



PARENT/ATHLETE PACKET 2024-2025

Mission

To foster an optimal environment for CMAC athletes to reach the highest level of success possible through the pursuit of excellence in swimming and character development.

Vision

To inspire, teach, and facilitate excellence for our athletes in swimming and in life through the support of all CMAC members.

Belief

We believe that no matter the level of swimmer you are, you will find passion and inspiration at CMAC that will serve you throughout life!

Team Objectives

CMAC: Developing Elite Swimmers

- THIS IS WHAT OUR PROGRAM IS BUILT AROUND
 - o DEVELOPING: this is a process, anyone can be a part of it, and it ALWAYS takes time to become an elite swimmer
 - o ELITE: we are in pursuit of the highest level of success possible for each individual, the goal is advanced technical training and competition, and the results are strong athletes, and developing great people
 - o SWIMMERS: our goal is to create well-rounded people and athletes BUT we are doing so through the lens of swimming; by sharing our passion and working with the swimmers, our goal is to provide every member with the platform for success in their future lives through their aquatic and personal development as part of CMAC

We are here to give our athletes the best swimming experience possible by having fun and working hard to help our athletes become better people & maximize their athletic potential.



COMPONENTS OF THE PROCESS

1. PRACTICE

Philosophy:

- Swimming: you get out what you put in
- DISCIPLINE: high / appropriate attendance, on time with all gear, ready to go
- HARD WORK: 100% effort
- PROCESS-ORIENTED: practice how we race
- GOALS: we as coaches make sure everyone knows they are noticed and valued each day and every practice is designed to help them get better every day

Daily Procedures:

1. Swimmers arrive 10-15 minutes before practice time; swimmers are ready to get in the water 5 minutes before practice time
 - Swimmers must walk on deck, stay out of the storage rooms/offices, and behave safely and respectfully to all persons on deck
2. Swimmers have all their gear (fins, kickboards, paddles, buoys, snorkels, etc.) and a water bottle with them at all times during practice
3. Swimmers will get in the pool only when instructed to do so by the coach; swimmers **MUST BE READY TO GO PRIOR** to scheduled practice start – **cap, goggles, suit on, gear in hand**
4. Parents will respect the closed deck policy – we will invite parents periodically to the practices where they can observe from the bleacher seating. Parents should not approach athletes or staff during practice.
5. Swimmers must warm-up continuously unless instructed by the coach
6. Swimmers will wait quietly on the wall between sets to receive instruction from the coach; if you did not hear or understand the set ask the coach to repeat it
7. Swimmers must give their best effort during practice; swimmers should also **encourage and uplift** their teammates during practice
8. At the end of practice, when the coach gives instruction, warm-down will be completed **promptly, continuously, and completely**; AFTER warm-down, swimmers may clean up personal gear
9. Swimmers will assist in cleaning up the pool deck and team gear before showering/getting dressed
10. Swimmers should aim to eat something healthy and substantive within 1 hour post-practice

2. PRE-/POST-PRACTICE

- PARENTS: where you play the biggest role in role-modeling, influencing, and setting up for success
- Key components: sleep, nutrition, activity choices (recovery, injury risk, holistic health)
- DISCIPLINE: schoolwork, Recovery choices (diet, sleep, stretching/massage)
- HARD WORK: schoolwork — in class and at home!

Guidelines:

- SLEEP: Aim for 8-10 hours/night
- HOMEWORK: Be disciplined and FOCUSED (put the phone away, no TV in background, meet w/ teachers, pay attention in class, etc.)
- NUTRITION: lots of fruits & veggies, healthy proteins, healthy fats, whole grains, avoid processed foods and eating out
- INJURY PREVENTION: stretching, self-massage (tennis ball, foam roll, massage stick), prescribed exercises, etc.... all can be done while relaxing and/or watching TV!
- ACTIVITY CHOICES: risk of injury, recovery effects
 - o i.e. Should my child go surfing the week before our championship meet? **NO**

3. MEETS

- PROCESS-ORIENTED: meets are a part of the process, they are about learning, not winning
- PROCESS-ORIENTED: arrive EARLY, check-in, get ready for warm-up
- DISCIPLINED: warm-up/warm-down as prescribed by the coach, check-in with coach before and after each swim

Meet Procedures:

1. Swimmers will arrive to the meet 10-15 minutes prior to specified warm-up start time (OR EARLIER for PM sessions – meets often run quicker than timeline)
2. Swimmers will check in at the check-in table and sign in for ALL their events
3. Swimmers will check in with the CMAC coaches and then **promptly and quickly** get ready for warm-up (suit on, cap and goggles on)
4. Swimmers will wait for coach's instruction for warm-up, then will enter the warm-up pool using a **3-point entry** and warm-up **continuously**
5. After warm-up, swimmers will drink water, eat a light healthy snack, put warm clothes back on, then relax until time to swim or do their pre-race warm-up
6. Swimmers must check in with coaches **before** each swim to give their heat and lane to the coaches and to discuss race plans
7. Swimmers will complete their pre-race warm-up (if needed) in the designated warm-up/warm-down lanes
8. Swimmers will wait behind the timers for their heat to be called forward
9. After the race, swimmers will go complete their post-race warm-down **continuously** in the designated warm-up/warm-down lanes
10. Swimmers will then go check-in with coaches to discuss their race, warm-down, and any upcoming races, and repeat the process

MEET WARM-UP/WARM-DOWN PROCEDURES:

Meet Warm-up: (before meet, during specified warm-up time)

CMAC 1&2, Dev.: **2-2-2:** 200 loosen, 2x100 kick/swim/scull/swim (by 25), 2x50, starts and turns w/ coaches

AG Perf./Elite, SR Dev.: **3-3-3:** 300 loosen, 3x100 @ 2:00 kick/swim/scull/swim, 3x50 @ 1:00 des. 1-3, 100 IM kick, 4x25 :30 build/blast/ez/fast, starts and turns

SR Perf./Elite: **4-4-4:** 400 loosen, 4x100 @1:45 kick/swim/scull/swim, 4x50 @ :50 des. 1-4, 200 IM kick 2x[4x25 :30 build/blast/ez/fast], starts and turns w/ coaches

Pre-race Warm-up: (during meet, approx. 15 minutes before swim [if more than 30 minutes since last race/warm-up])

AG Perf./Elite, Dev.: 200 loosen, 4x25 build

SR Perf./Elite: 3-400 loosen, 4x25 4 kicks+3 cycles blast of stroke

Post-race Warm-down: (during meet, IMMEDIATELY after each race)

CMAC 1&2, AG Dev.: 200 continuous (done as 25 kick/25 swim)

AG Perf./Elite, SR Dev.: 300 continuous (done as 50 kick/50 swim) + 1x50ez for every 50 of the race, up to 4x50 (i.e. after a 100 Back, do a 300 + 2x50ez; after a 200 free, do a 300 + 4x50; after a 400 IM, do a 300 + 4x50ez)

SR Perf./Elite: 400 continuous (50 kick/50 swim) + 1x100ez for every 50 of the race, up to 4x100

The coaching staff reserves the right to exclude any athlete from competition at our discretion based on attendance, health, behavior, and safety reasons. If an athlete has not attended at least 2 practices the week of an event, they may be removed at our discretion if it serves their best interest as developing athletes.



CMAC Swim Practice Schedule 2024/25 - **tentative**

Costa Mesa High School Site

	<u>Times</u>	<u>Days</u>
Performance 1	5:15-6:45 PM	Mon-Fri
Performance 2	4:45-6:45 PM	Mon-Fri <i>Sat AM or PM – times vary</i>
Performance 3	4:30-6:45 PM	Mon-Fri <i>Sat AM or PM – times vary</i>
Senior 1	4:15-6:45 PM	Mon-Fri <i>Sat AM or PM – times vary</i>
Senior 2/3	4:00-6:45pm	Mon-Fri <i>Sat AM or PM – times vary</i>

Estancia High School Site

CMAC 1	5:30-6:15 PM	Mon-Fri
CMAC 2	5:30-6:30 PM	Mon-Fri
CMAC 3	5:30-6:30 PM	Mon-Fri
Performance Prep	6:15-7:30 PM	Mon-Fri
Development	6:30-7:30 PM	Mon-Fri
Masters	7:30-8:30 PM	Mon-Thurs

Cabana Club Site

CMAC 1/2	6:00-6:45 PM	Mon-Thur <i>Fri at Estancia</i>
CMAC 3	6:45-8:00 PM	Mon-Thur <i>Fri at Estancia</i>
Perf Prep	6:45-8:00 PM	Mon-Thur <i>Fri at Estancia</i>

CMAC Group Pricing 2023-24



Price/Month

Developmental Groups

CMAC 1	\$170
CMAC 2	\$180
CMAC 3	\$180
Performance Prep	\$190
Development	\$150

Performance Groups

Performance 1	\$195
Performance 2	\$200
Performance 3	\$210

Senior Groups

Senior 1	\$210
Senior 2/3	\$225

Annual Team Fee of \$75 per athlete to be billed each year in October



CMAC: Inspire – Teach – Facilitate

Group Training Expectations & Curriculum

CMAC 1

Purpose: To develop and teach competence of the 4 strokes to young novice swimmers, more advanced development of swimming fundamentals, and begin swimming competition.

Schedule:

- 5 days/week (Mon-Fri)
- 45 min/day
- Offered year-round

Goals:

- Swimmers work to develop 4 legal strokes
- Swimmers develop legal components of training and competing (dives, turns, finishes)
- Swimmers aim to participate in at least 1 competition/6 months
- Swimmers must do 1 lap without stopping of each stroke legally on 1:00 interval AND must be able to do a 100 freestyle with flip turns at every wall before moving on to next training group

Expectations:

- Swimmers age 5-9
- Goal of 2-3 sessions per week
- Swimmer's listen to coach's instruction
- ALL team members are treated with kindness and respect

CMAC 2

Purpose: To further develop and teach competence of the 4 strokes to young intermediate level swimmers, competence in the swimming fundamentals, and compete more regularly (3-4 meets/yr).

Requirements:

- Swimmers must have participated in 1 competition in the last 6 months

- Swimmers must do 1 lap without stopping of each stroke legally on 1:00 interval AND must be able to do a 100 freestyle with flip turns at every wall

Schedule:

- 5 days/week
- 60 min/day
- Offered year-round

Goals:

- Swimmers develop and progress in all 4 strokes and in fundamental swimming skills
- Swimmers will compete regularly (every 3-4 months) in a variety of strokes and distances
- Swimmers will learn how to track best times, set and achieve goals, and the fundamentals of training with purpose

Expectations:

- Swimmers age 6-10
- Goal of 3 sessions / week
- Swimmers listen to coach's instruction on the wall, with heads above water, quietly
- Swimmers will keep hands, feet, and splashing to themselves
- ALL team members are treated with kindness and respect

CMAC 3

Purpose: To further develop and teach competence of the 4 strokes to young intermediate and advanced level swimmers, competence in the swimming fundamentals, and compete in most meets offered throughout the calendar year.

Requirements:

- Swimmers must have participated in 2 competitions in the last 6 months
- Swimmers must do 1 lap without stopping of each stroke legally on :40 interval, must be able to do a 100 freestyle with flip turns at every wall under 1:40, and a legal 100 IM under 2:00

Schedule:

- 5 days/week
- 60 min/day
- Offered year-round

Goals:

- Swimmers develop and progress in all 4 strokes and in fundamental swimming skills
- Swimmers will compete regularly (every 1-2 months) in a variety of strokes and distances

- Swimmers will learn how to track best times, set and achieve goals, and the fundamentals of training with purpose

Expectations:

- Swimmers age 7-11
- Goal of 3+ sessions / week
- Swimmers listen to coach's instruction on the wall, with heads above water, quietly
- Swimmers will keep hands, feet, and splashing to themselves
- ALL team members are treated with kindness and respect

PERFORMANCE PREP

Purpose: To develop age-group-level swimmers in all 4 strokes towards advanced competence, high-level training, and elite competition.

Requirements:

- Swimmers must demonstrate to the coaches the mental, emotional, and physical maturity needed to train and compete with excellence
- Swimmers should work toward a 75% attendance rate or higher
- Swimmers must compete regularly – minimum 1 meet every 3 months
- Swimmers must do 1 lap without stopping of each stroke legally on :30 interval AND must be able to do a 100 freestyle with flip turns at every wall in under 1:30 & legal 100 IM under 1:45
- Swimmers should be competing regularly and aiming for BB times

Schedule:

- 5-6 days/week
- 75 min/day
- Offered year-round

Goals:

- Swimmers begin to refine all 4 strokes
- Swimmers refine and demonstrate high-level of competence in fundamental components of training and competing
- Swimmers will compete regularly in a variety of strokes and distances
- Swimmers will learn how to track best times, set and achieve goals, and the fundamentals of training well
- In order for swimmers to move to the next training group, swimmers will demonstrate:
 - o Ability to swim 4 x 100 freestyle on 1:20
 - o Ability to kick 4 x 50 on 1:00
 - o Have competed in a legal 200 IM

DEVELOPMENT

Purpose: To develop age-group-level swimmers into competence in 4 strokes and fundamentals of swimming as well as to introduce swimming competition.

Schedule:

- 5 days/week
- 60 min/day
- Offered year-round

Goals:

- Swimmers develop 4 legal strokes
- Swimmers develop legal components of training and competing (dives, turns, finishes)
- Swimmers are not expected to compete, but encouraged as appropriate

Expectations:

- Swimmers age 10 & up
- No attendance expectations
- Swimmers listen to coach's instruction on the wall, with heads above water, quietly
- Swimmers will keep hands, feet, and splashing to themselves
- ALL team members are treated with kindness and respect

Performance Groups (1-2-3)

Purpose: To develop age-group-level swimmers in all 4 strokes towards advanced competence, high-level training, and elite competition.

Requirements:

- Swimmers must demonstrate to the coaches the mental, emotional, and physical maturity needed to train and compete with excellence
- Swimmers should demonstrate a 75% attendance rate or higher
- Swimmers must compete regularly – minimum 1 meet every 2 months
- Swimmers must do 1 lap without stopping of each stroke legally on :25 interval AND must be able to do a 100 freestyle with flip turns at every wall in under 1:20 & legal 100 IM
- Swimmers must have achieved 2 BB time standards in the past 6 months

Schedule:

- 6 days/week
- 75-120 min/day
- Offered year-round

Goals:

- Swimmers begin to refine all 4 strokes

- Swimmers refine and demonstrate high-level of competence in fundamental components of training and competing
- Swimmers will compete regularly (1x/2 months) in a variety of strokes and distances
- Swimmers will learn how to track best times, set and achieve goals, and the fundamentals of training well
- In order for swimmers to move to the next training group, swimmers will be tested in a variety of specialized sets and coaches will approve movement into the next training group when ready
 - o Performance 1 – 20 x 25 @ 30 interval with sounds mechanics
 - o Performance 2 – multiple BB times, may be reaching WAG/JAG level, appropriate stamina
 - o Performance 3 – multiple WAG/JAG and above, must be ready for the demands of high-level, elite age group training and have average of 75% attendance or higher

Expectations:

- Swimmers age 9-12
- 75% attendance should be maintained to hold place in group
- Swimmers listen to coach’s instruction on the wall, with heads above water, quietly
- Swimmers will keep hands, feet, and splashing to themselves
- ALL team members are treated with kindness and respect
- Swimmers will compete regularly (1x/2 months) in a variety of strokes and distances

SENIOR 1

Purpose: To develop age-group-level swimmers in all 4 strokes towards advanced competence, high-level training, and elite competition.

Requirements:

- Swimmers must demonstrate to the coaches the mental, emotional, and physical maturity needed to train and compete with excellence
- Swimmers must demonstrate a 70% attendance rate or higher
- Swimmers must have participated in 1 competition in the last 6 months
- Swimmers must be able to make 4x100 on 1:30, kick a 8 x 50 in under 1:00, and have competed in a legal 200 IM and a 500 FR to be considered for Senior 1
- Swimmers must have achieved 2 B time standards in the past 6 months

Schedule:

- 6 days/week
- 90-120 min./day
- Offered year-round

Goals:

- Swimmers begin to refine all 4 strokes
- Swimmers refine and demonstrate high-level of competence in fundamental components of training and competing

- Swimmers will compete regularly (1x/2 months) in a variety of strokes and distances
- Swimmers will demonstrate how to track best times, set and achieve goals, and the fundamentals of training well
- Swimmers will learn basic psychological skills used in swimming (goal-setting, visualization) and training and recovery concepts (dryland, stretching, nutrition) in order to prepare for elite training and competition
- Swimmers must be able to make 6 x 100 on 1:20 holding under 1:15, kick 10 x 50 on :50, be nearing sectional bonus cuts, regularly attend and perform at high levels in regional meets, and have competed in a legal 200 IM and a 500 FR before moving on to higher senior groups. Higher groups do not allow for seasonal membership or extended breaks

Expectations:

- Swimmers age 13-18
- 75% attendance
- Swimmers listen to coach's instruction on the wall, with heads above water, quietly
- ALL team members are treated with kindness and respect
- Swimmers will compete regularly (1x/2 months) in a variety of strokes and distances

SENIOR 2/3

Purpose: To refine Senior-level swimmers through high-level training and elite competition in preparation for collegiate swimming.

Requirements:

- Swimmers must demonstrate to the coaches the mental, emotional, and physical maturity needed to train and compete with excellence
- Swimmers must demonstrate 85% attendance rate or higher
- Swimmers must be able to make 6 x 100 on 1:20 holding under 1:15, kick 6x50 on :50 and have competed in a legal 200 IM and a 500 FR
- Swimmers must have achieved a 15-16 BB time in at least 3 strokes and at least 2 A times within the past 6 months

Schedule:

- 6 days/week
- 120+ min./day
- Offered year-round

Goals:

- Swimmers compete at a high-level in all 4 strokes
- Swimmers demonstrate psychological skills in competition such as race strategy, relaxation, recovery
- Swimmers will compete regularly (1x/month) in a variety of strokes and distances

- Swimmers will demonstrate how to track best times, set and achieve goals, and the fundamentals of training well
- Swimmers will demonstrate basic psychological skills used in swimming (goal-setting, visualization) and training and recovery concepts (dryland, stretching, nutrition) in order to prepare for elite training and competition
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Expectations:

- Swimmers age 13 & up
- 85% attendance
- ALL swimmers in this training group train year-round with no breaks (HS season, summer, etc.)
- ALL swimmers working toward collegiate swimming, Sectionals and above
- ALL team members are treated with kindness and respect
- Swimmers compete regularly in regional meets and above (WAG/JAG/Sectionals etc.)
- Swimmers will be exemplary models of excellence
- Swimmers will compete regularly (1x/month) in a variety of strokes and distances



CMAC: Group Training Equipment

It is essential that each athlete is prepared with ALL necessary equipment at EVERY practice.

SENIOR 2/3

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Mesh swim equipment bag
 - o Kickboard
 - o Fins (DMC or Arena Power fins)
 - o Buoy
 - o Paddles (stroke maker)
 - o Snorkel
 - o One Swim resistance kit
 - o One Swim Focus V2 wireless headset (optional, highly encouraged)

Performance 3

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Mesh swim equipment bag

- Kickboard
- Fins (short)
- Buoy
- Paddles (stroke maker)
- Snorkel
- One Swim Focus V2 wireless headset (optional)

SENIOR 1

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Mesh swim equipment bag
 - Kickboard
 - Fins (DMC, Arena Power fins or similar short fins)
 - Buoy
 - Paddles
 - Snorkel

Performance Prep & Performance 1-2

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Mesh swim equipment bag
 - Kickboard
 - Fins (Arena Power fins or similar short fins)
 - Buoy
 - Paddles
 - Snorkel

DEVELOPMENT

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Mesh swim equipment bag
 - o Kickboard
 - o Fins (short)
 - o Buoy
 - o Paddles

CMAC 1/2/3

Requirements:

- functional/appropriate suit and goggles
- CMAC team cap
- Water bottle
- Practice gear
 - o Kickboard
 - o Fins (long)



CMAC Group Move-up Scale

The following scale was developed along with the group mobility rubric, to assist parents and athletes in understanding how swimmers are selected to move up the training groups as an athlete at CMAC. These decisions are never completely clear cut, but this scale should help everyone see the larger picture of what being a part of CMAC is all about.

In order of significance on a ranked scale. A score of **40** is generally the cut off to be considered for moving to a higher training group.

1. Technique/Skill Development – 10
2. Listens & Follows Directions – 9
3. Emotional Maturity – 8
4. Attendance – 7
5. Times/Ability – 6
6. Lane Etiquette – 5
7. Work Ethic - 4

If an athlete believes they should be in another group, they should approach their group coach and discuss with them. If an understanding is not reached, their parents should reach out to the head coach for further discussion. Ultimately, as coaches, we strive to place each child where they will be most able to maximize their success by training in the best environment for them, at the time.

USA Swimming Achievement 101

Age Group Standards

B – beginning level, swimmers look toward next step, BB

BB – intermediate level, swimmers look toward next step, A

A – advanced level, swimmers look toward championship meets: WAG, JOs, etc.

Championship Meets - Winter/Summer Age Group Champs, Spring/Summer Junior Olympics

Senior Standards

SCS Senior Tier 1-2-3 – meets offered 5-6 times/year

Sectionals – offered 2-3 times/year

Futures – offered twice/year

Junior Nationals – twice/year

Senior Nationals – twice/year

Olympic Trials – every 4 years



Find time standards here, at [SoCal Swimming](#) under Time Standards



CMAC MEMBERSHIP POLICIES

The following will serve to answer your questions regarding policy related to:

Safe Sport

CMAC is dedicated to keeping all athletes safe. For more on Safe Sport click link

[USA Swimming Safe Sport](#)

Team Commitment Fees

- An annual fee of \$75 for returning & \$150 for new members
- If membership is canceled, upon return the account returns to new member status

Communication w/Coaching Staff re: billing, accounts, etc.

- All communication must be via email, and to head coach with CC to director
- NO VERBAL or text communication will replace this standard regarding membership status or billing related concerns

Championship & CMAC Hosted Meets – team entry procedures

- When your athlete qualifies for individual or relay events at the following meets, they will be **pre-entered** into events chosen by the coaching staff. It will be the member's responsibility to communicate well in advance of the entry deadline of any scheduling conflicts
 - o CMAC hosted meets 2-3 per calendar year on average
 - o Winter Age Group Championships December
 - o Best of the Rest Championships January
 - o Leaderboard Championships February
 - o Spring Junior Olympics March
 - o June Age Group Championships June
 - o Leaderboard Championships July
 - o Summer Junior Olympics July/Aug
- If your swimmer is entered into the event, and cannot attend, and entries have been submitted, the following will occur:
 - o You will still be charged for the meet (these events have no refunds per USA swimming)

- If you are a member of a relay team, and an alternate swimmer is not available, and the relay can no longer compete, you will be responsible for the remaining balance of the relay, plus a \$5 penalty (\$25 total).

Championship Meets – Participation Expectations

At these events, athletes entered are expected to have full participation and availability. We send out information months and weeks ahead of time to ensure our team is ready, prepared, and equipped to do our best. If you are scheduled in these meets, the expectation is your swimmer is available from the morning preliminaries until the end of finals each evening, for all individual and relay events, each day of the competition. If this is not possible, it needs to be communicated at the earliest opportunity (ie not during the meet) to avoid major issues and stress to the competition team and coaching staff.

Meet Entry

In most non-championship level meets, swimmers may be entered by parents (or coaches). Coaches will not commit all athletes to attend – it will ultimately be the family’s responsibility. If the entry deadline passes, **no late entries will be possible.**

For all meet entries, coaches will finalize event selections and make sure swimmers are registered in the correct age category, and events they are qualified to swim, and the events they are best prepared for. This means we may change an event selection by a parent or family member. If we believe they are not adequately prepared for an event, or we believe they should participate in an event, the coaching staff reserves the right to make any changes to the athlete’s entry. Swim meet fees will be invoiced to your account shortly after the conclusion of the meets. **All swim meet fees are non-refundable after the meet entries have been submitted.** We will communicate well in advance if your swimmer will be selected in certain ALL-TEAM events (ex. CMAC hosted meets, various team championship events). It is the member’s responsibility to decline online if your swimmer cannot attend, or to modify the days / sessions they can attend in the notes section of the meet entry online. We can assist with this as needed.

If a swimmer is entered in a meet and cannot attend, you *must* notify your group coach prior to the scheduled warmup via E-mail to avoid a ‘no show fee’. Failure to do so results in a \$25 fee per session

Meet fees may include small additional charges to off-set things like coach transportation/lodging, championships meet apparel (caps, t-shirts, etc.), facility fees, etc.

Volunteering Hours

CMAC’s goal to “Inspire – Teach – Facilitate” swimmers to reach their full potential is centered in a TEAM effort. This team is composed of all staff, coaches, swimmers and parents. In order to continue the progression toward being one of the premier swim programs in Orange County, parent support is vital to the success of CMAC’s goals, and your swimmers.

Most CMAC families will need to fulfill the **minimum volunteer hour requirement of 20 hours per year.** **CMAC 1 & 2 will have a minimum requirement of 12 hours per year.** **Development group will not have volunteer hours required.** You are encouraged to volunteer in any CMAC hosted meet whether your

swimmer is participating in the event or not, and to also volunteer with team canopy transportation, acting as the timing coordinator for away and home meets, and timing at away/home meets. Below you will find a sample of the opportunities to fulfill your volunteering requirements:

- CMAC Hosted Meets
 - o Announcer (will be given 1-2 additional credit hours beyond the base volunteer house)
 - o Coach Hospitality (same as above)
 - o Set-up: blocks, canopies, tables, timing equipment, etc.
 - o Marshal, Admin Assistance, Ribbons, etc. (based on the # of hours done for the meet)
- Away Meets
 - o Team Canopy Transportation (1 hour credit for transport to meet, 1 hour for return)
 - o Timing Coordinator (arranges / manages timing – 2 hours of credit each meet)
 - o Timing (based on the # of hours done for the meet)

Volunteer Timing is a great way to fulfill the volunteer hours. The timing coordinator will post timing information for meets a few days before the event begins, and you will be able to sign up for shifts at that time. Every family is expected to help with this, and it is a requirement that each team supplies timers based on their attendance in that event. If your swimmer will end up not attending the meet and you were assigned timing responsibilities, it is your obligation to arrange for a replacement. If a replacement is not arranged/found, the member originally assigned to that shift will be assessed a \$50 penalty for each shift missed. For families with older athletes that may drive themselves to meets, you are still required to fulfill timing shifts when assigned. If your swimmer is participating in **distance events** (400 IM, 1650, 800, etc.) and you are required to time for these events, this will be in addition to your timing volunteer shift, and not count toward volunteer hours. If your swimmer makes the **finals session** at championship meets, family members will be expected and assigned to time these sessions. These *sessions will not count toward your volunteering hours*.

Important Amendments for 24-25 Season below

**** limit of 2 timing shifts for each family per meet ****

**** minimum requirement at CMAC hosted meets 4 hrs per family ****

**** Championship/Regional Meets or Prelims/Finals meets, each family will volunteer a minimum of one Finals Timing shift over the weekend or incur a penalty fee of \$50 ****

CMAC will also ask for food donations for intersquad and traditional team hosted swim meets. If you find it difficult to get to the pool to volunteer, this is a great way to further support the team and fulfill your required volunteer hours. For each \$25 of food/drinks donated you will receive 1 hour of credit.

Members that join throughout the swim calendar year will have their volunteer hours pro-rated based to reflect the time remaining that year.

Swimmers that take breaks or leave the team will still owe any uncompleted volunteer hours/payment.

Non-Compliance – families that do not participate in 20 hours of team volunteering will be assessed a NCF of \$500. For each hour of volunteering completed, the amount due will decrease by \$25.

CMAC's volunteering policy is not meant to be a team fundraiser, but to demonstrate that TEAM culture is paramount to success, and that everyone plays a role. Your support helps other swimmers, and that in turn helps your swimmer. By more evenly sharing the volunteering efforts required to host meets and activities, everyone at CMAC benefits. **This helps the coaches focus on COACHING**, and that means more success and enjoyment of the sport for your swimmers. CMAC is fortunate to have a core group of extremely helpful parents that volunteer in excess of 50 hours each year. If families are not doing their part to share the responsibility of volunteering this will jeopardize the success of their own swimmers, and all swimmers on the team. Through this team effort, we can continue to develop as a club, produce happy and fast swimmers, keep dues affordable, and much more. Thank you for your support.

Maintenance / Break Policy

The foundation of CMAC's swimming program occurs on a year-round basis. It is each member's responsibility to understand the following options related to any inactive status scenarios and to communicate with team administrators in writing (email) related to these inquiries.

If your swimmer cannot participate for any prolonged period of time, you can opt for a **maintenance status of \$75 / month**. This does not apply to minor illness, family vacations, December or August team breaks. Maintenance is available twice per calendar year. If exceeded, member will need to re-register.

After 2 months of maintenance status membership will be canceled to avoid any long-term billing issues. If your swimmer rejoins the program after a canceled membership, they will pay a **reactivation fee of \$150**. Swimmers are not guaranteed placement in former groups upon return. All team volunteering hours/NCF fees still apply regardless of membership status during the swim calendar year.

Account Cancellation Policy

Swimmers and families must notify CMAC Head Coach and Director via **email** if they will be withdrawing their membership

- Must be received before 20th of the month to avoid being billed the next cycle – no exceptions
- The account will be billed a late deactivation penalty of 10% if received after the 15th of the month
- Account must deactivate with no remaining balance
- Remaining volunteering NCF fees are to be billed before deactivation
- As space can be limited, space in an athlete's previous group may no longer be available upon future return

Parent/Athlete Code of Conduct

As a member of Coastal Machine Aquatics Club, I believe that integrity, sportsmanship, character development, and a team-oriented mindset are the most crucial areas of development. I agree to follow the rules regarding behavior and sportsmanship as a member of CMAC. The following are the principles that CMAC expects all members to value and uphold.

The athletes at CMAC are privileged to have a professional, dedicated, and caring team of coaches to help develop them into better swimmers and people. Skills related to discipline, teamwork, time management, self-efficacy, time management, body positivity, health and wellness will stay with them throughout life.

As parents, it is paramount that the coaching staff is respected and given the agency to run the swim team. They are the experts, and they have been trained and have the lifelong experience needed to help develop the athletes.

PARENT CODE of CONDUCT

As a parent of a swimmer and member of CMAC, I will abide by the following guidelines:

1. Practice teamwork with all parents, swimmers, players and coaches by supporting the values of
 - a. Discipline
 - b. Loyalty
 - c. Commitment
 - d. Hard Work
2. As a parent, I will not coach or instruct the team or any swimmer or player at a practice or competition or interfere with coaches at any time
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at competition and practice
4. Maintain self-control at all times. Know my role.
 - a. Swimmers – SWIM
 - b. Coaches – COACH
 - c. Officials – OFFICIATE
 - d. Parents – PARENT
5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward any coach, official, and/or participating swimmer will not be tolerated and is grounds for immediate removal from the program
6. Enjoy involvement with CMAC by supporting the swimmers, players, coaches, and other parents with positive communication and action
7. During competition, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff at an appropriate time. Parents will not address any meet official or volunteer at any time.

Should I conduct myself in a way that brings discredit or discord to CMAC, USA Swimming/Water Polo, I voluntarily subject myself to disciplinary action. CMAC maintains the right to terminate any membership with/without cause in the interest of our mission, vision, and objectives.

By receiving this document it is understood that you will abide by all expectations

CMAC: Developing Elite Swimmers

Photography Consent Form

Coastal Machine Aquatics Club (CMAC) may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. The club requires parental consent to take and use photographs.

Parents have a right to refuse agreement to their child being photographed.

As the parent/caregiver of _____ I allow the following:

Take photographs to use on the club's secure website _____ (initial)

Take photographs to include with newspaper articles _____ (initial)

Take photographs to use on club notice boards _____ (initial)

Video for training purposes only _____ (initial)

Additionally, as a parent/caregiver member of Costa Mesa Aquatics Club, you must abide by the club policies for photography:

No photography allowed behind the starting side of races at swim meets (SoCal Swimming and USA Swimming policy)

No photographs or videos of practice published without the coach's consent

Respect all other club members' and parents' wishes for whether or not their photos be taken and/or published

I, _____, hereby agree to abide by and respect the Coastal Machine Aquatics Club photography policy and give permission for the use of my child's photography as designated above.

Signature _____ Date _____