

WELCOME TO WESTON SWIMMING

COACHING STAFF

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ABOUT US

Weston Swimming is a year-round competitive swim team for swimmers of all ages. Our team is staffed by experienced, ASCA certified coaches, who work with each swimmer in different practice groups. Weston Swimming is a registered United States Swimming (“USA Swimming”) team sanctioned by Connecticut Swimming, Inc. (“CSI”) and competes in USA Swimming competitive meets at the local, regional, state, zone and national level, and in dual meets at the local level.

PHILOSOPHY

Weston Swimming believes that swimming is both fun and competitive. Our dedicated coaches work together towards one common objective – success for every swimmer at every level. We

strive to produce happy, confident and well-rounded athletes, both in and out of the pool. Weston Swimming is committed to providing a safe environment for all our members by adhering to our athlete protection policies. Weston Swimming has adopted the Safe Sport guidelines as required by USA Swimming. Weston Swimming allows each swimmer to dedicate himself/herself to achieving the highest levels of competition and personal performance while also developing a lifelong interest in the sport of swimming.

MISSION

Our team philosophy is reflected in our mission: to develop skills for competitive swimming as well as encourage team spirit, health and fitness, and sportsmanship.

VISION

Weston Swimming is dedicated to bring out the very best in our athletes and we aim to be successful at all competitive levels. We encourage our athletes to strive to do their very best through hard work and dedication. Weston Swimming is committed to providing a safe and supportive environment for all our athletes and endeavor to develop prepared and focused individuals who can succeed and thrive both in and out of the pool.

CALLING ALL VOLUNTEERS!

Please help us to organize all the fun! We welcome all hands on deck! Team participation helps our swimmers have a fun experience and helps to build our swimming community. Please reach out if you would like to help us with events throughout the season. We will send a sign-up genius calling for materials, food, snacks, drinks and supplies throughout the season. Please help when you can.

COMMUNICATIONS

COMMUNICATIONS FROM COACHES

Weston Swimming strives to maintain strong and open communication with our swimmers and our swimming families. At the beginning of the season (September), we hold a mandatory parent meeting to enable our parents to meet the coaches, hear details about the program and volunteer expectations, and ask questions.

During the rest of each season, our coaches communicate as follows:

- **Email:** This is our primary method of communication. When registering for the season, families are asked to provide a primary email address. It is important to inform our registrar and website coordinator of any changes to your email address so that you can receive emails from the team. Please check your e-mail often!
- **SportsYou:** Each squad has a SportsYou group where information regarding practice, meets etc. is shared. This is also used for last-minute communication so please ensure you (and your swimmer) are signed up for the correct squad. Please join the SportYou group for your swimmer's squad. Please join your swimmer's squad. The SportsYou codes are:

Blue	DPFNL27T
Gold	U2FX7WEV
AG1	EP2QKBZ9
AG2	G5PCSPWD
AGP	JVLHEM78
AGP+	To be provided
SR1	ZVLKZRM7

SR2	76HNZNM4
SRP	QADTKWMD

- **Team Website:** The team website is www.westonswimming.org. As noted above, this website is updated on an ongoing basis and includes information about meets, meet sites, volunteer requirements and other important items. Please check the website on a regular basis for team updates.
- **Social media:** We will post pictures and updates from team events and meets to the following social media pages:
 - **Facebook:** <https://www.facebook.com/westonswimming/>
 - **Instagram:** @westonswimming

COMMUNICATIONS TO COACHES

Preferred Methods: To speak with a coach, please use email. Telephone or in-person appointments can be available upon request.

Practice and Meet Etiquette:

- **During Practices/Meets:** Avoid interrupting coaches, except in emergencies. Coaches are focused on guiding all swimmers.
- **Personal Matters:** Discussions about individual concerns should not take place during practice or swim meets.

Addressing Concerns:

- **Scheduling a Conversation:** For personal concerns or issues, please schedule a conversation outside of practice and meet times.

- **Alternative Contacts:** If needed, concerns can also be directed to a board member.

GRIEVANCE POLICY

Your safety is paramount to Weston Swimming. If you experience or witness actions or events that concern you or make you feel uncomfortable, it is important to talk to someone about it.

A swimmer, parent, or coach can bring forward a complaint or concern by reporting it to the Head Coach. You can also make a report to the Board President. If you do not feel comfortable making the report to those individuals, you can contact any other member of the parent Board. You can also raise concerns directly with Connecticut Swimming or USA Swimming.

SWIM MEETS

All competitive team swimmers may participate in meets. Weston Swimming participates in USA Swimming meets. USA Swimming, based in Colorado Springs, Colorado, is the National governing body for competitive swimming. USA Swimming selects the teams for all international meets, including the Olympics. The organization is organized into 56 regional Local Swimming Committees (“LSCs”), which follow the same technical rules but, in many respects, operate independently. Our LSC is CSI and is run by parent volunteers. If you are interested in becoming active in CSI, contact the team president or go to the Connecticut Swimming website, which can be accessed through a link on the Weston Swimming website.

USA Swimming publishes a yearly rulebook containing all the swimming rules, national time standards, and other useful information. If you would like to obtain a copy, you can download one for free at www.usa-swimming.org.

DESCRIPTION OF SHORT COURSE AND LONG COURSE MEETS

Fall/Winter meets are called Short Course (“SC”) meets because meets are held in 25-yard pools and all distances are measured in yards. For example, a "50 free" during SC is freestyle for two lengths of the pool, with one “turn” at the end of the first 25 yards.

Spring/Summer meets are called Long Course (“LC”) meets because the meets are held in 50 meter pools and all distances are measured in meters. For example, a "50 free" during LC is freestyle for one length of the pool and a “100 free” is freestyle for two lengths of the pool, with one “turn” at the end of the first 50 meters.

USA SWIMMING MEET INFORMATION

USA Swimming meets make up the majority of the meet schedule. Swimmers compete in an age category based on their age the first day of the meet. These meets include many teams and can

include 500+ swimmers. USA meets can be a half a day, one day or more. More information about the types of meets we enter can be found in the Parent Handbook online.

MEET REGISTRATION- OPT IN TO SWIM!

We post meet registrations at the beginning of each season. These are managed through our website, Commit Swimming. You will need to log into your account and review the meets the coach has registered your swimmer to enter. If you plan to attend a meet, **you must OPT IN** through the Commit Swimming platform. The **default** for our system is that **you are opted out and will need to take action in your Commit Swimming account to affirmatively note your swimmer will attend.**

Please note: Your swimmer will **not be automatically entered into every meet relevant to his/her age group** by your swimmer's coach. It is **your responsibility to OPT IN** to any meets your swimmer plans to attend. We will provide more information on how to use the online system through Commit Swimming. Meet entry fees and travel surcharges will be noted with information for each meet. Additionally, deadlines for opting into meets will be listed on the website. **If you do not opt in to a meet by the registration deadline date noted, you will not be entered into the meet.**

USA meet entries cost from \$5-\$20 per event - please refer to individual meet announcements for cost. Additionally, for all meets, there will be a travel meet surcharge. See additional information regarding travel fees on our fee schedule.

You can choose to swim only one day of a two-day meet. Please note: Some two-day meets may actually be a one-day meet/age group (i.e., the meet lasts two days but there are different age groups swimming on each day). You will need to specify the days/sessions in the 'notes' section of your swimmer entry.

The coaches determine which events each swimmer will participate in. Usually this will consist of 3 or 4 individual events and sometimes includes a relay. Meets are sometimes oversubscribed, resulting in the meet host cutting the number of swimmers that can compete in a particular event

or entire relay events. The coaches have no control over the decisions made by meet hosts to cut swimmers, events or entire teams from meets. In these circumstances, the coaches may identify a substitute meet for the swimmers to attend.

We will have a training session on how to use the meet entry system at the start of the short course season.

REPORTING TIMES FROM MEETS

If electronic touch pads are used at a meet, they provide the "official" time. Buttons and manual watches are used only for backup. When watches are used, the middle of the 3 times is the official time. Official results are posted periodically on a wall usually near the locker rooms or the spectator area so you can see how your swimmer did.

You can track your swimmer's times online on their USA Swimming profile. There is also an app called "Meet Mobile" you can use (often in real time during a meet) for purchase in the iPhone/Android app store. Many of the meets we attend will use Meet Mobile to list the events and heats your swimmer is in, and report times during the meet.

MEET CONDUCT

The coaches require that all swimmers sit with the team in the team area at all times between events. Team spirit is an important element of any team, so we expect swimmers to support their teammates by cheering, offering congratulations, and being positive. In addition, we expect each swimmer to be a great representative of Weston Swimming, and thus to show respect for the meet officials, the other teams and the coaches.

Video and pictures are allowed at swim meets as long as you disable your flash and do not stand in front of other coaches, safety marshals, timers, or officials during the meet. This is based on USA Swimming rules and regulations and MUST be adhered to at all times.

A TIMELINE OF EVENTS & MEETS will be provided as soon as it is available.

PARENT/GUARDIAN POLICIES

Please abide by the policies set forth below as they are necessary to provide the best experience and environment for your children at practices and meets.

POOL DECK

Please remember that families are not allowed on deck during tryouts or during the season because it is disruptive and distracting for all swimmers and coaches. More importantly, the team is not insured for anyone on deck other than a USA registered athlete or registered non-athlete.

PRACTICES

Please commit to get your child to practice on time. Children should be on deck ready to swim 5 minutes before scheduled practice or meet warm-up times. Children should be dropped-off and walk on deck no more than 5 minutes before practice and picked up no later than 10 minutes after practice.

PRACTICE VIEWING

Families may watch practice from the pool balcony, although we reserve the right to restrict access to the balcony if we deem it necessary. The balcony will be **open during all regular season practices**. However, please do not coach your child from the balcony or otherwise distract your child from practice. Please sit back and do not stand at the railing or try to communicate with your swimmer while they are on deck. Videotaping, taking pictures, or other distracting behaviors during practice is NOT permitted at any time.

SWIMMERS NEEDING TO BE PICKED UP MID-PRACTICE

If you receive a call from a Coach that your swimmer needs to be picked up early from practice for any reason (medical/health, disciplinary), we will **not** release your swimmer to the front of the school for pick-up. **You will need to come to the courtyard and pick up your swimmer** so we can be sure that they are picked-up without coaches leaving the pool deck.

PRACTICE CANCELLATIONS

Practice cancellations are infrequent but will be notified via SportsYou and the email addresses provided at the time of registration. Some cancellations can be last minute, particularly during inclement weather. Email and SportsYou are our most reliable forms of communication. When in doubt, please check SportsYou and your emails prior to taking your swimmers to practice.

LIGHTNING/THUNDER/SNOW

We are required to close the pool and the pool deck in the event of thunder or lightning. Therefore, parents **MUST** pick-up swimmers **EARLY** if a storm occurs **DURING** practice times.

In the case of snow, if there is a delay in school opening, there will be no morning practice and if there is an early dismissal or school is closed for the entire day, there will be no morning or afternoon/evening practice.

Parents are responsible for swimmers when the pool is closed. If the weather is questionable, please check your emails for practice cancellations prior to taking your children to practice.

PARENT CODE OF CONDUCT

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. All families were required to read the Parent Code of Conduct and agree to abide by it at the time of online registration. This code applies to all team parents/guardians.

The Weston Swimming Parent Code of Conduct is as follows:

As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team.

I (the parent of a Weston Swimming athlete), 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, observing practices, 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 respect the integrity of the officials.*
- 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 direct my concerns first to the Head Coach, then, if not satisfied, to the Weston Swimming Board President.*
- I agree to undertake the SafeSport 'Parent's Guide to Misconduct in Sport' course.*
- Parents who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.*

HOW TO HELP YOUR SWIMMER REACH THEIR POTENTIAL

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment, and hard work.

- Represent Weston Swimming with excellence, respect, team spirit, good sportsmanship, and politeness. Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time.
- Strive to build confidence in your swimmer. Support our philosophy of creating independent swimmers in order to develop athletes who possess a strong sense of confidence, self-belief, resilience and self-reliance. Encourage swimmers to carry their equipment, pack their bags, and take responsibility for their sport.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups. Share the burden among parents by volunteering to help at meets.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents - Parent.
- Do not coach your child at practice, during meets, or outside the pool. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Help your children learn values and positive character traits that will sustain them throughout their lives. When it comes to loving and supporting your child, particularly in public, winning and losing make no difference.
- Do not compare your swimmer to others in the pool, other teams, or siblings. Every swimmer is different and develops differently and independently from one another. Our coaches design and develop their program structures with a lot of thought, research, and experience behind it. Our mission as a club is focused on your swimmer's long-term development and building them into well rounded athletes.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.

- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child and do not expect a best time or best times at every meet.
- Get involved....be an official, help time, plan a group social. Find something you enjoy.

PHOTOGRAPH POLICY

There has been much talk about whether it is safe to have images taken of children participating in sports. While the great majority of images are appropriate and are taken in good faith, it is a fact that images can be misused and children can be put at risk if common-sense procedures are not observed.

We will only publish a photograph of swimmer under 18 either on a notice board, in a published article or video recording (including video streaming) or on social media with parents' consent. **You are considered to have provided this consent unless you opt-out** by emailing compliance@westonswimming.org. Parent/Guardians have the right to change their permission status at any time.

In the case of meets and other competitions where the host club has an official photographer present, all parents attending should be made aware of this in the hosts' meet information. If photos are to be published anywhere, the individual parent should be given the opportunity to withhold their consent.

All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit.

- **USA Swimming prohibits photographing swimmers while they are behind the swimming blocks. Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.**
- Photographs should not be taken in locker-rooms or bathrooms.
- Minor athletes should not be "tagged" in social media posts.
- Athletes' full names should not be used in social media posts.

TIMING POLICY

We need a community to fulfill our team volunteer requirements at meets and we look to you to help. Providing volunteers, typically timers, is a requirement of entry. If our team does not provide the required number of timers, we may be financially penalized and gain a questionable reputation!

Timing Requirement:

Each swimmer's family is required to time a minimum of 3 timing shifts per swimmer per season (i.e., 3 shifts for short course and 3 for long course).

This is a minimum requirement, and you may be asked to time more shifts. The more meets your swimmer attends, the more timing you should expect to do! In addition, please note that if we hold our own meet, everybody with a child participating will be expected to volunteer to make it a success – roles will include timing, lane organizers, marshals, concessions and more.

Most timing shifts are between 1-3 hours (and we endeavor to split any sessions over 2 hours between multiple timers). It is often the best way to view and follow the action, especially for meets for younger age groups, which can be very busy with spectators, and a great way to learn more about swimming.

If you undertake significant alternative volunteer work for the team, this may, at the discretion of the parent board, be considered to have fulfilled your timing requirement.

***The minimum requirement excludes timing your own swimmer for distance races. If you cannot time for your child during their distance event, you must contact a coach ASAP for alternate timing options, or your swimmer will not be eligible to compete ***

It also excludes Championship meets, finals and travel meets

Who Can Time:

Anyone over the age of 18 is eligible to time. This includes older siblings, family friends, sitters or grandparents. No experience is necessary! The meet hosts always hold a timers' meeting before each session, to explain the role and what to do. We will also provide team training opportunities to those who may find it helpful.

How to Sign up to Time:

At the beginning of each season, once the meet schedule is confirmed, online timer job sign-up sheets will be created on Commit. These will be based on the published meet information, but exact times and sessions may be subject to change.

We recommend that you sign up for your preferred sessions via Commit as soon as you know which meets your swimmer(s) will be attending. Voluntary sign-up will generally close 4 days before the meet starts (for a typical weekend meet, on the Monday before). If you have signed up and can no longer attend, you must change your sign up before that date, or you will be responsible for finding a replacement.

For the purposes of planning, we will assume that the team needs to provide 3 timers for each session, which means we will seek 6 volunteers, to allow us to split the session into 2 shorter shifts. If the actual requirement is more, we will assign shifts (see below). If the actual requirement is less, we will choose who to use based on timing shifts already completed.

If we do not have the required number of sign-ups for any particular session, we will aim to assign shifts 3 days before the meet starts (for a typical weekend meet, on the Tuesday before). Assignments will be based on when swimmers are in the pool and the number of timing assignments already completed during the season. You will not be assigned to time at a meet which your swimmer has declined.

If you are unable to fulfil a timing shift for which you have either previously signed up or to which you have been assigned, it is your responsibility to find a substitute and let us know as soon as possible. It is not the job of the timing coordinator or the coaches to find you a replacement.

You must arrive at the meet in sufficient time to sign-in with the meeting organizers and attend the timers' meeting. If you will be arriving late to a meet, it is your responsibility to find someone to cover until you arrive (including by signing in with the organizers). You must then relieve your cover timer when you arrive. If you arrive after the timers' meeting, you may be charged \$125 for a missed session (see below).

Timers are allowed to swap time slots and/or lanes with other timers at the meet.

If for any reason you time at a meet at which you were not originally signed-up, it is your responsibility to notify us, in order to make sure you are credited with the session.

Penalty for Failing to Comply with Timing Requirement:

Failure to fulfil your timing requirements over a season may result in a penalty of \$125 per shift.

If a family does not complete a timing shift for which they have volunteered or been assigned, and fails to find a replacement timer, they may be assessed a \$125 penalty per shift.

If a meet host applies a penalty to the team as a consequence of your failure to complete a timing shift, we reserve the right to require you to pay that penalty, in addition to the team penalty.

Opt-Out

If a family knows that they will be unable to meet the minimum timing requirements, we offer the following timing buyout options:

\$250: Opt-out short course season

\$250: Opt-out long course season

\$500: Timing opt-out for full year

Opt-outs exclude Friday distance events, when swimmers must provide their own timer, and championship meets. If you are interested in these options, please contact us at treasurer@westonswimming.org.

ATHLETE CONDUCT

GEAR & SWAG

As a team, we wear **navy Arena brand racing suits for all meets**. This is your swimmers' "uniform," and it is expected that they will wear a navy Arena suit for all meets. ***The only exception is when older swimmers wear a technical racing suit.*** Our partner supplier is Metro Swim Shop, and you can visit the shop in Norwalk or find the items online at metroswimshop.com

All swimmers will receive a team T-shirt and two personalized team caps at the start of short course season.

We also have assorted apparel and gear at swimoutlet.com. We will typically offer other swag, such as team-branded towel pants, jibbitz (for crocs), towels, water bottles, hats and car magnets, at times throughout the year.

ATHLETE CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish consistent expectations for athletes' behavior. All families were required to read the Athlete Code of Conduct and agree to abide by it at the time of online registration. This code applies to all team athletes.

The Weston Swimming Athlete Code of Conduct is as follows:

I (the Weston Swimming athlete), agree to the following statements:

- *I will always respect and show courtesy to my teammates and coaches.*
- *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 attend all team meetings and training sessions, unless I am excused by my coach.*

- *I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities*
- *I will be respectful of my teammate's feelings and personal space.*
- *I understand that the team has a zero-tolerance approach to bullying.*
- *Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.*
- *I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.*
- *If I disagree with an official's call, I will talk with my coach and not approach the official directly.*
- *I will obey all team rules and policies and have regard to SafeSport principles.*
- *I will also 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 and the swim club's board of directors.

LOCKER ROOM CODE OF CONDUCT

All team members and their families are required abide by our Locker Room Code of Conduct. The code applies to deck and locker room areas at any pool where the team is present.

Please be aware that athletes' access to the locker rooms is a privilege, not a right, and can be withdrawn from individuals, practice groups, or the entire team if deemed necessary by the Head Coach or the parent Board.

Prohibited Items: Use of cell phones, cameras, and video recording devices in locker rooms is strictly forbidden. This applies to all venues, not just our home facility.

Time Management:

- **Before Practice:** Swimmers should not be dropped off more than 10 minutes prior to their scheduled practice time.
- **After Practice:** Swimmers are expected to spend no longer than 10 minutes in the locker room changing after practice.

Locker Room Supervision:

- **Team Responsibility:** Coaches are only responsible for swimmers on the pool deck.
- **Monitoring Policy:** Locker rooms are checked before practice and again no later than 15 minutes after practice ends. This policy ensures that swimmers vacate the locker rooms promptly and that the area remains secure. Access is limited to swimmers, coaches, approved personnel, and parents/guardians *under specific circumstances*.

Courtyard drop-off & pick up: If a parent does NOT want their child to use the locker room for any reason, the swimmer can be dropped off in the courtyard adjacent to the Middle School pool. Please walk to the glass doors and enter the pool deck directly. Your swimmer can then exit the pool deck back to the courtyard area. NOTE: For security purposes, these doors may be kept closed and locked. Please knock and a coach will open the doors to let your swimmer in.

Parental Access: Parents are generally **not allowed in locker rooms** except in emergencies, in line with USA Swimming SafeSport guidelines. This includes use of restrooms. It is very important for the safety and comfort of all our athletes that everyone complies with this rule. If a swimmer needs assistance due to injury or disability, parents should inform the coach in advance.

We will have one locker-room walk-through day for anyone who wants to walk through the locker room with their swimmer to the pool deck to show them the route to the pool deck. Date/Time to be announced!

Independence for Young Swimmers: We encourage teaching swimmers to dress independently as early as possible. Special arrangements for drop-off and pick-up can be made with the coaches.

Consequences of Non-Compliance: Failure to adhere to this Code of Conduct can result in disciplinary actions, including potential dismissal from the team.

ANTI-BULLYING POLICY

Bullying of any kind is unacceptable at Weston Swimming and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. Weston Swimming is committed to providing a safe, caring and friendly environment for all of our members.

If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively.

Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

FINANCIAL RESPONSIBILITIES AND TEAM FEES

Weston Swimming is a year-round competitive swimming program. Our yearly training fee includes both the Short Course (approximately October through March) and Long Course (approximately April through July) seasons and runs roughly from September 1 through July 31. We do not offer prorated fees for swimmers who join after the official start of our program on September 1. Similarly, we cannot refund fees for swimmers who choose to leave the program before its conclusion in July.

There are two components to our fees. All families must pay a registration fee of \$850 upon registration. This fee is non-refundable and serves as a deposit towards the training fee. New this year, families that register by July 1, 2026 will receive \$50 off the registration fee (amounting to \$50 off the total training fee). Each family must also pay a training fee which varies based on the assigned group- please refer to the chart below. This fee can be paid as one lump sum (for an approximate 2.5% discount if paid by September 1, 2026) or broken down into six equal monthly payments, auto-charged on the first of each month (from September through February).*

Our regular registration period ends on September 1, 2026. Registrations after September 1 will incur a late-registration fee of \$100. Additionally, single lump sum payments after September 1 will not receive the pay-in-full discount referenced above. Families that register after September 1 and choose an installment plan must make any applicable “catch up” payments upon registration for months already charged.

Group Training Fees

Group	Total Fee (includes registration fee)
Blue	\$1525
Gold	\$1770
Age Group Development	\$2115

Age Group 1	\$2480
Age Group 2	\$2480
Age Group Performance	\$3535
Age Group Performance Plus	\$3750
Senior 1	\$3535
Senior 2	\$4155
Senior Performance	\$4155

Other Groups:

- **Pre-team-** Weston Swimming runs three 10-week sessions of preteam each calendar year (with sessions typically beginning in September, January, and April). Preteam is for children ages 6-9 who can swim independently but are not yet ready for competition. Each session of preteam is \$400 with payment due in full at time of registration. Families may purchase a year-long preteam “membership” for \$1,000 that includes all three sessions for a \$200 savings.** Please contact our registrar, Sara Samuels (registrar@westonswimming.org), prior to registration to take advantage of the team membership.
- **Alumni-** Weston Swimming welcomes our college-age alumni to join senior level practices during the winter holiday and summer breaks. Alumni must register at westonswimming.org and pay a yearly membership fee of \$500. The membership entitles the swimmer to attend unlimited practices during one winter holiday break session and one summer break session.

Mandatory Additional Fees:

- **USA Swimming Registration-** all members of Weston Swimming must maintain a current premium athlete membership with USA Swimming, the cost is \$89 (before taxes and fees) per year and is payable directly to USA Swimming. Pre-team swimmers are also required to register with USA Swimming but may choose to purchase the lower cost “flex” membership for \$30 (before taxes and fees). Upon promotion to our competitive program, pre-team swimmers must upgrade to a full premium athlete membership.
- **Meet Fees-** once the registration deadline for a particular meet has passed, Weston Swimming is obligated to pay meet fees to the host, regardless of whether a particular swimmer actually attends the meet. As such, meet fees are non-refundable, even in the event of swimmer illness. Meet fees are generally autocharged to the credit card on file on the first of each month, but Weston Swimming reserves the right to charge meet fees at any time after they have been paid to the meet host.
- **Travel Fees-** when the team attends a meet, a travel surcharge will be added to the meet fees for each swimmer entered in the meet. This helps us to cover our coaches’ travel expenses. The fees are based on primarily on travel distance, as follows:

Meet Location	Travel Fee
<i>Non-Championship Meets</i>	
Fairfield County	\$5
New Haven County	\$15
All other CT Counties	\$35

<i>CT Championship Meets</i>	
Regionals	\$25
Seniors and Age Groups	\$50
<i>Other</i>	
Travel Meets and Out of State Meets	\$100

Applicable travel fees are noted in the meet entry information and are included as a line item in meet fee invoicing.

- Optional Events- Weston Swimming hosts various events throughout the year for its membership, some for a nominal fee. Participation in these events is voluntary and swimmer accounts will only be billed with prior notice and family opt-in.

Payment Methods:

All members of Weston Swimming must maintain a valid payment method (credit card or bank account) on file (via the Commit Swimming platform) at all times. Processing fees apply to all transactions in the following manner:

- Credit cards- 3.7% + \$0.02 per transaction
- ACH (bank account)- 1.7% per transaction

Late Payments:

Any account that is past due for 14 days may be subject to a late fee of 5% of the outstanding balance. Additionally, swimmers with accounts more than 14 days overdue may not be eligible to practice or participate in meets at the sole discretion of the Head Coach and the Board.

*If registering prior to 9/1/25, only the registration fee will be collected. The remainder of the training fee will be charged beginning 9/1/25 (either in full or in monthly installments, as elected at registration)

**If a preteam swimmer with a year-long membership moves to the competitive team, preteam fees already paid will be applied to the new competitive training fee.