

What is Fairfield Aquatics?

Fairfield Aquatics is a year round swimming program that is coach owned. Our program is governed and sanctioned by USA Swimming and Connecticut Swimming organizations. FA serves the Fairfield area and provides athletes with a year round swimming option.

Mission Statement

Fairfield Aquatics specializes in stroke development and conditioning of young athletes in a structured and fun environment.

Vision Statement

FA's vision is to develop young athletes into well-rounded swimmers. Through competitive swimming these athletes will learn how to work as an individual and as a team to achieve success.

Philosophy

Coaching: Each coach at FA will have expert knowledge of all four competitive strokes. Each coach will take ownership over their group and have an active role with every swimmer on the team. Coaches will work with swimmers to develop appropriate goals that are attainable given each swimmer's commitment level.

Swimmer: It is the goal of FA to hold swimmers accountable for their success and teach them that anything is possible if they are focused. Each swimmer has their own path in swimming and we want to make sure that swimmers are prepared for whatever may come their way. FA encourages swimmers to compete for local summer clubs, high schools, amongst other swim related activities.

Fairfield Aquatics History

We are currently writing our own history. As FA grows, we look forward to what this section of our handbook will include.

Fairfield Aquatics Future

FA Pre-Comp 8/U Group:

This group will run on 4 or 8-week cycles. Each swimmer in this group will learn the skills it takes to be on the competitive team. This group is also for athletes who do not want to fully commit to a year round program. The coach of this group will teach competitive swimming techniques at a pace that is appropriate for the level of each group.

FA Competitive Team:

From the ages of 5-18 each swimmer on this team will be cared for and held accountable for their swimming. There are 5 competitive groups offered at FA, and each caters to a different level of swimmer. From cross training to being a committed swimmer, FA has what you are looking for.

Fairfield Aquatics Structure

FA is a coach owned team. The Head Coach/CEO is responsible for the day to day operations in the pool, along with everything that happens on the dry side. This includes, but is not limited to, maintaining relationships with Fairfield University and any other pool location that could be used in FA's future, providing regular team-building opportunities, planning social outings, fundraising, having a social media presence, and making sure that FA is a safe and fun environment for each swimmer and parent member.

Coaches Roles

All FA coaches must meet the criteria set forth by USA Swimming. Each coach is a Red Cross certified lifeguard and holds a current First Aid/CPR certification. Each coach has gone through mandatory Safe Sport courses and is held to the highest standard when it comes to professionalism on and off the pool deck.

The main goal of each FA coach is to build trust in our swimmers and give them the tools they need to be successful in the pool.

Coaches will build relationships with families and aquatic organizers in the Fairfield area and are encouraged to coach in the Fairfield County swim league and seek local high school coaching positions.

Parent/Guardian Role

As the parent/guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. You can show your support by ensuring your swimmer's attendance at practices and swim meets.

While parents/guardians are not participants on their child's team, they do contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. At FA we ask that parents/guardians strive to be positive role models. All FA parents must show good sportsmanship at all times toward coaches, officials and other teams.

FA Parent Code of Conduct

1. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff must be arranged prior, or occur when the coach is not teaching.

2. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.

3. Maintain self-control at all times & know my role.
Swimmers – swim
Coaches – coach
Officials – officiate
Parents – parent

4. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only and done so after the competition.

5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated.

I understand and agree to the above terms and conditions, in exchange for the privilege of my child(ren), registered with this agreement, to participate in Fairfield Aquatics.

Should I conduct myself in such a way that brings discredit or discord to FA, or USA Swimming I voluntarily subject myself to disciplinary action.

FA maintains the right to terminate any membership with or without cause at the discretion of the Head Coach/CEO.

Release of Liability

The release of Liability can be found on the registration site and must be signed by all families joining FA. It read 'Parent/Guardian hereby releases FA, its Head Coach/CEO, employees, and volunteers and any facility used by FA from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the FA swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by FA.'

Practice Group Descriptions/Assignments

FA's practice group guidelines have been developed by its coaching staff to maximize the growth and development of swim techniques for its swimmers of all levels. Swimmers of similar age and abilities will be grouped together to reach the goals set for each level. The assignment of swimmers to a group shall be the decision of the coaching staff, and coaching staff only. Upon fulfillment of the group's goals, swimmers may be promoted at any time during the season, at the direction of the Head Coach/CEO.

8/U Pre-Competitive:

This group will be for swimmers ages 5-8 who can swim at least one length of the pool unassisted of both freestyle and backstroke. This is not a lesson group and is designed to teach the basic skills of swimming in a structured group setting. This group will be run in 8-week segments.

8/U Competitive:

This group will also be for swimmers ages preferably 6-8 that have demonstrated during the tryout process the ability to take coaching direction and have advanced swimming skills such as the ability to swim breaststroke and butterfly.

Required Equipment: Fins, Kick Board.

Age Group 1:

Our AG 1 group will consist of swimmers ages 9-12. Swimmers in this group have the option to compete at meets and are encouraged to attend as many practices as possible. In this group swimmers will need to be knowledgeable of all 4 strokes and basic swimming techniques. Swimmers will be introduced to repeat sets while emphasizing proper stroke technique. Flip turns and racing starts will also be enhanced.

Required Equipment: Fins, Front Snorkel, Kick Board.

Age Group 2:

Our AG 2 group will also consist of swimmers ages 9-12, and will have the option to compete at meets. Swimmers in this group will have advanced knowledge of all 4 strokes. This group is an extension of AG1 and will look to enhance skills learned from previous seasons.

Required Equipment: Fins, Front Snorkel, Kick Board.

Age Group 3:

This is an advanced group for swimmers ages 10-12. In this practice group swimmers will be supported and pushed to reach a higher level of swimming. Dryland and video instruction will be used to elevate each swimmer's performance. Practices will focus on maintaining proper stroke technique while building endurance. Swimmers are encouraged to attend each practice offered.

Required Equipment - Fins, Front Snorkel, Kick Board.

Senior:

This training group is for swimmers ages 13 and over. Swimmers in this group have a high knowledge of competitive swimming. Swimmers in this group are encouraged to participate on their high school swim teams. This group is an extension of Junior 2 and will build on skills learned throughout the program.

Required Equipment: Fins, Front Snorkel, Kick Board.

Swimmer Code of Conduct

As a swimmer & member of the Fairfield Aquatics Swim Team, I will abide by the following code of conduct:

1. I will be respectful of others and the property of others.
2. I will be on time for practice, dryland training sessions, and meets.
3. I will comply with all team and facility rules.
4. As a matter of courtesy to meet hosts, pool facility operators, janitorial staff members and swimmers.
5. I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
6. I will practice and teach good sportsmanship.
7. I will promote positive team spirit and morale.
8. I will offer congratulations and encouragement to opponents.
9. I will support my teammates at practice and at competition.
10. I will follow the directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
11. I will respect the rights and space requirements of other groups using the swimming facility.
12. I will follow the Code of Conduct at home, at away events and at any event where FA is represented.

Prohibited Behavior

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) including lying.
5. Stealing and vandalism.

6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct

This code shall be in force for all swimmers during practices, swim meets, and at team events. Disciplinary actions can range from, but are not limited to; being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Head Coach/CEO deems necessary if a member fails to adhere to the Code in part or in whole.

Suspension

Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of six days. Coaches may also recommend to the Head Coach/CEO that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

Safety and Behavior

The Head Coach/CEO reserves the right to terminate the membership of any individual whose behavior places the FA in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Equipment

Check with your coach—not all items are required for all groups:

1. Practice Suit (must be specifically designed for competition and training)
2. Goggles
3. Cap
4. Fins
5. Paddles
6. Pull Buoy

Team Attire

Fairfield Aquatics TYR Team Suit or other pre-approved TYR suits required for all swimmers at meets. Tech suits must be FENA approved TYR suits. Tech suits are discouraged at regular age group meets. They should be worn only at championship meets or at the discretion of the Head Coach.

Practice equipment and team suits may be purchased online. Check the FA website for our approved vendor.

Team caps can be purchased online. We also try to have team caps available at meets. When a new team suit is adopted swimmers will be asked to purchase the new design.

Swimmers will be required to wear Fairfield Aquatics apparel at all swim competitions. Two shirts will be required for purchase, while other items will be available in the team store for optional purchases.

Swimmers are required to wear TYR suits for all meets.

Lost & Found

You are strongly encouraged to label all of your swimmers equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment found around the pool deck will be placed in the pool office. Swimmers should keep all personal belongings on the pool deck or in the locker room during practice sessions. The locker rooms can be used by other groups. A combination lock is encouraged to ensure items are not stolen. The club is not responsible for lost or stolen items.

Dues and Membership

Payment Terms

Monthly dues:

In consideration of the participation of the swimmer(s) in the Fairfield Aquatics competitive swim program, the Parent/Guardian agrees to pay the dues for the swimmer's practice group that is set forth. Monthly payment of dues shall be due and payable on the first day of each month, for 11 months, September through July. Swimmers are expected to pay for the entire month no matter how many days they attend practice. If the swimmer is transferred to a different squad by the coaching staff, the fees for the new squad level will be invoiced in the next billing cycle. If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$20 per month will be assessed to the family's dues account.

Swimmers are expected to pay dues for the entire month no matter how many days they attend practice. However, if the swimmer/parent notifies the Head Coach (urbanrobert14@gmail.com) in writing at least 5 days prior to the start of the month in which they plan to not swim, dues shall be waived subject to a \$25 fee for processing the inactivation.

In order to reactivate the account the swimmer/parent notifies the Head Coach in writing at least 5 days before the start of the month in which the swimmer will return. This action will be subject to a \$25 fee for processing the reactivation.

Annual Fairfield Aquatics Registration Fee

Returning families are responsible for an annual non-refundable \$200 team registration fee upon enrollment and every year thereafter upon renewal. New families will be responsible for a \$300 registration fee. Registration fees for renewing members are due by September 1. For the 2025-2026 season there will be a transaction fee 2.9% plus 30 cents.

Fees per group (per month):

- 8/U Competitive - \$205
- Age Group 1 - \$199
- Age Group 2 - \$240
- Age Group 3 - \$255
- Senior - \$285
- High School \$145
 - Eligible for Girls - September through November
 - Eligible for Boys - December through March

FA will bill for 11 months, September through July.

Fairfield Aquatics Pre-Comp 8/U Group Fees

The FA pre-competitive group will run on 8-week cycles and cost \$420.

USA Swimming Membership

All swimmers must be registered with CT Swim, our local USA Swimming organization. This annual CT/USA Swimming membership fee of \$80 per swimmer is due upon registration and upon renewal of memberships in September. All registration is done through "Swims 3.0" and must be completed before swimmers are allowed to practice.

Suspension

If the monthly dues payment is not received in full by the last day of the month, a notice of delinquency will be e-mailed. If a Parent/Guardian fails to pay any delinquent dues or assessment, including late fees, within 14 days from the date of such notice of delinquency, the swimmer shall be suspended from further participation in all FA activities, including, but not limited to, practices and meets. If a Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the Head Coach/CEO for a waiver of late fees and suspension. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Volunteering

Volunteer requirements for on-deck volunteering:

Those who volunteer at swim meets will have their entry fees waived for that competition.

Annual Breaks

Once the final meet has occurred for each practice group, practices will stop until the next portion of the season starts. There is a break for a large number of swimmers from the end of February through March, and a break for all swimmers the month of August. The exact dates of practice sessions will be made aware to all prior to registration and are subject to change. All practice times/offerings are run at the discretion of the Head Coach/CEO.

Family Discounts

A 5% reduction on fees will be offered to families who have two or more swimmers active in the program.

Scholarships

It is our hope that FA will be able to offer scholarships in the near future.

Club Communication

The primary form of communication will take place on FA's team website (www.fairfieldaquatics.com). This website includes practice calendars, news, events for sign up, and much more. You can access all of your swimmers' results through the website. We encourage everyone to check the website daily for new postings.

Emails will be sent from the website to inform of any upcoming events or practice changes. We encourage everyone to check their emails often and reach out to the coaching staff if there are any questions.

Concerns

As in any large organization involving significant numbers of families, Fairfield Aquatics cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them.

If you have a concern about administration of the club, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact Rob Urban (Head Coach/CEO) at urbanrobert14@gmail.com.

Swim Meets

By its very name, the purpose of competitive swimming is to compete and that means attending swim meets. Swimmers should be willing to accept the responsibility of membership and participate in meets. For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners.

Short and Long Course Seasons

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in mid-February is referred to as the short course season. During the short course season meets are recognized as “yard” events. There is also a long course swim season that begins in March and ends in early August. Meets during long course season are recognized as “meter” events.

Swim Meet Procedures

As a competitive swim team, we encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Swimmer Events:

Your swimmer’s coach will select the events that they will participate in. The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Swimmers and parents/guardians are able to request events during the sign up process, but the coaches make the final decision. Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events as determined by their coach.

Meet Fees:

A meet event fee (approximately \$11.00 per event) is required for entry in a swim meet. Meet fees for swim meets are the responsibility of the parent. The Head Coach/CEO will invoice the swimmer’s account and payments may be made along with the following month’s dues. Delinquent meet fees will result in a suspension in meet privileges until the swimmer’s account becomes current.

Upon passage of the meet sign-up deadline, Fairfield Aquatics submits all entries and meet fees to the host team. Meet fees are non-refundable to Fairfield Aquatics once they have been submitted to the host. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the

meet fees. If FA coaches or staff make an error in a swimmer's entries, the team will be responsible for the subsequent erroneous fees.

Signing Up for a Swim Meet

Please pay regular attention to the deadlines and meets for each group. FA does not attend the same meets for each age group.

Email from FA:

Each family will receive an email from FA weeks prior to each meet's deadline. All sign-ups will be done through our team website.

Location/Meet Info:

Each meet posting will have full details of where the competition is taking place, how far away it is from our home pool (approximately) and how long the meet will last (if that information is provided by the host). Most meets for swimmers ages 9 and over will take place over the course of two days (Saturday and Sunday). However, some meets may also include Friday PM sessions. This will all be communicated well in advance of the deadline.

Agreement/Acknowledgment

Upon making your annual registration payment, you are agreeing to abide by the Parent Code of Conduct and the Swimmer Code of Conduct.