



BAYSIDE AQUATICS

Bayside Aquatics
Team Handbook
2025-2026

Welcome

It is my pleasure to welcome you to the sixth season of Bayside Aquatics. I am so excited to welcome back all of our returning swimmers as well as welcome our new additions to the Bayside family!

Bayside Aquatics is a year-round swim team in Bowie, Maryland. We practice at the Bowie State University pool as well as SportFit Bowie and Prince George's Community College and are the only USA Swimming team in the Bowie/Crofton area.

In our fifth year as a team, Bayside Aquatics continues to develop into one of Maryland's top swim teams. We had over 40 swimmers qualify for the short course Maryland State Championships. Our senior level swimmers placed 6th out of 29 teams at the state championship meet, while our 14&under swimmers placed 10th out of 33 teams. We had multiple swimmers qualify and compete at the Eastern Zone Sectional Championship as well as the Eastern Zone Age Group Championships. We also had success at the ISCA Championships in St. Petersburg, Florida. We had two swimmers qualify for the USA Swimming Futures Championship which will be held this summer in Greensboro, North Carolina.

Bayside Aquatics focuses on technique driven swim training, team unity, and long-term improvement of the whole athlete. Participation in year-round swimming builds a foundation for a lifetime of healthy habits. We strive to instill traits in our swimmers that are vital to success in life. Our primary goal is to develop dedicated, confident young athletes who take risks, work hard, and strive to be the best they can be. We encourage all swimmers to push themselves to achieve their best, but also to encourage and support every member of the team. Most importantly, Bayside Aquatics focuses on teamwork, friendships, and fun.

I am extremely excited about our sixth season. Let's work hard, have fun, and make amazing memories.
Coach Karen



This handbook is designed to introduce new and existing team members to the Bayside Aquatics program and to outline various policies that affect all families. This handbook has been prepared to help you and your child succeed in this program. Your child's experience has much to do with your positive support. Please ask questions, familiarize yourself with this handbook. Get involved!

- To introduce the new members to the experience of competitive swimming.
- To serve as a resource for all members, providing details about the competitive program, time standards, pool locations, and other helpful information.
- To serve as a resource for helping the swimmer to understand the standards and expectations of our program.
- To outline the volunteer positions needing your cooperation and understanding so that our club can run smoothly. Your support for the program is critical.

What is Bayside Aquatics?

Mission Statement

Bayside Aquatics strives to make a positive impact on the lives of its team members and to empower them to achieve excellence in the sport of swimming as well as in life. Our mission is to create a safe and positive team environment, to provide the best possible instruction at all levels within the team, to instill our core values in each athlete, and for our swimmers to grow as athletes and individuals who are able to contribute to their team, family, and community. Our goal is to provide coaches who are role models and for our athletes to learn that success is achieved through hard work and goal setting.

Vision

Bayside Aquatics strives to produce athletes with the ability to excel at all levels of competition within the sport of swimming- from novice to national. Our goal is to be recognized as a valued member of the Crofton/Bowie community.

Bayside Core Values

These are the values Bayside Aquatics strives to instill in each athlete:

Passion: Happy swimmers are fast swimmers. Bayside swimmers will find gratitude in life and sport. They celebrate all successes. Bayside Aquatics is one team, one family.

Resilience: Bayside swimmers fail forward. They value progress over perfection. They focus on positivity. Bayside swimmers are coachable.

Integrity: Bayside swimmers act with integrity. They do the right thing when no one is looking and don't make excuses. Bayside swimmers are respectful to teammates, coaches, officials, and other competitors, and take responsibility for their actions.

Dedication: Bayside swimmers are committed to the sport. They take every chance to learn, grow, change, and challenge themselves throughout the season. They take advantage of every opportunity to improve.

Excellence: Bayside swimmers are goal focused and process driven. They challenge themselves in practice and competition. Bayside swimmers set high expectations for themselves. Bayside swimmers are leaders.



Team Information

Bayside Aquatics is a USA Swimming team that offers an age-group youth program for children age 6 and up, from the beginning swimmer to the most competitive swimmer. The sport of swimming has many benefits, including physical development, intellectual competence, and the opportunity to build life-long relationships. Swimmers in our program learn sportsmanship, teamwork, and discipline, as well as building physical, emotional, social, and intellectual skills that will serve them throughout their lives. Working in collaboration with our families, our program seeks to serve the greater community by providing an outlet for those seeking a supportive team environment that promotes excellence both in the pool and in the community.

Coaches

All Bayside Aquatics coaches must meet high criteria set forth by USA Swimming. Each coach holds a current First Aid and CPR for the Professional Rescuer certification. Coaches are required to complete the USA Swimming Safety Training for Coaches Course. Bayside Aquatics coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and Bayside Aquatics. Bayside Aquatics coaches are committed to the success of all of our swimmers and are expected to mentor swimmers in life skills and positive values and to build relationships with team families.



Facilities

- Bowie State University pool in the Leonidas S. James Physical Education Complex
14000 Jericho Park Rd, Bowie, MD 20715)
- SportFit Bowie
100 White Marsh Park Dr, Bowie, MD 20715)
- Prince George's Community College - Robert I. Bickford Natatorium
10207 Campus Way S, Largo, MD 20774



USA Swimming

USA Swimming is the national governing body for the exciting world of competitive swimming. By joining Bayside Aquatics, your child will become a member of the country's largest, most organized, and competently coached youth sports. USA National headquarters is located in Colorado Springs Colorado at the Olympic Training Center.

In addition to your membership with USA Swimming, you are also joining the Maryland Swimming LSC. USA Swimming is divided into fifty-nine local swim committees (LSC). Each has its own set of by-laws and is responsible for the administration of National policies. Every LSC determines its own meet schedule, budget, officials training, etc., within the guidelines of USA Swimming. Maryland LSC offers a full schedule of meets to swimmers of all ability levels.

Please visit the following websites for more information on the two organizations.

- <https://www.usaswimming.org/>
- <http://mdswim.org/>

Athlete Protection

The USA Swimming Safe Sport Program offers free athlete protection training for parents and athletes. This training is not required by USA Swimming unless you are an adult athlete, a coach, or a member of the team's leadership. However, **as added protection to Bayside Aquatics athletes, we will require all parents/guardians to complete the training and all swimmers ages 15 and over will be required to watch a safe sport video.** We understand that time is finite in our busy lives, however any opportunity to protect athletes from sexual predators, bullying, knowing appropriate boundaries between members of the team, and the risks of concussions is worth every minute. Please follow the links below to login/register and then access the course.

- Parents: learn.usaswimming.org Course: Safe Sport for Swim Parents
- Swimmers: www.usaswimming.org/learn Course: Safe Sport for Athletes

Each family is also required to read the following documents and return the Bayside Aquatics Safe Sport Signature Sheet

- Bayside Aquatics Team Handbook
- Code of Conduct for Parents
- Code of Conduct for Swimmers
- Action Plan to Address Bullying
- Team Travel Policy
- Member Acknowledgment of Minor Athlete Abuse Prevention Policy
- Electronic Communications Policy
- Locker Room Monitoring Policy
- Photography Policy

Parent's Role

The parents' role in age group swimming is to provide a stable, loving, and supportive environment for your child. Parents should take the time to understand the sport and help your child understand the sports' lessons and goals. Parents should understand their responsibilities to the team. Parents are the backbone of any swim club; they drive swimmers to practice, volunteer at meets, feed and take care of the swimmers, and do many other things to support the club. Parents should encourage their swimmers and constantly give positive support. Bayside's coaching staff attends continuing education courses and employs all the latest training and coaching techniques available to help and benefit our swimmers. Parents should trust the coaches to do their job and should not offer swimmers coaching tips. Parents should always offer encouragement and never lecture your child about a poor race. Always use good manners at swim meets. Parents should understand that officials are human and they make mistakes. Remain non-committal if your swimmer feels wronged by a judge or official. Teach respect for officials; swimmers learn from our example. Parents should emphasize fun, enjoyment, and individual improvement over winning and losing. Parents should learn about, focus on, and respect the process of competitive swimming. Recognize skill improvement and small victories. Parents are expected to volunteer and get involved with the team. Remember to provide balance in your swimmer's life with family, school, friends, and other activities.

Are you a Pressure Parent?

- Is winning more important to you than it is to your child?
- Is your disappointment obvious?
- Do you try to "psych up" your child?
- Do you let your child know how much you sacrifice so they can swim?
- Is winning the only way your child can enjoy sports?
- Do you conduct an analysis of the meet/practice soon after it occurred, especially to determine what could have been better?
- Do you feel you have to force your child to practice?
- Do you ever think you could do a better job coaching your child?
- Do you dislike your child's opponents?
- Do you provide material rewards for performances?

Team Fees

- Team fees cover expenses such as pool rental, coaching staff salaries, insurance, equipment, and administrative costs. They also support team events and training resources.
- There is a \$150 non-refundable registration fee to join Bayside Aquatics. This fee covers team administration fees, Bayside swag, 2 Bayside swim caps, and 2 Bayside t-shirts.
- Bayside Aquatics fiscal year runs from September 1st to August 31st. Team fees are deducted automatically via credit card on the team's website.
- We have 2 payment options. You can opt to pay the annual amount at one time (total will be charged September 1, 2025) or you can pay monthly (fees deducted on the 1st of the month September 1, 2025 - May 1, 2026). The annual fee is offered at a 10% discounted rate.
- **New families are responsible for signing up and paying the USA Swimming and Maryland Swimming annual fee (\$102). USA Swimming registration opens on September 1.**

Bayside Yearly Fee Option: (one time charge Sept 1)	
Discovery 3	\$770
Discovery 2	\$1,053
Discovery 1	\$1,094
Novice	\$1,337
Age Group 2	\$1,458
Age Group 1	\$1,499
Performance	\$1,782
Juniors 2	\$1,337
Juniors 1	\$1,580
Senior Prep	\$2,160
Senior 2	\$1782
Senior 1	\$2,655

Bayside Monthly Fee Option: (9 total payments Sept 1 - May 1)	
Discovery 3	\$95/month
Discovery 2	\$130/month
Discovery 1	\$135/month
Novice	\$165/month
Age Group 2	\$180/month
Age Group 1	\$185/month
Performance	\$220/month
Juniors 2	\$165/month
Juniors 1	\$195/month
Senior Prep	\$240/month
Senior 2	\$220/ month
Senior	\$295/month

Sibling Discounts: We offer a 5% discount for the 2nd swimmer from a family and a 10% discount for every additional family member.

Additional expenses include USA Swimming registration fee (\$102), meet fees (typically ~\$80 per meet), training equipment, and optional team apparel.

Late fees: All payments more than 10 days delinquent are subject to a \$25 late fee. Bayside Aquatics has the right to deny practice and meet participation until delinquent fees are settled.

Meet Fees: Meet fees will be paid through the team website. Once a family declares their intent to participate at a meet, the family will be charged for all events they registered for, regardless of whether their swimmer swims the event. The team is charged for each entry submitted. Once we get confirmation of which entries were accepted at a meet, anticipate a charge to your credit card on file prior to the meet. If a meet is canceled for weather purposes and the team that is hosting the meet does not give a refund, the team will still need to pass the costs to the families.

Refunds: Once approved, all registrations are final and no refunds will be given. Written notification of resignation stating the swimmer's last date of participation must be provided to the Bayside Aquatics staff. An early termination fee of one month's swim team fees is charged if such resignation occurs after October 31st. Partial months are not prorated.

Pausing Payments: Families who opt for the monthly payment plan have the option to pause payments and Bayside Aquatics membership at any time. Email teamadmin@swimbayside.com in order to pause your membership. Written notification regarding pausing payments must be received 5 days prior to the 1st of the month.

Team Levels

Bayside Aquatics uses a progressive age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming. In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Not every athlete will progress at the same pace. Each swimmer's journey proceeds at an individual pace, with many different levels of success. Our goal is to address the full development of each swimmer.

Bayside Aquatics coaches follow the USA Swimming American Development Model. In the USA Swimming ADM, there are six levels of development focusing on the four critical athlete-centered outcomes within the USOPC's Quality Coaching Framework. Bayside coaches use this model to design our long-term athlete development plan and evaluate the overall development and progress of our swimmers.

- Competence: Swimming specific skills, fitness, and healthy training habits
- Character: Respect for the sport, responsibility, integrity, and empathy
- Confidence: Self-belief, resilience, mental toughness, positive self-worth
- Connection: Positive social relationships in and out of the sport

The goals of the ADM process include:

- Keeping athletes at the center. Are they having fun?
- Educating coaches, parents, and athletes to see the big picture. Excellence takes time.
- Teaching swimmers life skills that they will take into their everyday lives.
- Encouraging swimmers to participate in other sports and become well-rounded athletes.
- Educating coaches on age and developmentally appropriate skills. Promoting good technique and preventing injuries.

Bayside Aquatics Practice Groups

The Bayside Aquatics Program has five divisions: FUNdamentals, Learn to Practice, Learn to Train, Train to Compete, and Compete to Excel

FUNdamentals: Athletes in the *FUNdamentals Division* are new to the sport of swimming. The focus of our FUNdamental groups is to establish a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. Our *FUNdamental* groups include **Discovery 1** and **Discovery 2**, and **Discovery 3**.

Discovery 3

7 & Under, 45 min practices, 2x per week

Coaches: Coach Karen, Junior Coaches

Swimmers in the Discovery Groups will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

Required Equipment: Long Fins, Kickboard, Pull Buoy, Water Bottle

Schedule:

Tues 6:15-7:00pm @ Bowie State

Fri 4:30-5:15pm @ SportFit

Discovery 2

8 & Under, 45 min practices, 3x per week

Coaches: Coach Ryan, Coach Ulises, Junior Coaches

Swimmers in the Discovery Group will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

Required Equipment: Long Fins, Kickboard, Pull Buoy, Junior Snorkel, Water Bottle

Schedule:

Tues 4:30-5:15pm @Bowie State

Thurs 5:00-6:00pm @Bowie State

Fri 5:00-6:00pm @Bowie State

Discovery 1

9-11 yrs, 1 hour practices, 3x per week

Coaches: Coach Ulises, Junior Coaches

Swimmers in the Discovery Group will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 50 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

Required Equipment: Long Fins, Kickboard, Pull Buoy, Water Bottle

Schedule:

Mon 6:15-7:15pm @SportFit

Thurs 6:00-7:00pm @Bowie State

Fri 6:00-7:00pm @Bowie State

Learn to Practice: Athletes in the *Learn to Practice Division* are continuing to develop and refine a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. They will progress to an advanced level of learning that requires implementing specific skills in practice sets. Establishing good habits in a training setting translates to better performances at meets, as well as long-term development in the sport of swimming. Our *Learn to Practice* groups are Novice, Age Group, and Juniors 2.

Novice

10 & Under, 1 hour practices, 4x per week

Coaches: Coach John A, Coach Karla

Novice swimmers build on the fundamentals introduced in Discovery. The goal of the Novice group program is to increase skill and technical development while creating a positive team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in the Novice group will focus on improving stroke technique, body position, and kick in all four strokes as well as starts, turns, and finishes. Swimmers will begin to understand the importance of correct head and body position, a strong, consistent kick, and streamlining. Solid practice habits will be taught and reinforced, including using the pace clock during practice and lane etiquette. They will also be introduced to basic training sets. Swimmers will learn the basics of sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally swim all four strokes and should be comfortable doing 50 yard repeats during practice. Swimmers in Novice will be working toward achieving an IM Ready (IMR) score. The IM Ready scores are based on 100 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 3 practices per week in order to provide the opportunity for continued improvement.

Required Equipment: Long Fins, Kickboard, Pull Buoy, Snorkel, Water Bottle

Schedule:

Wed 5:15-6:30pm @PGCC

Thurs 4:45-5:45pm @Bowie State

Fri 5:15-6:15pm @SportFit

Sun 4:30-5:30pm @ SportFit

Age Group 2

11-12 years old, 1.25 hour practices, 4x per week

Coaches: Coach Jeremy, Coach John A

Age Group 2 swimmers are Bayside's 11-12 year old swimmers. While stroke mechanics are refined, a shift to competition training begins to be emphasized. The goal of the Age Group program is continual improvement and practices emphasize skill development with a secondary focus on aerobic development. Swimmers in Age Group will learn the importance of team culture and will develop a love of competition and being challenged. This group will start to focus on performance. Swimmers in Age Group will be working toward improving their stroke technique, racing skills, and increasing endurance levels. Age Group swimmers will begin swimming more complicated sets. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be working towards competing in 100's of all of the strokes as well as the 200 Free. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 70% of practices in order to provide the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Schedule:

Mon 5:00-6:30pm @ PGCC

Tues 4:45-6:15pm @ SportFit

Wed 7:30-8:30pm @ SportFit

Fri 4:45-6:00pm @ Bowie State

Age Group 1

12-13 years old, 1.25 hour practices, 4x per week

Coaches: Coach Jeremy, Coach John A

Age Group 1 swimmers are Bayside's 12-13 year old swimmers. While stroke mechanics are refined, a shift to competition training begins to be emphasized. The goal of the Age Group program is continual improvement and practices emphasize skill development with a secondary focus on aerobic development. Swimmers in Age Group will learn the importance of team culture and will develop a love of competition and being challenged. This group will start to focus on performance. Swimmers in Age Group will be working toward improving their stroke technique, racing skills, and increasing endurance levels. Age Group swimmers will begin swimming more complicated sets. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be working towards competing in 100's of all of the strokes as well as the 200 Free. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 70% of practices in order to provide the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Schedule:

Mon 5:00-6:30pm @ PGCC

Thurs 5:45-7:00pm @ Bowie State

Fri 6:00-7:30 @ Bowie State

Sun 5:30-7:00pm @ SportFit

Juniors 2

12 & Over, 1.5 hour practices, 4x per week

Coaches: Coach Emily

Juniors 2 swimmers are 12 and over swimmers who are refining stroke mechanics. The goal of the Juniors 2 group is to develop the skills necessary to achieve individual growth in the sport of swimming. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Juniors group are encouraged to continue to participate in other sports and activities. Juniors swimmers must be able to successfully complete a 100 Free and 50's of all strokes. Training sessions are offered 4 times per week and 70% attendance will afford the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Schedule:

Mon 7:15-8:30pm @ SportFit

Wed 7:30-8:30pm @ Bowie State

Fri 6:15-7:15pm @ SportFit

Sat 5:00-6:15pm @ SportFit

Learn to Train: Athletes in the *Learn to Train Division* are further refining their strong foundation of skills and techniques, while integrating training philosophies. The foundation for aerobic/anaerobic training, increased training volume, and the development of underwater training will be laid, as well as how out-of-the-water responsibilities, such as nutrition, hydration, and dryland training, affect performance in the pool. Our *Learn to Train* groups are Performance and Juniors 1.

Performance

10-13 yrs, 1.5 hour practices, 5x per week

Coaches: Coach John B, Coach Abbey, Coach Kyle, Coach Karen

The goal of the Performance program is to teach the skills and work ethic necessary to achieve competitive success while creating a strong team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in Performance have a higher level of commitment and are comfortable with being challenged. They will continue to work toward improving their stroke technique and racing skills and increasing endurance levels, but will do so at a more advanced level. Performance group swimmers will begin swimming more complicated sets and are expected to be able to use a pace clock and keep track of intervals while practicing. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be prepared to swim more challenging events such as the 200 Free, 200 IM, and 500 Free. Performance swimmers are working on improving their IM Ready (IMR) and IM Xtreme (IMX) scores and are training for Junior Championship and State Championship level meets. Training sessions are offered 5 times per week and swimmers are expected to attend at least 75% of practices in order to provide the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Schedule:

Mon 6:00-7:30pm @ Bowie State

Tues 5:15-6:45pm @Bowie State

Wed 6:00-7:30pm @Bowie State

Fri 7:15-8:30pm @SportFit

Sun 5:30-7:00pm @ SportFit

Juniors 1

13-15, 1.5 hour practices, 4x per week

Coaches: Coach John M

Junior 1 swimmers are 13-15 year old swimmers who are refining stroke mechanics. This group is shifting to a competitive training focus. The goal of the Juniors 1 group is to develop the skills necessary to achieve individual success in the sport of swimming. Swimmers in the Juniors 1 group will increase their aerobic development with longer distances. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Continual goal setting both in practice and meets is emphasized. Swimmers in this group need to be prepared to challenge themselves during practice. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Juniors 1 group are encouraged to continue to participate in other sports and activities. Juniors swimmers must be able to successfully complete a 200 Free and 100's of all strokes. Training sessions are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Schedule:

Mon 4:45-6:15pm @ SportFit

Tues 4:45-6:15pm @ Bowie State

Wed 4:45-6:15pm @ SportFit

Thurs 4:45-6:15pm @ SportFit

Train to Compete - In the *Train to Compete Division*, the athletes will learn about how their decisions and behavior outside of the pool affect their performance in the pool. Athletes continue to build on good practice habits with progressive skills, drills, and a variety of techniques, and work to challenge themselves and prepare for the senior level. These swimmers compete at the local, state, regional, and possibly national level. They begin to see a glimpse of their future swimming experiences by competing at the highest level meet for which they qualify. Our *Train to Compete* group are Senior Prep and Senior 2.

Senior Prep

13-15 yrs, 1 ½ - 2 hour practices, 6x per week

Coaches: Coach Kyle, Coach Karen

Our Senior Prep swimmers are Bayside's most competitive age group swimmers. The goal of the Senior Prep program is to teach the skills and work ethic necessary to achieve competitive success while creating a strong team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in Senior Prep have a higher level of commitment and are comfortable with being challenged. They will continue to work toward improving their stroke technique and racing skills and increasing endurance levels, but will do so at a more advanced level. Senior Prep swimmers will begin swimming more complicated sets and are expected to be able to use a pace clock and keep track of intervals while practicing. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to complete 100 yards of all four strokes and should be prepared to take ownership of their swimming. Senior Prep swimmers are working on improving their IM Ready (IMR) and IM Xtreme (IMX) scores and are training for Junior Championship and State Championship level meets. Training sessions are offered 6 times per week and swimmers are expected to attend at least 75% practices in order to provide the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Tentative Schedule:

Mon 6:30-8:30pm @ Bowie State

Tues 6:45-8:45pm @Bowie State

Wed 6:00-7:30pm @ Bowie State

Thurs 7:00-8:45pm @Bowie State

Sat 3:00-5:00pm @ SportFit

Sun 7:00-8:30am @ SportFit

Senior 2

14 & Over, 1.5 hour practices, 5x per week

Coaches: Coach Solomon

Senior 2 swimmers are 14 and older swimmers who are continuing to refine stroke mechanics, but are shifting toward a more competitive training focus. The goal of the Senior 2 group is to develop the skills and work ethic necessary to achieve individual success in the sport of swimming. Swimmers in the Senior 2 group will increase their aerobic development with longer distances. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Continual goal setting both in practice and meets is emphasized. Swimmers in this group need to be prepared to challenge themselves during practice. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Senior 2 group are encouraged to continue to participate in other sports and activities. Senior 2 swimmers must be able to successfully complete a 200 Free, 100's of all strokes, and a 200 IM. Training sessions are offered 5 times per week and swimmers are encouraged to attend at least 4 practices per week in order to provide the opportunity for continued improvement.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Tentative Schedule:

Mon 7:30-8:45pm @Bowie State

Wed 7:30-8:45pm @Bowie State

Thurs 7:15-8:45pm @ SportFit

Fri 7:00-8:45pm @Bowie State

Sat 7:00-8:30am @ SportFit

Compete to Excel - In the Senior division, Bayside athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Senior division swimmers compete at the local, state, regional, and national level. Competing at the highest level meet for which they are qualified is a priority. Swimmers will be introduced to collegiate opportunities, mentored through goal setting, nutrition, and mental training, and are encouraged to be positive role models for the younger age group swimmers. Our Compete to Excel group is the Senior 1 group.

Senior 1

14 & Over, 2 hour practices, 6x per week

Coaches: Coach Karen, Coach Kyle, Coach John B

The Senior 1 group are Bayside's most committed swimmers. Senior 1 is a year-round training group for high school-aged swimmers who have achieved or are working toward Senior LSC Championship, Sectional, and Futures cuts. The goal for the Senior 1 group is to achieve competitive success at the highest level. Swimmers in this group are expected to behave like champions and set a good example for the younger swimmers. Continual goal setting is emphasized and swimmers are encouraged to set high expectations for themselves. Emphasis is placed on taking ownership of their individual goals and the path to achievement. Swimmers will be challenged and are expected to attend all practices offered. Training and competing during the long course season is a requirement. Swimmers will be provided classroom sessions 2x per month to learn about the college swimming process, mental training through the "Conquer the Pool" workbook, and nutrition.

Required Equipment: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

Tentative Schedule:

Mon 4:30-6:30pm @Bowie State

Tues 6:45-8:45pm @Bowie State

Wed 4:30-6:00pm @Bowie State

Thurs 7:00-8:45pm @Bowie State

Sat 3:00-5:00pm @SportFit

Sun 7:00-8:30am @ SportFit

Morning Practices:

Tues 5:30-6:45am @SportFit

Thurs 5:30-6:45am @SportFit

Please Note: These are general group descriptions and each swimmer is evaluated individually for group placement. Multiple criteria including physiological, biomechanical, and psychological characteristics are assessed and the final decision for placement rests with the head coach and lead group coach. If you anticipate issues with training requirements for your child's assigned group, please discuss these issues with the lead coach.

Progression Policy

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is developmentally appropriate. The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increased workload, timing within the season, and space also influence the decision. Racing times are not a primary factor for group placement, although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

General Considerations for Transitioning Groups:

Transitions can occur at the start of the swim year or after the winter or spring break.

In order to be considered for transitioning groups, the swimmer :

- Consistently makes choices that demonstrate the willingness to make the commitment level expected of swimmers at the next level.
- Meets attendance expectations for the current group; demonstrates the ability to make attendance requirements for the next level.
- Commits and qualifies for meets at the next level.
- Consistently trains above the level of the current practice group.
- Demonstrates ability to train successfully on base intervals at the next practice level.
- Has mastered stroke and skill expectations of the current practice group.
- Demonstrates mastery of all four strokes (in the appropriate distance) in a meet setting.
- Exhibits level of maturity and responsibility appropriate for the higher group.
- Fits age and experience parameters of the next training level.
- Has demonstrated the desire and potential to compete successfully at the general competition level of the next group.

Practice Expectations

Parents are allowed to observe practice from the balcony at Bowie State and on the far benches at SportFit. USA Swimming does not allow parents to be on the pool deck during practice. If you have any questions/concerns for the coaching staff, please talk to them before or after the practice, not during; feel free to email them at any time.

- Be on time.
- Swimmers should attend only their own practice, unless he/she has received permission from a coach.
- Come to practice dressed for the weather.
- Restroom use should be restricted to emergencies and before and after practice.
- You represent our team and USA swimming at all times. Conduct yourself accordingly.
- Swimmers are responsible for keeping track of their cap, goggles, water bottle, and equipment at practice. Coaches are not responsible for lost equipment.
- If for any reason you have questions or difficulties, be sure to consult your coach first.
- Always do your best to follow directions and swim correctly (or as instructed).
- Always respect your teammates.
- During practice, swimmers are expected to circle swim to avoid collisions with other swimmers.
- Between sets, swimmers are expected to demonstrate they are ready to listen to the coaches' instructions by keeping one hand on the wall and their head above water.

Practice Cancellations

We follow the Bowie State University's campus closure policy. If the university cancels classes or closes the campus, we will not have practice. Information regarding any cancellation will be sent via email, text and social media as early as possible. At times, there are weather related issues such as lightning, or unforeseen pool/facility issues that may require practice to be canceled on short notice. Every effort will be made to contact parents for early pickup. Please remain available by cell phone while your swimmer is at practice.

Attendance

Consistency is the key to success. The coaches highly encourage swimmers to make it to all of their assigned practices in order to derive the full benefits of the program. The coaches will take attendance at each practice and use attendance as a measure of performance. The team does encourage multisport athletes, so if you need to miss a practice to attend another sport, the coaching staff supports you.

Training Seasons

Short Course: The short course (25 yard pool) season goes from September through March. During this season, the swimmers are training for their greatest successes to come at the championship meets in February & March.

Long Course: The long course (50 meter pool) season begins in April and ends in early August. During this season, the swimmers are training for their greatest successes to come at the championship meets in July and August.

Communication

- Bayside Aquatics encourages open communication. Be sure the team has your current email address.
- Our weekly emails, monthly newsletters, swim meet sign-ups, volunteer job postings, and updates will all be distributed from our team website www.swimbayside.com.
- Meet announcements and reminders will be sent out automatically when a meet is posted and again one week before the meet sign-up deadline.
- Parents Meetings will be held every 2 months throughout the season on Zoom.
- If you have any questions, email us anytime! If you are unsure of who to email, contact Karen Bisnett Karen@swimbayside.com
- Coaches can be available before or after a swim practice if planned ahead. If you would like to schedule a meeting with a particular coach, please arrange a meeting ahead of time. This will help the coaches make time for you and your questions. During practices, our first priorities are the swimmers in the water.
- Like our Facebook and Instagram pages!

Photography

Each Bayside swimmer's registration includes a photo release if photos are taken by a Bayside Aquatics staff member. If you are taking your own photos at a swim meet or practice, please always ask a parent's permission first. We love showing off the awesome stuff our swimmers do, but being respectful to our families is also very important.

Bayside Aquatics has a NO cell phone policy in our locker rooms and we do NOT allow photos to be taken in the locker room areas.

Swim Meets

Swim meets will be held every 4-6 weeks. All swimmers are expected to participate in meets. They are highly recommended for personal betterment and team building! A swimmer's age on the first day of the meet determines each swimmer's age group for that particular meet. Swimmers are expected to wear the Bayside team cap, either the Bayside team suit or a plain navy suit, and Bayside apparel during all swim meets. All members of Bayside will sit together as a team.

Meet Entry Policy:

- Coaches choose the meets that the team will attend. The meet schedule will be posted on the team website.
- The coaches have the final say on a swimmer's events in the meet.
- Swimmers are notified of an upcoming meet via email and are given a deadline to declare their attendance.

Types of Meets:

Local Invitationals: Our team participates in two or three meets per month on average. Notices are sent out via email and announced in the weekly update that families get each week during the season that serve as the main source of team information. Swimmers should expect to swim in one meet per month. There are occasional opportunities to attend travel meets and these meets are often a chance to compete against different teams, swim in different pools, and bond as a team, so we encourage as many swimmers as possible to attend.

***Swimmers need to participate in meets early in the season to get times in as many events as possible. As we get into meets after the new year, more of the meets have qualifying times and are not available to people without registered times. Later in the season, as people are trying to qualify for Championship meets, NTs are not allowed at many meets.

LSC Championships: In the Maryland LSC, every swimmer has an end of season championship meet. The LSC runs 5 championship meets: Senior States, 14&U States, Junior Champs, 11&O B Champs, and 8&U Champs. The championship season starts in late February and continues through late March. Swimmers are expected to attend only ONE championship meet- it should be the highest level meet they have qualified for.

- Senior State Championship- swimmers age 15 and over who have met the qualifying times
- 14&U State Championship- swimmers age 14 and under who have met the qualifying times
- Junior Championships- swimmers ages 9-18 who have met the qualifying times
- B Championships- swimmers age 9-18 who have B times and slower
- 8 and Under Championship- swimmers age 8 and under; no qualifying times
- Long Course Championship Meet - early August - all ages with qualifying times

Our team goal each season is to qualify as many swimmers and relays as possible to swim in these Championship meets. Swimmers who qualify or are selected for a qualifying relay are expected to attend the meet and participate fully.

Other National Level Meets:

ISCA - 14& Under, St. Petersburg, FL

Sectionals - Christiansburg, VA

NCSA Junior Nationals - Orlando, FL

Futures - Greensboro, NC

USA Swimming Motivation Standards: Every 4 years, USA Swimming issues a list of motivational times for each event and age group. These levels are termed B, BB, A, AA, AAA, and AAAA. The motivational times for both short and long course can be found on the USA Swimming website linked [here](#).

IMX/IMR Standards: The IMX and IMR programs are a great way to measure your swimmer's progress through the sport. One goal of our team annually is to increase the number of swimmers achieving IMX (I.M. Extreme) and IMR (I.M. Ready) scores, which are achieved by swimming the full range of events available to their age group.

The events for each age group are as follows:

- 9 - 10 year olds: 100 FL, 100 BK, 100 BR, 200 FR, 200 IM
- 11-12 year olds: 100 FL, 100 BK, 100 BR, 200 IM, and 500 FR
- 13 and Over: 200 FL, 200 BK, 200 BR, 500 FR, and 400 IM

Meet Policies

- Swimmers will be entered in meets according to team needs and individual preferences. All swimmers should plan to swim at least one meet per month, plus the appropriately-leveled end of season championship meet for which they qualify.
- Once you register for a meet, you have committed to participating at the swim meet. You are still required to pay the meet fees even if your swimmer does not swim in the meet.
- We warm up as a team, we sit as a team, we act as a team, we succeed as a team; be on time, prepared, and supportive of all Bayside swimmers. Please do not arrive late to warm-ups.
- Anyone qualifying to swim in the finals of events at championship meets is expected to swim in that final.
- In meets where relays have been entered, performance at the meet itself may result in changing relay participants or order. If relays are entered in a meet, please do not leave the site until your swimmer has checked with the coaches regarding possible needs for a relay.

Meet Mobile

Meet Mobile is a very useful tool to follow the results of swim meets from the stands or from remote locations during competitions. It provides information ranging from heat sheets to final results in terms of time, place, and improvement for swimmers. It is available on all mobile platforms both as a free app or for a very subscription fee annually (less than \$10). Most parents find this to be the most useful app available for swim meets, and everyone from coaches on deck to parents or grandparents at home enjoy the usefulness and timeliness of this app.

Outside Private/ Supplemental Lessons

As members of Bayside Aquatics, it is expected that the coaches are the primary instructors and evaluators of your swimming, as they are specifically trained in appropriate and professional swim training techniques for youth swimmers. There are ample and appropriate amounts of practice time provided for our swimmers, and rest and recovery is an important aspect of training for youth swimmers. More is not always better, especially for younger swimmers who are not physically or mentally ready for extra days of training. Please do NOT arrange for additional instruction or lessons outside of our team structure without consulting your child's coach. If there is a specific need, please discuss this with the coaches, who will evaluate the request and discuss whether it would be appropriate for an outside instructor to work with your swimmer. In most instances, some individualized feedback at practice can be provided that can then be applied at scheduled practices. Outside instruction can sometimes contradict what is being taught to our swimmers. Our expectation is that swimmers and parents trust and accept the framework within which their children are being coached.

Team Apparel

The team will issue 2 Bayside t-shirt and swim caps to each swimmer after registration. Swimmers are encouraged to purchase the team bathing suit or a plain navy bathing suit. Additional apparel will be available for purchase through our spirit wear vendor as well as through the Booster Club Spirit Wear sales.

Team website for Pools, Patios, Porches Team Store:

<https://ppppool.com/club-swim-teams/bayside-aquatics/>

Password ID: Bayside25

Bayside Spirit Wear:

We will be using Crab & Anchor for our team spirit wear this year.

Please shop using this link: [Bayside Aquatics – Crab & Anchor Apparel \(chesapeakeaquatics.com\)](https://www.chesapeakeaquatics.com/)

You can also purchase equipment from our Swimoutlet team store:

<https://www.swimoutlet.com/collections/baysideaquatics>

Swimmer Equipment

All equipment can be purchased directly from the PPP team site and should be Arena brand unless the equipment is not available as an Arena product. Links are available on the team website. All swimmers are expected to have a team suit or a plain navy suit. Each swimmer will be provided with a team swim cap. Custom caps with names on them are ordered with our bulk team order in the Fall.

**Tech Suits for 13 and over swimmers may be purchased with consultation with the coaching staff, but should be Arena brand.

- Discovery and Novice: Long Fins, Kickboard, Pull Buoy, Equipment Bag, Water Bottle
- All other groups: Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Equipment Bag, Water Bottle

Bring all equipment in a backpack or mesh bag to every practice. This includes a water bottle, TWO pairs of goggles, suit, towel, and equipment required of your group.

What do I need for practice:

- Suit, Goggles, Cap, Water Bottle, Towel
- Swimmers should wear the same type of goggles they plan to wear in the meets.
- DO NOT WEAR MEET SUITS TO PRACTICE! We want those suits to last as long as possible- save them for the meets!
- Bring the required equipment for your group in a mesh bag to all practices. We have a limited amount of extra equipment to lend out if needed.

Parent Volunteer Opportunities

Parents are encouraged to volunteer. For the 2025-2026 season, we have no volunteer requirements. We have a Parent Booster Club that provides support for the swim team relating to swim meets, coaches support, and special team activities. The Booster Club is important for ideas, improvements, and communication for the coaches and parents of the swim team.

Volunteer Policy

All swim meets are hosted by volunteers and require a great deal of personnel to run effectively. Bayside Aquatics requires the support of parent volunteers in order to operate effectively. A volunteer point system has been introduced to encourage a fair distribution of these efforts throughout all of its members. The goal of this volunteer point system is to engage swim parents and their families in the program and also to allow some flexibility for families with busy schedules. These volunteer positions, especially officiating, are extremely important in order for our team to continue to be invited to swim meets and if we want to host our own swim meets in the future.

Families will earn one (1) credit for each session of a meet they volunteered. If two family members serve at the same session, they will earn two (2) credits. Service credits may be earned by any member of the family. Volunteer officials will receive five (5) credits for each meet session worked.

For every ten (10) credits earned, families will be rewarded with a \$50 credit on their account.

All club members are responsible for tracking their own points and notifying the club of their participation.

Families can submit the sessions volunteered on Commit under the "Jobs" session.

It is highly encouraged for parents to become officials. Officiating can be a parent's opportunity to participate in their children's sport of swimming. There are many ways that a parent can help, and officiating certainly offers the best seat in the house. Swimming requires a strong parental commitment. Accurate timing and fair and equal judging requires trained officials.

Other Parent Volunteer Opportunities:

- **Officials: Parents are strongly encouraged to become a certified USA Swimming Official.**
- Timers: Depending on the meet, timers may be needed
- New Swimmer Liaison: Handles all new member requests, works with the coaches to determine if there is space available, what group they can tryout with, and coordinates with the appropriate coach on the date/time of the tryout. Answers general questions about the team and the registration process.
- Volunteer Coordinator: Responsible for coordinating volunteers for meets/ activities/ practices.
- Fundraising Coordinator: Organizes fundraisers/ charity events
- SportsYou Manager: Manages/ updates the schedules in the SportsYou app
- SafeSport Coordinator: Responsible for getting parents to complete the SafeSport training, sends out information about what safe sport is, takes safe sport complaints as needed.
- Travel Coordinator: Coordinates hotels and other travel arrangements for away swim meets.
- Officials Coordinator: Encourages parents to become certified as officials. Communicates with MD Swimming about upcoming official's clinics.
- Social Media: Responsible for updating social media
- Newsletter: Responsible for putting together weekly (or monthly) newsletter.
- Social Coordinator: Work with group parents to help coordinate spirit and social events.
- Team Apparel Coordinator: Design and order team t-shirts, communicate and set up team spirit wear stores.

Code of Conduct for Swimmers

The purpose of a code of conduct for swimmers is to establish common expectations for all athlete members of the club. It serves as a guide to promote a positive team environment and good sportsmanship. All Bayside Aquatics swimmers agree to the following standards of conduct outlined below in conjunction with the Swimmer's Code of Conduct as a member of USA Swimming.

- Bullying in any form- including use of derogatory terms based on religion, race, gender, or sexual orientation – will not be tolerated and may result in suspension or exclusion from the team. Swimmers are expected to learn and understand the Bayside Aquatics Bullying Policy and shall comply with the standards set forth by the team.
- I will respect and show courtesy to my teammates and their families as well as the entire coaching staff at all times. At no time will disrespectful attitudes be tolerated from any swimmer.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. I will not interfere with the progress of another swimmer.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I will abstain at all times, whether on team time or not from alcohol, tobacco, illegal or non-prescribed drugs, or vaping. Being in the presence of those breaking the above rules is a violation and subject to the same consequences.
- Consistent with the Athlete Protection Policies of USA Swimming, I will not make any recordings of myself or other athletes while in locker rooms, behind starting blocks, or in any other location that compromises the privacy and personal integrity of any swimmer.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will wear appropriate Bayside Aquatics attire at competitions.
- I will obey all of USA Swimming's rules and codes of conduct.
- I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches.

Code of Conduct for Parents

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents and family members. This is to help facilitate a nurturing environment for our swimmers and a supportive environment for our coaching staff. As a parent/guardian, I understand the importance my support is to my child's growth and development in the sport. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I will refrain from interrupting or confronting the coaching staff during practice or competitions.
- I will maintain self-control at all times and know my role:
Swimmers- compete, Coaches- coach, Officials- officiate, Parents- parent
- I will refrain from video taping other swimmers unless asked to do so by the child's parent.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials. Only coaches should approach and communicate with officials.
- I will direct my concerns to the coaches.
- I will speak positively about Bayside Aquatics but I will not entice or recruit other year round swimmers from local clubs.
- I understand the above expectations and agree to uphold these rules/ responsibilities at all times. Bayside Aquatics reserves the right to dismiss a family that is not living up to this code.

By signing below, I acknowledge the policies contained within the team handbook.

Print Parent Name: _____ Date: _____

Parent Signature: _____

Print Swimmer Name: _____ Date: _____

Swimmer Signature: _____

