

**CURRENT**  
**THE CURRENT**  
**NORTH**



**TEAM HANDBOOK**



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## I. OVERVIEW

### A. ABOUT US

Commonwealth Current North (CS North), formerly SOLO Aquatics, founded in 2006, offers year-round competitive swim and dive programs to athletes between the ages of six to twenty-one out of six (6) facilities located in Massachusetts and New Hampshire. CS North prides itself on providing athletes with quality coaching in modern facilities to create a motivating and exciting environment in which to train, strive for excellence, pursue their dreams and enjoy their sport. A Safe Sport recognized member of USA Swimming, we are committed to providing a healthy and positive environment free from abuse for all our members. The CS North competitive team is registered with New England Swimming, while SOLO Diving is registered with USA Diving and AAU Diving. The teams participate in meets at the local, regional, national and international levels to provide appropriate and relevant competition opportunities to our athletes.

### B. MISSION STATEMENT

To inspire individual swimmers and divers to work as one unified team in a safe and supportive environment in the pursuit of excellence in sport and in life.

### C. COACHES AND STAFF

Our roster of coaches boasts some of New England's most distinguished and recognized swimming and diving professionals. Their diverse mix of skills, experiences and perspectives ensures our athletes and parents have access to the training resources they need to pursue their goals. In addition, CS North offers outstanding off-deck resources to assist with non-coaching related matters (e.g., registration, billing, technology) and ensure an outstanding experience in all aspects of your relationship with CS North. Please see below for more details about the resources available to you as a CS North Team member.

Meghan Hollingsworth: Executive Head Coach and CS North Team Owner	Harrison Hollingsworth: Head Coach, Site Lead (Exeter); National Team Dir.	Ian Rowe: Associate Head Coach, Site Lead (Haverhill)
Paul Mueller: Assoc. Head Coach, Site Lead (Dover); Meet Operations	Chelsea Foley: Assoc. Head Coach, Site Lead (Salisbury); Development Dir.	Rebecca Driscoll: Head Diving Coach (Haverhill)
Nicole Benson: Assistant Coach (Exeter)	Hannah Deschenes: Assistant Coach (Exeter)	Sean Glasheen: Assistant Coach (Haverhill)
Thomas Phillips: Assistant Coach (Haverhill & Salisbury)	Gina Trombly: Assistant Coach (Haverhill & Salisbury)	Dan Reilly: Assistant Coach (Salisbury)
Nicole Ciancarelli: Assistant Coach (Dover)	Natalie Gould: Assistant Coach (Dover)	Cecilia Lim: Assistant Coach (Dover)
Jess Nyby: Assistant Coach (Dover)	Mary Ellen Tynan: Team Registrar & Administrator	Jocelyn Carroll: Safe Sport Coordinator

### D. FACILITIES

CS North maintains training schedules at six facilities. Our two primary facilities, available year-round, are Haverhill High School (HHS) and the Dover Indoor Pool (DIP). Choice Fitness Elite-Salisbury (CFE-S) and Phillips Exeter Academy (PEA) are reserved for select training groups. Summer training is offered at

Jenny Thompson Pool (JTP) and Bradford Swim Club (BSC). Please see below for a complete list of current facilities, their address and months of operation. Please consult the *Calendar/Practice Schedule* on our website for more information about practice dates and times.

● Haverhill High School	137 Monument St, Haverhill, MA 01832	All Months
● Choice Fitness Elite Salisbury	191 Elm St, Salisbury, MA 01952	All Months
● Dover Indoor Pool	9 Henry Law Ave, Dover, NH 03820	Sept. - June
● Phillips Exeter Academy	55 Court St, Exeter, NH 03833	Sept. - May
● Jenny Thompson Pool	150 Portland Ave, Dover, NH 03820	June - Aug.
● Bradford Swim Club	328 Salem St, Haverhill, MA 01835	June - Aug.

## II. COMPETITION PROGRAMS

### A. WHAT WE EXPECT FROM YOU

Like most worthwhile endeavors, the sports of swimming and diving involve commitment and an investment of time and effort on the part of the athlete and their parent(s). This commitment is to themselves, their teammates and their coaching staff. As a competitive swim & dive team with National-level aspirations, CS North expects the following from each athlete and their family:

#### 1. Registration

athletes who wish to participate on CS North's competitive swim or dive teams must complete the registration process for the season(s) in which the athlete plans to participate. athletes must also be members in good standing of the respective sport's governing bodies. See Section III-A.1 Governing Body Registration for more information.

#### 2. Commitment to the Season(s)

CS North operates on a eleven month *schedule* that begins annually on the first day of September. This schedule is segmented into two *seasons* - Short Course (1 September through end March) and Long Course (6 April through end July<sup>1</sup>). A one-week break will be observed from 30 March 2025 - 6 April 2026. There is no scheduled training during the month of August.

At the time of registration, athletes will be given applicable commitment options. By registering with a CS North competition team, athlete(s) commit for the entire duration of the chosen commitment period. If an athlete wishes to leave the team before the end of the commitment period, the remainder of the balance owed will be charged to the family's account.

As we realize plans can change, those athletes who commit to the September-March season will be provided the opportunity to continue with the team through the long course season. In early March, families will receive a form to opt in or opt out of the long course season. Families must submit this form by the designated deadline or their accounts will be cancelled. If after the cancellation, they wish to rejoin the team, a new registration fee will be charged.

1. The exact date of each athlete's final meet of the Long Course season will be determined by eligibility for USA Swimming Junior Nationals & Eastern Zones, typically the first week of August.

#### 3. Training Group Expectations Compliance

As part of the commitment to CS North, teammates and the sport, athletes and parents who join a CS North Competition Group agree to accept accountability to know and comply with the *minimum* expectations for their assigned training group in order to remain in good standing. These expectations include knowledge of and compliance with scheduled training days, hours of training, and assigned facility. See *Section II-B: COMPETITION PROGRAMS - TRAINING GROUPS* for more general information.

#### 4. Meet Work Assignments (Swim Meets)

- a. CS North Hosted Home Meets (Haverhill & Dover pools) - CS North offers home swim meets in order to provide our athletes with additional competition opportunities that don't require travel to better manage overall costs for all team members. In order for CS North to be able to provide these local opportunities, registered families commit to fulfill a minimum of one (1) full session assignment per home meet in which their athlete is entered. Note, additional job assignments may be required based on availability of resources.
- b. Away Meets - When participating in away meets, CS North and other participating teams are often subject to fulfill work assignments as assigned by the host team. As a result, families of swimmers entered in away meets may be required to fulfill a work assignment. Information pertaining to those meets will be provided as applicable.
- c. See *Section III-D: ADMINISTRATION – MEET WORK ASSIGNMENTS* for details.

#### 5. Communication

Great communication between athletes, parents and coaches is key to a successful experience with CS North. CS North's Site Leads want you and your athlete to be informed, have a good experience, and be excited about our program and all the opportunities we offer. It is important that parents of CS North Competitive Team athletes understand and engage in the process to support their athlete by developing healthy relationships with their coaches.

We encourage you to message your athlete's lead coach directly through the website when you have a specific question or concern regarding your athlete. Most questions are answered quickly at this level. While you may have the personal phone number of your athlete's coach, we ask that utilizing text messages be limited to those matters where immediate responses/solutions are required, such as time sensitive meet communication. If you need to set up a meeting with your coach, please set up a time for a face to face meeting rather than discuss the concerns by text or phone call. If you need additional assistance, especially regarding administrative matters, please email CSNorthregistrar@gmail.com.

Aside from direct communications and interactions, Coaches and Administrators use several additional methods to communicate with families. We strongly encourage you to become familiar with and appropriately utilize each of these communication tools.

- a. **Weekly Emails:** Sent to the email address associated with your CS North account. These are your primary source of information for items like training schedules, meet information and general team news. Please read them carefully. It is the Account Holder's responsibility to ensure that correct and updated email addresses are kept on file.
- b. **Team Emails:** Help keep you informed on CS North opportunities and items of interest. These generally contain program wide information and are sent on an *as needed* basis, primarily from the Head Coach, Site Lead Coach or Team Administrator. Please read all emails carefully and be sure to take any required actions outlined in the emails. It is the member's responsibility to ensure that correct and updated email addresses are kept on file.
- c. **Parent Resources:** Please familiarize yourself with the "Parent Resources" section of the CS North website. It contains a wealth of information. CS North also has an active presence on X (@commonwealthcurrentnorth), Facebook, and Instagram (@commonwealthcurrentnorth).

## B. TRAINING GROUPS

CS North offers a total of eight competitive training groups: five for swimming and three for diving. Criteria have been established to guide the placement of athletes into the group that best aligns with their current capabilities, competition goals and level of commitment.

## 1. Competitive Swimming Groups

CS North offers five competitive swimming groups. The following section outlines the established criteria for each group along with Practice Requirements, Additional Equipment Requirements, Meet Participation Expectations, and general guidance on age ranges.

### a. INTRO - (Generally 6 - 12 years of age)

Intended for younger swimmers with some skill and experience who wish to compete. Must demonstrate the ability to swim all four strokes legally. Focus is on stroke fundamentals and development of starts and turns. Swimmers will gain the skills and confidence to prepare for competition in a fun and friendly environment. Meets are offered and encouraged.

**Practice Requirement: 3 days/week**

**Additional Equipment: N/A**

**Meets: Home - encouraged**

### b. AGE GROUP - (Generally 8 - 12 years of age)

For swimmers whose skill and experience levels are advanced beyond the Intro level, including some competitive experience. Focus is on continued stroke development and improvement of starts and turns. Athletes will be introduced to interval training and race strategies. Swimmers will begin to develop an endurance base in addition to extensive technique work. They will also enhance their skills and confidence to prepare for competition in local and regional meets.

**Practice Requirement: 4 days/week**

**Additional Equipment: Fingertip Paddles, Snorkel**

**Meets: Home - required**

### c. JUNIOR - (Generally 11 - 14 years of age)

Designed to transition the competitive swimmer from Age Group to Senior level swimming. Extensive stroke technique and fundamentals of competitive swimming will be stressed. Training sessions will focus on a progressive system of endurance development and preparation for more advanced levels of competition. Some on-deck dryland sessions are offered in addition to the in-water training.

**Practice Requirement: 5 days/week**

**Additional Equipment: Fingertip Paddles, Snorkel, Fins\***

**Meets: Home Meets - required; Away Meets - encouraged**

### d. SENIOR - (Generally 14 - 18 years of age)

Ideal for competitive high school swimmers with extensive competitive swimming experience who seek to achieve New England Swimming Senior Championship qualifying times as well as athletes that wish to remain in shape for high school swimming. This program stresses the establishment of proper stroke technique and solid fundamentals as a base on which we build a program of intense and diverse endurance training focused on preparing swimmers for advanced levels of competition, up to and including New England Swimming Age Group Championships. Some on-deck dryland sessions are offered in addition to in-water training. While the group allows flexibility to participate in other sports and activities, Senior swimmers' goals and actions should reflect USA Swimming's core objectives: *to build, promote, and achieve competitive success.*

**Practice Requirement: offered (not required) 6 days/week**

**Additional Equipment: Paddles\*, Snorkel\*, Fins\*, Drag Sox\*, Tempo Trainer\*, Parachute\*, Yoga Mat, Jump Rope, Tennis/Lacrosse Ball**

**Meets: Home, New England End-of-Season (Highest Level) - required; Away - encouraged**

**e. ELITE - (Generally 14 years of age and older)**

Reserved for swimmers who have extensive experience in competitive swimming and have demonstrated the ability and willingness to make a serious commitment to achieving their full potential. This program stresses the establishment of proper stroke technique and solid fundamentals as a base on which we build a program of intense and diverse endurance training focused on preparing swimmers for advanced levels of competition including NE Swimming Senior Championships and above; as well as competing collegiately after their high school years. Elite practices are offered eight times per week as well as including dryland sessions in addition to the in-water training. Athletes in this group will be held to a higher standard of attendance and commitment and are expected to be positive, hard-working representatives of CS North and USA Swimming. The goals and actions of Elite swimmers should reflect the core objectives of USA Swimming: *to build, promote, and achieve competitive success.*

**Practice Requirement: 6-9 sessions/week (Includes Dry-land training)**

**Additional Equipment: Paddles\*, Snorkel\*, Fins\*, Drag Sox\*, Parachute\*, Yoga Mat, Jump Rope, Tennis/Lacrosse Ball**

**Meets: Home, NE Senior Championships, All National-level - Required, Away - encouraged**

**f. NATIONAL TEAM**

Members of the *Elite Group* who qualify for USA Swimming (USAS) Futures Championships and above will be named to the CS North *National Team*. National Team members will receive Specialty Speedo team outfitting, custom specialty caps, Techsuit support, as well as travel assistance for national events. Athletes in this group will be held to the highest standard of attendance and commitment and are expected to be positive, hard-working representatives of CS North and USA Swimming. The goals and actions of CS North National Team swimmers should reflect the core objectives of USA Swimming: *to build, promote, and achieve competitive success.*

**2. Competitive Diving Groups**

CS North offers five competitive swimming groups. The following section outlines the established criteria for each group along with Practice Requirements, Additional Equipment Requirements, Meet Participation Expectations, and general guidance on age ranges.

**a. WHITE - (Generally 8 - 18 years of age)**

The White Team is for novice divers looking to maintain/improve their skills. This group serves as a PreTeam/Lesson group. The time block is great for a solid introduction to the sport of competitive diving. It is also helpful for high school divers or summer divers looking to maintain skills between seasons. Meets are not offered.

**Practice Requirement: 2 hours/week**

**Meets: None**

**b. SILVER - (Generally 8 - 18 years of age)**

The Silver Team is for divers who want to experience more opportunities on the board. The increased time will allow divers to practice learned dives and also allow quicker acquisition of new skills. This group will have the opportunity to compete in local meets and qualify for national events.

**Practice Requirement: 4 hours/week**

**Meets: Local - encouraged**

**c. BLACK - (Generally 9+ years of age)**

The Black Team is for experienced divers looking for a year-round competitive atmosphere. Practices include increased board time as well as dryland training for strength and conditioning. This group will also have the opportunity to compete in local meets with the goal of qualifying for national events.

**Practice Requirement: 8 hours/week**

**Meets: Local & National - expected**

### 3. Training Group Assignments

Training Groups are determined by the coaching staff on a case by case basis. athletes will be informed at the start of each season of the Training Group to which they have been assigned. Promotion to subsequent levels will be offered when deemed appropriate. athletes or parents who have questions or wish to discuss the Training Group assignment may do so by speaking with their current coach.

### 4. Training Group Equipment

All swimming competition groups,athletes are required, at a minimum, to obtain and bring to practice a kickboard, pair of fins and pull buoy. Additional equipment may be required, depending on the Training Group assignment, as outlined below. Items marked with an asterisk (\*) represent upgraded equipment levels with specified brands/models.

## C. TEAM APPAREL EXPECTATIONS

In order to create a unified team identity and further the interests of the CS North family, all athletes are required to wear *only authorized CS North apparel at all competitions*. Apparel, whether provided to or purchased by the athlete, should be well maintained, cleaned and free of logos, text, or other additions not authorized by CS North .

#### 1. CS North Team Suit

All CS North team members are required to obtain a CS North team suit. Approved suit options are available through the CS North Team Store.

#### 2. Apparel Provided to athletes

To help foster and promote the above objective, all athletes will receive annually with their completed registration the following CS North Team apparel: two (2) *CS North Team Shirts* and two (2) *CS North swim caps* (one (1) silicone and one (1) latex). New members to the team will also receive one (1) *mesh bag*.

## III. ADMINISTRATION

### A. REGISTRATION

All athletes who wish to join a CS North competitive swim or dive team must be a registered member of CS North. In addition, the athlete must also be a registered member in good standing of the governing bodies for the sport in which they compete.

#### 1. Governing Body Registration

Membership typically renews each September.

*New Swimmers (those not currently registered with USA Swimming):* Swimmers are responsible for registering with USA Swimming and providing proof of age. Instructions on how to complete this separate registration will be provided after registration with CS North is complete. New swimmer families will pay the USA Swimming registration fee as part of the USA Swimming registration process.

*Returning Swimmers and Registered Transfers:* The CS North Registrar will renew returning swimmers with USA Swimming and charge the family account. Swimmers transferring to CS North should complete the New England Swimming Transfer form and pay the associated fee. USA Swimming renewal will be addressed on a case by case basis depending on the athlete's registration status at that time.

**New and Returning Divers:** The CS North Diving Coach will handle AAU Diving registration.

#### 2. CS North Registration



New and returning athletes should register with the club following the instructions in the new season registration email. Returning athletes must renew their CS North registration *prior to* resuming practice.

An annual non-refundable registration fee of \$225.00 per swimmer is applied at the time of registration to cover CS North registration, insurance, administrative fees, athlete t-shirts and caps.

- a. **Membership Commitment** - At the time of registration, all athletes (except Intro & White) will have commitment options that vary depending on the group from seven (7) months to eleven (11) months. By registering with CS North the athlete and their family commit for the entirety of the time for which they register and assume financial responsibility, including registration and monthly fees, for the registered season. If an athlete wishes to leave the team before the end of the commitment period, the remainder of the balance owed will be charged to the family's account.

**b. Membership Suspension/Cancellation policy**

- i. Accounts may be canceled at any point during the season, subject to the financial commitment stated above. Any outstanding dues/fees will be charged at the point of cancellation. Please note that if an account is canceled and the athlete subsequently decides to return to a CS North competitive team more than seven (7) days after their account is canceled, completion of a new CS North registration and payment of a registration fee will be required.
- ii. In the event an athlete encounters a qualifying severe illness or injury, or qualifying family hardship, the athlete may apply for a temporary suspension of their CS North membership. Temporary suspensions will not be granted due to schedule conflicts with other school sports, activities, or vacations. Please contact [CSNorthregistrar@gmail.com](mailto:CSNorthregistrar@gmail.com) to cancel an account or apply for a qualifying temporary suspension.

**B. SWIM MEET SIGN-UP**

Competition is a vital aspect of our program. Swimmers must participate in meets, and attend as many meets for which they are eligible as possible, in order to maintain registration with the Competitive Team. The team's schedule includes meets the coaching staff believes are important to the development of each athlete; ***athletes are not allowed to attend meets not included on the team's schedule.*** Training Plans will focus on end-of-season meets/championship meets. Qualification for a "higher-level" meet than originally indicated may result in adjustments to the training plan.

At the beginning of both the short course and long course seasons, families will be asked to complete a Meet Commitment Form. The meet calendar for the season will be posted and families are asked to commit or decline meets given their best ability at that time. Updated forms can be submitted throughout the season as necessary. All swim meets will be posted on the CS North website. The athlete's primary coach will enter them into events for each meet based on the responses submitted.. Families will have time to review these entries prior to submission to the host club to address any concerns or conflicts. Once entries are submitted to the host team, the families will owe the fees associated with these entries.

1. **CS North Hosted Home Meets** - All CS North athletes in Age Group and above are required to compete in CS North hosted home meets and will be automatically entered by the coaching staff. If an athlete cannot attend the meet or a session, they must decline on the submission form and provide a reason for not being able to attend a home meet.
2. **Away Meets** - Coaches will enter athletes into away meets based on the commitment form submissions. Any concerns or conflicts must be addressed by the deadline designated for each meet. Once entries have been submitted to the host club, families will be billed for all applicable meet fees in accordance with the *Meet Fee Charges & Billing* process below.

Please note, CS North attends meets as a team. *Swimmers and/or their families are NOT*

allowed to contact other meet hosts to attempt to enter a meet that is not on the CS North calendar. Violation of this policy may result in suspension or termination of CS North membership.

3. **Championship Meets** – New England Swimming offers championship meets throughout the season. Typically these meets have published qualifying standards. Swimmers are required to attend the highest level championship meet for which they qualify. Swimmers who have not qualified may be asked to attend as part of a relay team. Championship will be included on the commitment form so please mark your calendars even if you think your athlete “is not fast enough”. athletes can progress tremendously throughout a season.

## C. BILLING & FEES

### 1. Membership Dues: Charges & Billing

Membership dues for members who select the monthly pay option are due and processed via on the 1st of every month. Payments cover the upcoming training month. In the event a credit card or account is declined, an automated email will be sent to the email on file for the to notify the account holder of the incomplete payment. If payment is not made by the 15th of the month, a \$30 late fee will be applied to any account. Families who select the pay in full option will be charged upon registration approval. There is a 10% discount for additional siblings. The discount is applied to the lesser priced membership. Families with questions or who are in need of financial assistance should contact Meghan at [meghollingsworthCSNorth@gmail.com](mailto:meghollingsworthCSNorth@gmail.com).

### 2. Meet Fees: Charges & Billing

- a. Meet charges for all competitions in which an athlete is entered will be charged to the family's account following the completion of the meet.
  - b. All non-championship meet fees include a \$3 surcharge per event entered in order to cover coach meet expenses. This surcharge, as well as New England Swimming fees are applied at this time. Event costs vary based on meet and can be located in the meet information packets located on the website.
3. **CS North Hosted Home Meet Charges** – athletes who sign-up to participate in a CS North hosted home meet and/or who are registered in a Training Group where home meet participation is *required* will be entered into and billed for all applicable meet fees in accordance with the *Meet Fee Charges & Billing* process listed above. Meet fees are outlined in the meet information packet for the meet. If an athlete cannot attend a meet it is the responsibility of the athlete or account holder to decline during the meet commitment submission or notify the coaching staff by the deadline provided. Failure to do so will result in the athlete's account being billed as though they had attended the meet.
  4. **Away Meet Charges** – athletes who sign-up to participate in an away meet and/or who are registered in a Training Group where away meet participation is *required* will be entered into and billed for all applicable meet fees in accordance with the *Meet Fee Charges & Billing* process listed above. Meet fees are outlined in the meet information packet for the meet. If an athlete cannot attend a meet it is the responsibility of the athlete or account holder to decline during the meet commitment submission or notify the coaching staff by the deadline provided. Failure to do so will result in the athlete's account being billed as though they had attended the meet.
  5. **Team Travel Fees**  
Participation in certain meets requires additional expenses for the athlete's and/or coaches' travel.
    - a. **New England Championship Meets** - Participation by CS North in some meets requires overnight stay for the coaching staff . A travel meet fee of \$50 maximum per applicable swimmer will be charged.
    - b. **Team Travel Meets** - CS North typically participates in five-six meets throughout the year where Team travel is required (*Projected 2025-2026 Travel Meet Schedule*):

OLY	December	Junior, Senior, Elite
Junior Nationals/US Open	December	National Team
Sectional Championships	March	Elite
Nationals	July	National Team
Futures Championships	July	National Team
Junior Nationals	TBD	National Team

- i. The cost per athlete per Travel meet typically falls between \$1000-\$1200 (plus airfare), with actual costs depending on the location of the event and mode of transportation. CS North will make every effort to outline the cost for each meet to qualifying swimmers prior to the entry deadline.
- ii. athletes who elect to enter a Travel meet agree to pay a \$600 deposit that will be due when accommodations are booked.. This deposit will be forfeited if an entered swimmer withdraws from the meet at any point after the entry has been submitted. The remaining cost will be billed after the event.

#### **D. SWIM MEET WORK ASSIGNMENTS:**

1. CS North Hosted Home Meets - CS North offers home meets in order to provide our athletes with additional competition opportunities that don't require travel. In order for CS North to be able to provide these local opportunities, registered families commit to fulfill a minimum of one (1) full session assignment per home meet in which an athlete is entered. Note, additional job assignments may be required based on availability of resources. Please note that "time your own swimmer" events do not fulfill this requirement
  - a. Sign-up links will be sent out for each meet and families will be able to choose which session(s) work best for them. If there are any open spots left the day before the meet begins, these spots will be assigned to families who have not signed up.
  - b. Families may provide a non-family member volunteer, subject to the understanding that the family is responsible to ensure that the designated individual is capable or and actually fulfills the entire session commitment in order to qualify for credit.
  - c. Families are responsible to demonstrate they have met all applicable volunteer commitments. Volunteers must check in with the designated *Work Assignment Coordinator* at each session for which the family is working.
  - d. Families are subject to a \$100 fine for the first failure to fulfill a work assignment. Subsequent fines in the amount of \$25 over the prior fine will be billed for consecutive session(s) in which a family's required work assignment is not fulfilled (e.g., three (3) consecutive missed commitments will be billed \$100, \$125 and \$150, respectively).
  - e. Designated Assignments: In the event that fewer families sign-up than are required, all jobs will be assigned for each meet moving forward. It will be the responsibility of each family to ensure their assignment is covered, either through their own efforts or via a recognized designee.
  - f. While CS North realizes many Phillips Exeter (PEA) families do not live nearby, PEA families are also responsible for fulfilling work assignments. This can be achieved by the families covering the jobs themselves, providing a capable non-family worker, or paying the \$100 for each meet.
2. **Away Meets** - When participating in away meets, CS North and other participating teams are often subject to fulfill work assignments as assigned by the host team. As a result, families of swimmers entered in away meets may be required to fulfill a work assignment. Families are subject to a \$100 fine for a missed work assignment.

#### **E. SCHOLARSHIPS & FINANCIAL ASSISTANCE**

### **USA Swimming**

USA Swimming offers an Outreach Membership for families that need financial assistance. Please contact CSNorthregistrar@gmail.com for more details.

### **Commonwealth Swimming North**

CS North offers scholarships for families that need financial assistance. Anyone needing assistance or scholarship for dues or travel, should reach out to Meghan at [meghollingsworthCSNorth@gmail.com](mailto:meghollingsworthCSNorth@gmail.com) for an application.

## **IV. SAFETY AND CONDUCT POLICIES**

### **A. PARENT CODES OF CONDUCT**

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. By registering with CS North, you are agreeing to the following:

1. I will respect the authority of the coaching staff in making the best decision regarding my swimmer.
2. I will set the right example by demonstrating sportsmanship, respect and common courtesy at all times to team members, coaches, competitors, officials, parents and facilities.
3. I will support my athlete's participation on the team by volunteering, observing practices, and/or cheering at meets.
4. I will support decisions made by my athlete and coach in regards to meet participation, practice expectations, etc.
5. I agree to leave the coaching to the coaches.
6. I understand that criticizing, name calling, and the use of abusive language and or gestures will not be tolerated.
7. I will respect the integrity of the officials.
8. I will direct any concerns to my athlete's lead coach first before escalating to a higher level.

### **B. ATHLETE CODES OF CONDUCT**

The purpose of the code of conduct for athletes is to establish a consistent expectation for athlete behavior. By registering with CS North, you are agreeing to the following:

1. I will respect and show courtesy to my teammates and coaches at all times.
2. I will demonstrate good sportsmanship at all practices and meets.
3. I will set a good example of behavior and work ethic for my younger teammates.
4. I will be respectful of my teammates' feelings and personal space.
5. I will not exhibit sexist, racist, homophobic, or otherwise inappropriate behavior.
6. I will attend all team meetings and training sessions, unless I am excused by my coach.
7. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions and team activities.
8. I will refrain from foul language, violence, and behavior deemed to be dishonest, offensive or illegal.
9. If I disagree with a disqualification, I will talk with my coach and not approach the official directly.
10. I will obey all of the rules and codes of conduct of USA Swimming, USA SWiving or AAU Diving as appropriate.

## C. SAFE SPORT INFORMATION AND POLICIES

### D. **ELECTRONIC COMMUNICATION POLICY**

#### 1. **Purpose**

CS North (hereinafter known as “the Club”) recognizes the prevalence of electronic communication and social media in today’s world. Many of our athletes use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

#### 2. **General Content**

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

Drug or alcohol use; Sexually-oriented conversation; sexually explicit language; sexual activity  
The adult’s personal life, social activities, relationship or family issues, or personal problems; and inappropriate or sexually explicit pictures.

\*Note : Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible, and professional. Whether one is an athlete, Coach, Board Member, or Parent, the guiding principle to use in communication is to ask: Is this communication something that someone else would find appropriate or acceptable in a face to face meeting, or is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient’s Parents, the Coaching Staff, the Board, or other athletes With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is Transparent, Accessible, and Professional:

Transparent: All electronic communication between Coaches and athletes should be transparent. Your communication should not only be clear and direct but also free of hidden meanings, innuendo, and expectations.

Accessible: All electronic communication between Coaches and athletes should be considered a matter of record and part of the Club’s records. Whenever possible, include another Coach or Parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member. If your communication meets all three of the “T.A.P. criteria,” then it is likely your method of communication with athletes will be appropriate.

#### 3. **Facebook & Instagram**

- a. Coaches may have personal Facebook pages (or other social media sites), but they are not permitted to have any athlete member of the Club join their personal page as a friend. A Coach should not accept any friend request from an athlete. In addition, the Coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to private message each other through Facebook. Coaches and athletes are not permitted to Instant Message each other through Facebook Chat or other IM methods.
- b. The Club has an official Facebook page that athletes and their Parents can “follow” for information and updates on team-related matters.

- c. Coaches are encouraged to set their pages to private to prevent athletes from accessing the coach's personal information.

**4. X (formerly known as Twitter)**

The Club has an official X account that Coaches, athletes, and Parents can follow for information and updates on team-related matters. Coaches are not permitted to follow athletes on X. Likewise, athletes are not permitted to follow Coaches on X. Coaches cannot retweet an athlete's post. Coaches and athletes are not permitted to Direct Message each other through X.

**5. TEXTING**

Subject to the general guidelines mentioned above, texting is allowed between Coaches and athletes during the hours from 5:00 AM until 9:00 PM. Texting only shall be used for the purpose of communicating information directly related to Team Activities.

**6. EMAIL**

athletes and Coaches may use email to communicate between the hours of 5:00 AM until 9:00 PM. When communicating with an athlete through email, a Parent or another Coach must also be copied.

**7. REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS**

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

**E. TEAM BEHAVIORAL SUSPENSION POLICY**

Violations of team policies may result in suspension or termination of membership at CS North . These policies and releases have been created to ensure the safety of CS North members and staff and promote the betterment of CS North as an organization. If a swimmer or family wishes to appeal a decision made under this policy, email Meg Hollingsworth at [meghollingsworthcsnorth@gmail.com](mailto:meghollingsworthcsnorth@gmail.com) with 30 days. The email should state the reasons for the appeal and provide any supporting evidence or documentation.

**REQUIRED WAIVERS**  
**Print, Sign and Return at the Team Meeting on Sept. 14th**

**CS North Liability Waiver:**

I agree to have my child participate in the program and hereby agree to indemnify and hold harmless M.F. Swimming, LLC, CS North, its coaches and officers, directors, agents and employees, Haverhill High School, Phillips Exeter Academy, Choice Fitness Elite, and the City of Dover against any liability resulting in any injury that may occur to the participant while participating in the program. The participant agrees to indemnify CS North for any damages incurred arising from any claims, demand, action or cause of action by the participant. The participant authorizes any representative of CS North to have the participant treated to any medical emergency during their participation in the program. Further, the participant and or parent/guardian agree to pay all costs associated with medical care and transportation for the participant. I have carefully read the above liability release and sign it with full knowledge of its content and significance.

Name of Swimmer(s): \_\_\_\_\_

Parent (or athlete is over 18) Name: \_\_\_\_\_ Date \_\_\_\_\_

Parent (or athlete if over 18) Signature: \_\_\_\_\_

**CS North Medical Release Waiver:**

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with CS North and M.F. Swimming, LLC to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge CS North, M.F. Swimming, LLC, and any associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in team activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participating in all Swim Team activities.

Name of Swimmer(s): \_\_\_\_\_

Parent (or athlete is over 18) Name: \_\_\_\_\_ Date \_\_\_\_\_

Parent (or athlete if over 18) Signature: \_\_\_\_\_

**Handbook Acknowledgement:**

I have read and understand the 2025-2026 CS North Handbook and agree that my swimmer(s), family and I will abide by the policies and procedures outlined in the Handbook.

Name of Swimmer(s): \_\_\_\_\_

Parent (or athlete is over 18) Name: \_\_\_\_\_ Date \_\_\_\_\_

Parent (or athlete if over 18) Signature: \_\_\_\_\_