of each month. You will receive an invoice after the 5<sup>th</sup> of each month.**

**Novice: \$60 per month**

**Required equipment: swimsuit and goggles**

**Junior Age Group (Silver): \$75 per month**

**Required equipment: swimsuit, goggles, fins, pull buoy, team swimsuit**

**Advanced Age Group (Gold): \$85 per month**

**Required equipment: swimsuit, goggles, fins, pull buoy, team swimsuit**

**Coaches Suggest: Team parka, personal swim log**

**Senior Group: \$100 per month**

**Required equipment: swimsuit, goggles, fins, pull buoy, paddles, team swimsuit**

**Coaches suggest: team parka, personal swim log, team bag**

**\*\*\*For those of you wishing to pay quarterly (three months), a 10% discount will be given per month.**

**A family discount is given. After the full fees are paid by the first member of the family, subsequent family members will be given a \$10 discount per month.**

**Low Income Discount of \$25.00 per swimmer is available to anyone who qualifies for the USA Swimming reduced registration card. If you are wondering if you qualify, please call email the team treasurer, Karen Carpadakis at: [southbaytreasurer@aol.com](mailto:southbaytreasurer@aol.com)**

**If you know your swimmer will be absent for an extended period, please contact the treasurer beforehand so an adjustment can be made to your bill. Without proper notification, you will be charged for the entire month.**

**Checks for dues should be made payable to South Bay Aquatics. Payments will be accepted by your Pool Site Reps. or you can also pay online. All SBA swimmers are required to register with the team. Registrations are accepted at our website: [www.southbayaquatics.org](http://www.southbayaquatics.org)**

# **HOW CAN I GET INVOLVED...?**

## **THERE ARE SO MANY WAYS!**

### **Become a USA Swimming Official**

Without officials, we cannot host or attend sanctioned USA Swimming meets. To become certified you must attend a stroke & turn clinic where an open book test will be given, take a test online and be willing to train a total of 40 hours at any USA swimming sanctioned meet under a registered official. Upon completion, you will become a registered official. **Active SBA officials will be able to waive one swimmers monthly fee for every weekend (two sessions) they work a month.**

### **Help out at SBA hosted Swim Meets**

One of SBA's main sources of income (and why we are able to keep our monthly fees among the lowest in the county) is by hosting swim meets. SBA hosts approximately 5-6 swim meets a year and parent volunteers are essential to the success of these meets. A variety of jobs are available from working in the snack bar, helping with hospitality, being a head time, helping swimmers check-in, working in the computer room to being the Awards director. If you would like to help with our next meet, please contact the **SBA Meet Director, James Walz at: [walzjr@cox.net](mailto:walzjr@cox.net)**. **All parents are required to volunteer at all SBA hosted meets!**

### **Become a Timing System Operator**

SBA maintains and runs the timing system for all sanctioned swim meets in San Diego County. This is also a huge fundraiser for our team. Once you have become a certified Timing System Operator, you will start getting paid. **Running the timing system just one day a month, can pay for your child to swim all month! Call Carlos Davila at 619-656-0106, or pop into the timing trailer at any San Diego swim meet if you are interested in running the timing system.**

### **Serve on the SBA Swim Board of Directors**

**President** – Presides at all meetings of the board, performs duties assigned him/her by the board and actively participates in and oversees the committee assignments.

**Vice President** – Performs the duties of the president in the president's absence. Any other duties assigned by the president and/or board.

**Secretary** – Cares for the corporate records of the team. Keeps a record of all meetings, files, papers and documents and performs other assigned tasks.

**Treasurer** – Keeps all financial records up to date. Collects fees from families and pays all team bills.

Other elected board positions include: **Meet Director, Snack Bar Chairperson, Ways and Means, Team Store and Pool Site Representative.**

**All positions are two year terms. For more information about becoming a member on the SBA Board, email President Todd Parsons: [tparsons131@gmail.com](mailto:tparsons131@gmail.com).**

# **WHAT BEGINNERS NEED TO KNOW**

**How do we keep up-to-date on meets, practice schedule changes, etc.?**

The first place to look is the SBA website: [www.southbayaquatics.org](http://www.southbayaquatics.org). SBA also has a facebook page and it is updated with any immediate practice changes (pool closures, weather, etc.) The coaches usually have team meetings at the beginning of practice on Monday's. Monthly calendars and the monthly newsletter are available for each pool site on the SBA website. Once a quarter, an all team parent meeting (team Booster meeting) is held to keep everyone informed. Usually an all team practice is held in conjunction with this meeting. An awards banquet is held each fall. This is a great opportunity to meet and socialize with fellow swim parents and to see what the team has accomplished this year!

**What is "age-group"?**

SBA is part of a USA Swimming-affiliated program, otherwise known as an "age-group" team. Competition is broken down into age groups, usually 10 & under, 11-12, 13-14, and 15 & over. Occasionally, meets will break down the youngest and oldest groups even further, depending on the number of swimmers participating. Boys compete with boys and girls compete with girls.

**What strokes will my child learn?**

The four competitive strokes are Butterfly, Backstroke, Breaststroke, and Freestyle. Events are held in all of the competitive strokes in varying distances depending on the age group of the swimmer. For an Individual Medley (IM), the four strokes are swum in the above order in equal distances consecutively. Relays are comprised of four swimmers within the same age group and gender.

**What is "short-course" and "long-course"?**

The swimming year is divided into two different seasons. From mid-September through March, we swim "short course" (SC), meaning competitions are held in 25 yard pools. From April through August, we swim "long course" (LC), where meets are generally held in 50-meter (Olympic size) pools. Occasionally there are some short course meets held during long course season.

**What is Junior Olympics?**

Junior Olympics (J.O.'s) are held in late February for short course and late July for long course. J.O.'s are the county championships with swimmers progressing to regional championships from there. Team points and trophies are awarded. JO Max is held a few weeks after these championships for non-JO qualifiers. Team points and trophies are also awarded at this meet.

Dear SBA Parents and Members:

As our organization grows and we continue to expand our programs, we seek to establish or clarify our policies. Our policies help to guide the organization and ensure continued success. One of the first areas to be addressed is parent behavior - specifically, what type of behavior is expected of swimming parents.

South Bay Aquatics is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers and more importantly, disciplined people. As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose.

**SBA as an organization highly encourages the following parental behavior:**

- Open communication between parents, swimmers and coaches emphasizing goal-setting and focusing on the performance expectations of both the swimmer and the parents
- Meeting with the coaches/swimmers/parents during normal operating hours to discuss issues
- Positive reinforcement of all swimmers in all situations - team spirit, team loyalty
- Parental involvement on the Board of Directors and in organizing and running of meets and other team events

**SBA as an organization will not tolerate the following behavior from parents:**

- Coaching your children at practice or during meets, that is the coach's job
- Interrupting or confronting the coaching staff on the pool deck during practice or meets
- Abusive language towards coaches, swimmers, parents, officials and your own children
- Any behavior that brings discredit or disruption to our swimmers and our organization

Enclosed is a Parent Code of Conduct. The Code was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our club a positive experience.

Sincerely,

Todd Parsons  
President, South Bay Aquatics

# SOUTH BAY AQUATICS

## Parent Code of Conduct

As a parent of a swimmer and member of South Bay Aquatics, I will abide by the following guidelines:

- I. Practice *teamwork* with all parents, swimmers and coaches by supporting the values of *Discipline, Loyalty, Commitment and Hard Work*.
- II. As a parent, I will not coach or instruct the team or any swimmer at a practice or interfere with coaches on the pool deck.
- III. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- IV. Maintain self-control at all times. Know my role.

**Swimmers – Swim**  
**Coaches – Coach**  
**Officials – Officiate**  
**Parents – Parent**

- V. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- VI. Enjoy involvement with South Bay Aquatics by supporting the swimmers, coaches and other parents with positive communication and actions. Enter my child in meets appropriate to their ability. Volunteer at SBA hosted meets. Participate in the annual swim-a-thon and other SBA fundraisers.
- VII. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

**Sanctions.** Should I conduct myself in such a way that brings discredit or discord to South Bay Aquatics, or USA Swimming, I voluntarily subject myself to disciplinary action. South Bay Aquatics maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

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Print Parent Name/Date

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Parent signature/date

## **Disciplinary Code and Procedures for South Bay Aquatics**

Whereas South Bay Aquatics 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 South Bay Aquatics the certain rules and regulations and procedures for enforcing same must be established,

Whereas, it is the expressed intention of the South Bay Aquatics 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 South Bay Aquatics including but not limited to: swim practice, swim meets, team trips, team outings, or individual group outings and addresses objectionable behavior by members of South Bay Aquatics 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 a 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 South Bay Aquatics 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 South Bay Aquatics at South Bay Aquatics 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:***

1<sup>st</sup> 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).

2<sup>nd</sup> 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).

3<sup>rd</sup> 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 South Bay Aquatics 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 South Bay Aquatics 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 or dry-land exercises, 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.

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Swimmers Signature/date

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Parents signature/date