



# **Team Handbook**

## **2025-2026**

*Updated August 2025*

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## **Team Mission**

CLUB NORTH SWIMMING (CNS) promotes the sport of swimming for the youth in our community by providing a USA Swimming Club (LSC) that is economical and convenient for families. Team members are given the opportunity to pursue their competitive swimming goals to the level they aspire in a safe, healthy, and positive environment. Swimmers are supported and valued at whatever level of skill.

## **Team Vision**

Swimmers of CNS will gain confidence, sportsmanship, discipline, commitment, and understanding that success results from hard work and dedication.

## **Team Goals**

- Each swimmer will meet with coaches about individual goals.
- Over 85% of CNS athletes will compete in the CNS hosted meet
- Each swimmer will participate in the USA Swimming IMX or IMR Challenge.
- 80% of swimmers at the Elite, Senior, and Gold level will compete in the highest level championship meet for which they qualify.
- Fundraise an average of \$150 per swimmer for the annual Swim-A-Thon.

## **Practice Groups**

### **ELITE - Highest level training group - 6 Practices per week**

- **To get in the ELITE group:**
  - Age 13+
  - By invite only at coaches discretion
  - Must have a meeting between coach, athletes, and parents
  - Must have at least one sectional cut
  - Swimming is top extra curricular activity
  - Must have IMX score
  - Swimmers must have a long term goal of swimming at the college or national level
- **While in the ELITE group:**
  - Athletes will practice at least 6 times a week (100% attendance required. Excused for family, school, or illness)
  - Athletes will attend sponsored weight training programs
  - Athletes will continue to hold IMX scores
  - Athletes will attend travel meets as funds and schedules allow

- Athletes will attend ALL championship meets they qualify for
- Athletes are expected to demonstrate excellent sportsmanship, team spirit, leadership, and self accountability

**\*\*\*\*Swimmers may be asked to move to Senior or Senior Development if they are unable to meet the requirements.**

#### **SENIOR - 5 Practices per week**

- **To get into SENIOR group**
  - Ages 13+
  - Athletes who have swam in high school and high performing 13-14 athletes
  - Athletes are near Missouri Valley Champs times, high school state times
  - Athletes have shown commitment to practices, and have an excellent work ethic while at practice.
- **While in SENIOR group**
  - Athletes are expected to attend 5 practices per week (Excused for school or family commitments, or illness)
  - Athletes are expected to attend 1 meet per month
  - Athletes are expected to attend ALL championship meets for which they qualify
  - Athletes are expected to demonstrate excellent sportsmanship, team spirit, leadership, and self accountability
- **To move out of SENIOR group**
  - Achieve one sectional time
  - Demonstrates high level of self accountability, commitment, and work ethic
  - Meeting with coach, parent, and athlete
  - Invitation from coach

**\*\*\*Swimmers may be asked to move to Senior Development if they are unable to meet standards.**

#### **SENIOR DEVELOPMENT - 4 practices per week**

- **To get into SENIOR DEVELOPMENT group**
  - Age 15+ or in high school
  - Athletes who are 15 years of age or older, OR are unable to/have not met the requirements for Elite or Senior
  - High school swimmer beginning club for the first time might start in Senior Prep
  - Designed for athletes involved in other activities who would like to stay in shape
- **While in SENIOR DEVELOPMENT group**
  - Athletes will focus on stroke refinement as well as progressing in yardage and intensity.
  - Athletes will attend practice as it fits their schedule. Practice offered 4 times per week
  - Attend meets and championship meets as it fits the athletes schedule
  - Communicate with head coach on schedule and attendance
- **To move out of SENIOR DEVELOPMENT group**
  - Achieve a Missouri Valley Champs time (or sectional time for Elite)

- Meeting with coach, athlete, and parents
- Attend meets and show commitment to practice
- Able to complete Senior test set

### **GOLD - 5 practices per week**

- **To move into GOLD group**

- Ages 13+
- Complete required test set at coaches' request (8 x 50s on :55)
- Athletes can leave on intervals independently, and can remember most of their times
- Athlete has excellent attendance at practice and meets, and has achieved several district times or a Missouri Valley Champ time. (For swimmers under the age of 13).

- **While in GOLD group**

- Swimming is becoming a priority extra curricular activity
- Practice is offered 5 times per week, a minimum of 60% attendance is expected
- Athletes will continue to develop stroke technique, underwaters, and understand race strategy.
- Athletes will complete IMX or IMR
- Athletes will compete in all 200 stroke events, as well as the 500 and 1000 freestyle events
- Athletes are strongly encouraged to attend all championship meets for which they qualify

- **To move out of GOLD group**

- Athlete has shown dedication to practice attendance and meet attendance
- Athlete can complete Senior test set
- Athlete has several Missouri Valley Champs times in their age group

### **GOLD DEVELOPMENT - 4 practices per week**

- **To move into GOLD DEVELOPMENT group**

- Ages 13+
- Athletes in Gold Development have aged out of Navy, but may need more development before moving onto Gold

- **While in GOLD DEVELOPMENT group**

- Athletes will continue to develop stroke technique
- Athletes will start developing endurance training.
- Athletes will continue working towards Gold standards
- Athletes will attend practices and meets as their schedule allows

- **To move out of GOLD DEVELOPMENT group**

- Complete required test set at coaches' request (8 x 50s on :55)
- Athlete has excellent attendance at practice and meets, and has achieved several district times

### **NAVY - 4 practices per week**

- **To move into NAVY group**
  - Ages 11+
  - Athletes who meet other requirements, but are younger than 11, could be allowed into the Navy group
  - Athletes must be able to train all four strokes at practice
  - Athletes have been attending practices consistently as well as meets
  - Athletes have swam a 100 in all strokes as well as the 200 IM
- **While in the NAVY group**
  - Athletes will continue to refine stroke technique and begin to utilize underwaters in practice and meets
  - Athletes will understand how to read a pace clock and understand intervals
  - Athletes will begin to swim the 500 Freestyle, and 200 stroke events
  - Athletes are continuously working toward an IMX/IMR score
  - Athletes are encouraged to attend at least 1 meet a month
  - Athletes are encouraged to attend all championship meets for which they qualify
- **To move out of NAVY group**
  - Athletes have turned 13
  - Athletes have demonstrated a commitment to practice and attending meets
  - Athletes have completed the test set to move into Gold
  - Athletes have achieved several Missouri Valley Champ times

### **WHITE - 4 practices per week**

- **To move into WHITE group**
  - Ages 9+
  - Athletes must be able to swim all four strokes legally
  - Athletes have attended meets and are showing growth in strokes
- **While in WHITE group**
  - Athletes will develop technique for all four strokes and turns.
  - Athletes will begin to work on underwater kicking
  - Athletes will begin to understand the use of the pace clock and learning about intervals
- **To move out of WHITE group**
  - Swim a 50 of all four strokes legally (with occasional exception for breaststroke)
  - Swim 4-6 50s freestyle on the 1:30 (SCM)
  - Pass dive certifications
  - Legal flipturns and open turns

### **JUNIOR NARWHALS - 3 practices per week**

- **To join JUNIOR NARWHALS group**
  - Must complete a 25 yard/meter freestyle
  - Be familiar with all 4 strokes of swimming and know how to perform them.
  - 6 years of age
- **While in JUNIOR NARWHALS group**

- Learn competition starts and turns
- Compete in club meets
- Develop technique of all 4 strokes
- **To move out of JUNIOR NARWHALS group**
- Athletes can swim 25 yards/meters of all four strokes
- Athletes will learn the fundamentals of all four strokes while enjoying the sport
- Pass dive certifications and complete legal flipturns/open turns
- Athlete is 9+ years of age

**\*\*\*Lead Coaches have full discretion to move athletes up at any point during the season. Athletes could be moved up without some of the requirements listed above.\*\*\***

## Practice Expectations

CNS has a certain expectation on the number of practices a swimmer should be attending during the season. This number of practices is the minimum the coaching staff believes is necessary for the development and progression in the sport of swimming, as well as decreasing the chance of injury.

- Elite: 90% minimum
- Senior: 80% minimum
- Gold: 60% minimum
- Gold Development: 1-3 practices/week
- Navy/White: 1-3 practices/week
- Jr. Narwhals: 1-2 practices/week

90% for any USA National Championship, Jr. National Championship, NCSA/NASA 85% for any Region VIII Sectional Meet \*(Attending a meet may count as a practice for the week)

Practice Days **\*\*For exact times, please refer to the team website: [clubnorthswimming.org](http://clubnorthswimming.org) Look under the tab "Practice Calendar"**

## Practice Information

- Swimmers should stay the entire practice. Proper warm-up and cool-down are important aspects of training. Also, typically any announcements will be made at the end of practice.
- Swimmers should enter the natatorium through the main door at the Gladstone Community Center and swipe their CNS card. Parents must sign-in. A shirt and shoes must be worn at all-time in the lobby areas of GCC.
- Locker rooms are available for changing. The coaching staff recommends that swimmers bring all their belongings on the pool deck/bleacher area and NOT to leave them in the locker room area for security reasons.

- Parents are allowed and invited to watch practice from the viewing area in the bleachers. **We ask that you do not sit in the first 6 rows.** This allows the coaches the full attention of the swimmers. In addition, be mindful of the lap clock so that swimmers have a clear view while in the water.
- Please do not come onto the pool deck during practice unless there is an emergency. Conversations with coaches should be arranged during non-practice times or through email.
- Locker room behavior is a direct reflection on CNS. Our code of conduct rules will be enforced in this area as well as the pool. In addition, please be respectful of the staff for GCC and do not leave trash or belongings behind while maintaining the cleanliness of the area.
- No parents or swimmers are allowed to enter the “cage”, the area underneath the bleachers where swim equipment is kept.

### **Required Equipment for Each Group**

We would like our swimmers to wear team sponsored suits whenever possible. A team cap must be worn at ALL meets.

#### **ELITE/SENIOR/SENIOR DEVELOPMENT**

- Kickboard
- Fins
- Pull Buoy
- Paddles
- Snorkel
- Drag Socks
- Mesh Bag
- Water Bottle

#### **GOLD/GOLD DEVELOPMENT/NAVY**

- Kickboard
- Fins
- Pull Buoy
- Snorkel
- Mesh Bag
- Water Bottle

#### **WHITE/JUNIOR NARWHALS**

- Kickboard
- Fins
- Mesh Bag
- Water Bottle

Please use a sharpie to label **ALL** equipment and we recommend that you do this at the beginning of every month.

All equipment and suits can be purchased at SwimThings or Arena.com

CNS does offer a team swimsuit. All team members, including those swimmers in an unattached status, must wear the team suit in competition. The coaching staff recommends that swimmers wear their team suit in competitions only and a different suit in practices to reduce wear and tear. In championship, shave, and taper meets, 11 & over swimmers are not required to but may wear **technical** suits. The coaching staff does not recommend these suits for 10 & under. These suits are expensive and CNS coaches do not believe these suits are necessary for fast swimming. If you do decide to purchase one of these suits, check with the coaches as we may receive a discount from our team sponsor. Please check with the coaching staff to make sure you are purchasing a FINA approved suit.

If your swimmer chooses to wear a cap, he or she must wear the Club North team cap. Athletes may wear dome caps in competitions. The racing suit and swim cap are the only required team uniform in competition. The purchase of all other CNS apparel is optional. However, we want to create an incredibly strong tradition of team unity, expressed at meets with the team pride each swimmer demonstrates by wearing only CNS team apparel.

## **Swim Meets**

The coaching staff encourages all swimmers to participate in the scheduled swim meets for which they are eligible.

We use Commit for all meet entries; you must create a username and password.

All meet deadline dates will be strictly enforced. Meets can fill up quickly, so we will have a cut-off date for which entries must be submitted in Commit. Once this date has passed, no additions or changes will be made. If a swimmer enters a meet and is unable to swim, must scratch, or misses an event, you are still responsible for your meet fees.

***\*Separate fees apply for swim meets, which include meet fees and per event fees.***

## **Swim Meet Fees**

Participating in swim meets is an additional expense beyond monthly dues and the cost of meets varies depending on multiple factors. Nearly all meets include the following fees:

- Facility Fee: \$5-\$30
- Race Entry Fees: \$5-\$10 per event. Prelim/final meets, USA National Level Meets, and Sectionals carry higher event fees.

- **\*Coaches' Fees:** The coaches' fee ranges depending on the location and type of meet. For 2025-26, coaches' fees are as follows:
  - Gladstone CC: \$10 for timed finals/\$15 for prelims/finals
  - Platte City YMCA: \$25
  - Shawnee Mission Aquatic Center: \$25
  - Lee's Summit Aquatic Center: \$25
  - Cap Fed Natatorium (Topeka): \$25
  - University of Missouri (Columbia): \$50
  - Wichita: \$50
  - Arkansas: \$50
  - Iowa: \$50
  - National meets: TBD depending on location. Amount will be shared with parents prior to meet entry.

National USA Swimming Championships, Futures Championships, Sectional Championships, NCSA Jr. Nationals, NASA Swimming Meets, team travel, or other out of town meets may carry a flat fee that covers trip expenses for team coaches, these fees may be split evenly between swimmers attending the specified meet. These fees will be billed to your account.

***If a swimmer enters a meet and is unable to swim, must scratch, or misses an event, you are still responsible for your meet fees. Please note that entries are generally due to the host team a week prior to the meet. Once entries are submitted, payment will be required regardless of meet attendance.***

*\*The purpose of the coaches' fee is to offset costs associated with paying coaches and travel costs for the coaching staff. These fees are also still due if you scratch a meet. The coaching staff is scheduled at the time the file is submitted, therefore the team still incurs the cost of coaches scheduled based on the number of swimmers signed up for the meet, regardless of scratches.*

### **High School Swimmers**

High school swim meets/times may count for qualification time standards to USA and MVS Championship meets. (The meet must be sanctioned by MVS Swimming.) A Form C Document must be completed and submitted by CNS to MVS. (The head coach will send this form a few weeks before conference and state.) Athletes must sign in with the proper official at the high school meet and the meet host must submit results to MVS.

\*CNS is only responsible for the FORM C DOCUMENT

### **Missouri Valley Scratch Rule**

All athletes and parents need to familiarize themselves with the Missouri Valley scratch rules which can be found on page 11 [here](#).

*Updated August 2025*

## Pool Time and Preemptions

While we do have a preferred relationship with the GCC (Gladstone Community Center), it is NOT an exclusive relationship. We are not the **only** organization seeking pool time from the GCC. We have to apply for, negotiate pricing, and purchase lane time by working around multiple events and other paying customers, which include:

- High school swim meets
- High school swim practice
- High school dive team
- Community events like the Kids Triathlon
- Regional/local USA Swim events
- Competing swim teams
- GCC obligations to members
- GCC beginning swim lessons
- GCC aerobic classes
- USA Swim Masters Program
- Holidays
- Pool Closures

All of these factors have to be considered to create schedules that will allow 160-200 CNS swimmers of all levels to have time in the GCC pool. Sometimes we do not know the schedule until 2 or 3 days before the end of the month.

The club director, head coach, and club president attend regular meetings with multiple community organizations. In these meetings, they negotiate for prime pricing and the most exclusive times available.

***\*\*There will be preemption of our pool availability for North Kansas City School District swim practices and swim meets. If a meet or practice runs long – we will modify our times to comply. Understand that flexibility and patience are going to be a part of practices and pool time.***

## Gladstone Community Center (GCC) Entry Cards

GCC requires all CNS members to use an entry card for access to the pool. These cards are issued and maintained by the center (CNS provides a roster list at the beginning of each month). If a swimmer does not have his/her entry card, requiring the staff to look- up their access more than 3 times, the center issues a new card and a \$5 payment is due and payable at that time. These entry cards are only for use during CNS practice times and pool lanes. If your card is in bad condition, you may bring it to the front desk for a free exchange to a new one. Parents attending practices are asked to manually sign-in at the front desk. It is the center's discretion to deny entry rights.

## **Correspondence**

The easiest way to correspond with CNS coaches and board members is through the Commit platform or via email. Club North Swimming does not have a physical address. Should you need to send correspondence or payment through U.S. mail, please use our P.O. Box:

**Club North Swimming, P.O. BOX 47381, Kansas City, MO 64188**

Because the P.O. Box is not checked daily, acknowledgement of correspondence/payments may be delayed. Any correspondence after the 15<sup>th</sup> of the month may not be attended to until the beginning of the following month.

## **2025-26 Registration Fees**

New Swimmer Registration Fee - **\$200**

Returning Swimmer Registration Fee - **\$100** (Returning swimmers are those who were members for the entire 2024-25 season. CNS swimmers who withdraw from the team and then rejoin are considered new swimmers and pay the new swimmer registration fee.)

Annual USA Swimming Membership - **\$82** (will be billed in December)

***(Registration fees are due at the time of enrollment. Current CNS swimmers are automatically registered for the following year unless they indicate they are withdrawing by completing the [CNS Withdrawal Form](#). The swim year is from September through August.)***

## **Monthly Swimmer Fees**

2025-2026 Monthly group practice fees:

- Elite Group: \$155/month
- Senior Group: \$140/month
- Senior Development Group: \$120/month
- Gold Group: \$125/month
- Gold Development Group: \$110/month
- White and Navy Group: \$105/month
- Junior Narwhals: \$80/month

*\*Monthly fees are not prorated by month or based on attendance.*

*\*\*Monthly fees have been determined based on 12 months of pool time, therefore, months, such as August, with fewer practice times have already been considered in the monthly rates and no further discounts are given.*

*\*\*\*There are no "HOLD" options. If you need to withdraw from the team, you risk losing your spot upon return.*

**HIGH SCHOOL SWIMMERS** - All high school swimmers will receive a 25% reduction in their monthly fees September-February. If an athlete chooses **NOT** to swim during their high school season, they will still be charged monthly fees to maintain their placement on the team. By requesting the high school discount, the member is agreeing to pay the discounted monthly fee for the **full six months**. (i.e., If a swimmer withdraws in December, they will still be charged the reduced fee through February 2025.) If there is a chance a swimmer will withdraw from CNS before the end of the six months, they may want to consider paying the standard monthly fee which allows for withdrawal per our standard withdrawal policy.

All high school swimmers **MUST** declare that they are a high school swimmer by completing the [high school swim form](#). Failure to complete the form will result in athletes paying the full monthly fee. Refunds will not be given for athletes who do not complete the form.

## **Fundraising**

CNS hosts a SWIM-A-THON to generate additional funds and every swimmer is strongly encouraged to participate with the goal of raising \$150 per swimmer. More details are shared at the beginning of the season.

## **Dues & Fees Collection**

Due to security issues involved in handling and securing money in a non-business environment, we are requiring all families to pay online through our website. **CNS is no longer able to accept payment in the form of personal checks.** Payments are required by credit card or through an automatic withdrawal from a bank account (ACH bank draft). Processing fees are borne by members. Credit Card Fees = 3.7% + .20/transaction. ACH Fees = 1.7%/transaction.

*\*\*If for any reason a check is needed to be used to complete some type of payment, **DO NOT** deliver or present funds to coaches or other individuals affiliated with CNS.*

## **Billing**

Fees are billed and due on the first of every month.

Fees are delinquent on the 10<sup>th</sup> of the month.

Delinquent accounts are handled as follows:

If the delinquent fees remain unpaid and no payment arrangement is made by 5 p.m. on the last day of the month, a late fee of \$50 will be assessed.

- The account will also be deactivated with the swimmer removed from the roster (i.e. cannot attend practices or meets).

- If the swimmer continues to attend practices, a board member will communicate the inactive status to the swimmer at practice and ask him/her to sit out.
- Coaches are not involved in the delinquent billing process. We ask that parents refrain from speaking with coaches about such issues.

In the event you cannot pay your monthly fee(s) on time, please notify CNS immediately to make billing aware of circumstances and when the fees can be paid. We are happy to work with you on a payment plan.

Communication regarding payment should be sent to [clubnorthtreasurer@gmail.com](mailto:clubnorthtreasurer@gmail.com).

### **Terminating Membership**

If a family wants to terminate their membership, then notification 30-days in advance is required. Notification must be submitted by the 10th of the month prior to the month you wish to withdraw. For example, if you wish to withdraw starting June, the notification must be received by May 10<sup>th</sup>. This allows the team time to contact waitlist swimmers and have them USA Swim certified to start the next billing month.

Failure to terminate with 30-day notice results in the charge of normal monthly dues; monthly billing does not stop.

Submit your notification by completing the [CNS Withdrawal Form](#) which is under the “Current Members” tab on the CNS website.

*\*\*Monthly payments are **not** prorated.*

***\*\*Your intent to withdraw must be received in writing via the Withdrawal Form. Telling or emailing a coach, volunteer does not constitute a proper withdrawal.***

For questions about withdrawing, email [membership.clubnorthswimming@gmail.com](mailto:membership.clubnorthswimming@gmail.com).

### **Member in Bad Standing**

Failure to comply with the “Terminating Membership” policy will result in the account classified as a “Member in Bad Standing”.

We will report the account as “Member in Bad Standing” when transfer requests are received from other Missouri Valley Swim Teams.

If you wish to return to CNS after leaving in bad standing, any prior unpaid meet fees will be due in addition to two months past dues per swimmer or the documented previous delinquent amount before re-enrollment is allowed and new fees applied.

## **Past Due Accounts**

We can and may in some circumstances pursue legal remedies to collect past due accounts. This process is also recorded with USA Swimming. Athletes with past due accounts of 60 days or more will not be allowed to sign up for swim meets.

## **Injured Swimmer Policy**

We will hold a spot for an injured swimmer for up to three months at no charge. We will reevaluate the injured status after the three months period has expired. A doctor's release is required for this process.

## **Transfer Swimmers**

If you are transferring from another club swimming team, you must be in good standing with that team in order to begin practicing with CNS. Proper Missouri Valley Swimming paperwork must be completed before practicing with CNS.

\*\*CNS reserves the right to decline membership to any person for any reason, including but not limited to outstanding account(s) with another swim team(s) and reports of previous conduct in violation of CNS's Code of Conduct or USA Swimming policies, and excluding those outlined in the Civil Rights of 1964 and as amended in 1991.

## **Parent Service Hours**

Parent volunteers are vital to the success of CNS. We rely on parent volunteers to perform many of the organizational and administrative tasks that are necessary to run the club and provide your child with a great swimming experience. Without a strong parent volunteer base, monthly dues would be higher, and programs and opportunities would be limited.

### **Objectives of the Parent Volunteer Policy**

1. **Benefit swimmers**: Competition allows swimmers to have opportunities to race and test their skills. Volunteering at CNS home meets gives the added benefit of a familiar environment, without the added time and expense of traveling.
2. **Increased finances**: The dollars raised from hosted meets exceed any other CNS fundraising efforts. This enables the team to keep dues at a reasonable level while providing the staff, facilities, and equipment required to maintain a premium competitive swim team.

3. Involved families: CNS hosted meets require an average of 40 workers per session. The volunteer commitment policy helps to involve all families so we can continue to host well-run, well-attended, and successful meets.
4. Promote and support competitive swimming in our community: Swimming is unique in that it relies almost exclusively on volunteers. By volunteering, you are actively supporting the team, the sport, and your child's swimming experience.

### **CNS Parent Volunteer Requirements**

- All CNS families must volunteer for **three** sessions annually. These sessions may be at CNS-hosted meets, CNS events (i.e., banquet), and outside meets which require CNS volunteers/timers.
- Volunteer credit can be earned by any family member, relative, or other reliable representative (friends, neighbors, etc.) age 13+.
- Team utilizes Sign-Up Genius for volunteer sessions.
- The penalty for not fulfilling the volunteer obligation will be based on the number of sessions missed at \$100 per session. For example, if a family only volunteers for 1 out of the required 3 sessions, they will be charged \$200. The charges will be assessed on the July billing statement.
- If an individual signs up to volunteer and does not show up without finding someone to cover their session, a \$200 penalty will be charged on the next billing statement.
- If a swimmer withdraws prior to the year-end (July 31), and you have not fulfilled your entire commitment, your account will be billed at \$100 per unfulfilled volunteer session. For families who join CNS after the conclusion of the short course season (mid-March), service hours may be waived or reduced for the remainder of the season.

### **Session Length**

Sessions range from 4-6 hours. The 12 and Under sessions are required by USA Swimming to be 4 hours or less. Senior sessions are usually slightly longer. Volunteers must work the entire assigned session to receive credit. Please do not ask to leave after your child's last race.

### **USA Swimming's Safe Sport Policies**

All volunteers must abide by USA Swimming's Safe Sport Policies. [Click here](#) and scroll to page 5 to review these requirements.

### **CNS 2025-26 Hosted Meets**

- November 22-23, 2025: Gobbler Invitational at Gladstone Community Center
- February 13-15, 2026: District Gladstone Community Center
- June 27-28, 2026: CNS Summer Invite at The Springs Aquatic Center

## **Parent Code of Conduct**

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. 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 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 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.
- I will direct my concerns to my child's group coach first, and if not satisfied, to the Coach Long. I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

## **Swimmer Code of Conduct**

The purpose of the Club North Swimming code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- 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. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- 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 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 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.