



COASTAL MACHINE
AQUATICS CLUB

THE CMAC PLAYBOOK

2026-2027

CHAMPIONS IN THE POOL • LEADERS FOR LIFE

A LETTER FROM COACH KEITH

Welcome to the 2026-2027 season

Dear CMAC Families,

Welcome to another exciting year at Coastal Machine Aquatics Club.

Whether your swimmer is taking their first competitive strokes or pursuing Sectionals, Futures, Junior Nationals or beyond, our commitment is the same: to help every athlete become the best version of themselves - in the pool and in life.

Swimming is a unique sport. It teaches discipline before talent, consistency before results and character before championships.

At CMAC, fast swimming is the result of thousands of small decisions made every day: arriving on time, listening to coaches, supporting teammates, embracing challenges and choosing to improve one practice at a time.

Our coaching staff is passionate about creating an environment where athletes feel challenged, supported and excited to come to practice. We celebrate improvement, effort, resilience and the pursuit of excellence just as much as podium finishes and best times.

Parents are an essential part of that process. When coaches and families work together, amazing things happen. We appreciate the trust you place in us and promise to coach your children with enthusiasm, professionalism and genuine care.

Thank you for choosing CMAC. We are excited to help your family create lasting memories, lifelong friendships and unforgettable accomplishments.

Let's have an incredible season together.



Coach Keith Ryan

Head Coach • Coastal Machine Aquatics Club

WHY CMAC?

A first-class environment for athletic growth and character development

TECHNICAL EXCELLENCE

Progressive instruction in all four strokes, starts, turns, underwaters and race skills.

CHARACTER + LEADERSHIP

Athletes learn discipline, resilience, teamwork, accountability and confidence.

A TRUE TEAM CULTURE

Athletes learn to celebrate teammates, represent CMAC with pride and contribute to something larger than themselves.

MEANINGFUL COMPETITION

A developmentally appropriate meet pathway - from Block Parties to championship swimming.

COACHING CONNECTION

Swimmers are noticed, challenged and supported by coaches who care about the whole person.

A LIFETIME SPORT

From first competition to college, coaching, Masters swimming and beyond, aquatics can remain part of life.

COACH'S CORNER

Our goal is not simply to develop fast swimmers. It is to develop confident, disciplined young people who happen to swim fast.

THE CMAC CORE VALUES

Five ideas that guide how we train, compete and represent our team

01 EXCELLENCE

We pursue continual improvement. Excellence is not perfection - it is doing the next thing well.

02 TEAMWORK

We support one another, communicate clearly and understand that every athlete contributes.

03 GROWTH

We treat feedback, discomfort and failure as opportunities to learn.

04 CHARACTER

Integrity matters more than medals. We do the right thing when nobody is watching.

05 EFFORT

We control our preparation, attitude and work ethic - even when results are uncertain.

DID YOU KNOW?

Young athletes usually make their greatest long-term gains through consistent attendance and strong technique - not by chasing intensity too early.

THE CMAC ROADMAP

A swimmer can enter at many points and continue for a lifetime

LEARN	Water confidence, legal strokes and joy in the sport
TRAIN	Technique, habits, fitness and growing responsibility
COMPETE	Race skills, composure, goal setting and team contribution
PERFORM	Regional and championship-level swimming
LEAD	Senior leadership, collegiate goals and mentoring younger swimmers
RETURN	Coaching, Masters swimming and lifelong connection to aquatics
COACH'S CORNER	
Champions are not made at championship meets. They are built on ordinary Tuesdays.	

WELCOME TO CMAC

A shared commitment to excellence in swimming, character and community

MISSION

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

BELIEF

No matter the swimmer's current level, CMAC can provide passion and inspiration that serves them throughout life.

VISION

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

OUR PROMISE

A fun, challenging and supportive swimming experience that helps athletes become better people while maximizing their athletic potential.

CMAC: DEVELOPING ELITE SWIMMERS

DEVELOPING

Success is a process. Every athlete can participate in it, and meaningful development always takes time.

ELITE

We pursue the highest appropriate level of success for each individual through advanced technical training, purposeful competition and strong habits.

SWIMMERS

We develop well-rounded people through swimming, giving every athlete a platform for future success in sport and life.

The standard

Have fun. Work hard. Be coachable. Support teammates. Improve every day.

THE CMAC DEVELOPMENT PROCESS

Consistent habits create confident competitors

1 PRACTICE

Technical learning, purposeful repetition, effort and discipline.

3 COMPETITION

A learning environment where athletes practice race skills and composure.

2 RECOVERY

Sleep, nutrition, school habits, mobility and smart activity choices.

4 REFLECTION

Athlete and coach review, goal setting and the next step forward.

CORE PRINCIPLES

- You get out what you put in.
- High and appropriate attendance matters.
- Arrive on time, prepared and ready to learn.
- Practice how you want to race.
- Every swimmer should feel noticed, valued and challenged.
- Meets are part of the process - learning comes before winning.

Coach's Corner

Talent may open a door, but consistent attendance, skill development and coachability determine how far an athlete progresses.

PRACTICE EXPECTATIONS

Ready before practice. Engaged during practice. Responsible after practice.

1. Arrive 10-15 minutes early and be ready to enter the water five minutes before the scheduled start.
2. Walk on deck, stay out of storage rooms and offices, and behave safely and respectfully.
3. Bring all required equipment and a filled water bottle to every practice.
4. Enter the water only when instructed. Cap, goggles, suit and gear should already be ready.
5. Warm up continuously unless a coach gives different instructions.
6. Wait quietly at the wall, listen with your head above water and ask when clarification is needed.
7. Give your best available effort and encourage teammates.
8. Complete warm-down promptly, continuously and completely before organizing personal gear.
9. Help return team gear and leave the deck clean.
10. Eat a healthy, substantive recovery snack or meal within approximately one hour after practice.

Closed deck policy

Parents may observe only from designated seating when invited. Parents should not approach athletes or staff during practice.

THE PARENT PARTNERSHIP

The biggest gains often happen outside the pool

SLEEP

Aim for 8-10 hours each night. Consistent sleep supports learning, recovery, mood and performance.

NUTRITION

Prioritize fruits, vegetables, quality proteins, healthy fats, whole grains and hydration. Limit highly processed food.

ACTIVITY CHOICES

Consider injury risk and recovery demands before surfing, skiing, tournaments or other strenuous activities near key meets.

SCHOOL

Create focused homework habits: phone away, television off, attentive participation and early communication with teachers.

RECOVERY

Use stretching, prescribed exercises and self-massage tools such as a foam roller, massage stick or tennis ball.

PARENT ROLE

Model composure, commitment and respect. Support the athlete while allowing coaches to coach.

A useful question

Will this choice help my swimmer arrive healthy, rested and ready for the next important practice or meet?

DID YOU KNOW?

Sleep is where much of athletic adaptation happens. A well-rested swimmer learns skills faster, regulates emotion better and recovers more effectively.

MEET DAY: THE ATHLETE FLOW

Arrive early, follow the process and learn from every race

1. Arrive 10-15 minutes before the announced warm-up time; afternoon sessions may run ahead of the estimated timeline.
2. Check in for every event and report to CMAC coaches.
3. Change promptly and be ready with suit, cap and goggles.
4. Wait for coach instructions, use a safe three-point entry and warm up continuously.
5. Hydrate, eat a light healthy snack, put on warm clothing and relax.
6. Before every race, give the coach your heat and lane and review the race plan.
7. Complete any prescribed pre-race warm-up, then report behind the timers.
8. Race with purpose.
9. Immediately complete the assigned post-race warm-down.
10. Return to the coach to review the swim and prepare for the next event.

Participation discretion

Coaches may remove an athlete from competition for attendance, health, behavior or safety reasons. An athlete attending fewer than two practices during meet week may be removed when that is in the athlete's best interest.

MEET WARM-UP & WARM-DOWN

Standard routines help athletes prepare, perform and recover

GENERAL MEET WARM-UP

CMAC 2/3 + SENIOR 1

2-2-2: 200 loosen; 2 x 100 kick/swim/scull/swim by 25; 2 x 50; starts and turns with coaches.

PERFORMANCE 1/2/3

3-3-3: 300 loosen; 3 x 100 @ 2:00 kick/swim/scull/swim; 3 x 50 @ 1:00 descend; 100 IM kick; 4 x 25 build/blast/easy/fast; starts and turns.

SENIOR 2/3

4-4-4: 400 loosen; 4 x 100 @ 1:45 kick/swim/scull/swim; 4 x 50 @ :50 descend; 200 IM kick; 2 rounds of 4 x 25 build/blast/easy/fast; starts and turns.

DURING THE MEET

PRE-RACE - PERFORMANCE

If more than 30 minutes since the last swim: 100-200 loosen, 4 x 25 build, turns and finishes.

POST-RACE - CMAC / SENIOR 1

100-200 continuous, alternating 25 kick / 25 swim.

POST-RACE - SENIOR

400 continuous alternating 50 kick / 50 swim, plus one easy 100 per 50 raced, up to four.

PRE-RACE - SENIOR

300-400 loosen, 4 x 25 using 4 kicks + 3 cycles blast of stroke, turns and finishes.

POST-RACE - PERFORMANCE

300 continuous alternating 50 kick / 50 swim, plus one easy 50 per 50 raced, up to four.

PRACTICE SCHEDULE & GROUP PRICING

2026-2027 tentative schedule | Monthly tuition

GROUP	TIME	DAYS	TUITION
CMAC 1	4:00-4:45 PM	Mon-Fri	\$170
CMAC 2	4:00-5:00 PM	Mon-Fri	\$180
CMAC 3	4:00-5:00 PM	Mon-Fri	\$180
Performance 1	5:15-6:45 PM	Mon-Fri	\$195
Performance 2	4:45-6:45 PM	Mon-Fri + Sat varies	\$200
Performance 3	4:30-6:45 PM	Mon-Fri + Sat varies	\$210
Senior 1	5:15-6:45 / 6:30-7:30	MWF / Tue-Thu	\$210
Senior 2	4:15-6:45 PM	Mon-Fri + Sat varies	\$225
Senior 3	4:00-6:45 PM	Mon-Fri + Sat varies	\$225
Masters	7:30-8:30 PM	Mon-Thu	See registration

Annual team fee

\$75 per returning athlete and \$150 per new athlete. Returning members who cancel and later return re-enter at new-member status. Fees and schedules are subject to final annual approval.

THE CMAC TRAINING PATHWAY

Groups reflect developmental readiness - not simply age or speed

CMAC 1

Learn four legal strokes, starts, turns and practice habits.

CMAC 3

Strengthen all-stroke competence, training purpose and meet participation.

SENIOR 1

Prepare for high-level senior training through consistency, skills and race development.

CMAC 2

Build consistent technique and begin regular competition.

PERFORMANCE 1-3

Advance age-group technique, training capacity and regional competition.

SENIOR 2/3

Year-round elite senior training with collegiate, Sectional and national-level aspirations.

Placement philosophy

Coaches place athletes where they can learn, contribute and progress safely. Move-ups reflect technique, maturity, attendance, coachability, lane skills, work ethic and performance.

WHAT EVERY GROUP SHARES

- Kindness and respect for teammates and staff.
- Listening and following instructions.
- Legal stroke development and sound fundamentals.
- Goal setting and appropriate competition.
- Progressive expectations as athletes mature.

CMAC 1

Foundation skills for young novice swimmers

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE GOAL
5-9	5 days / week	45 minutes	2-3 sessions / week

ENTRY / READINESS REQUIREMENTS

- Swimmer is ready to listen, participate safely and learn in a group environment.

DEVELOPMENT GOALS

- Develop four legal strokes.
- Learn legal starts, turns and finishes.
- Participate in at least one competition every six months.
- Move-up target: one legal lap of each stroke on 1:00 and a 100 freestyle with flip turns at every wall.

ATHLETE EXPECTATIONS

- Listen to coaches.
- Treat every team member with kindness and respect.

CMAC 2

Intermediate stroke development and regular competition

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE GOAL
6-10	5 days / week	60 minutes	3 sessions / week

ENTRY / READINESS REQUIREMENTS

- Participated in at least one competition during the previous six months.
- One legal lap of each stroke on 1:00 and a 100 freestyle with flip turns at every wall.

DEVELOPMENT GOALS

- Progress in all four strokes and fundamental skills.
- Compete every 3-4 months across a variety of strokes and distances.
- Learn to track best times, set goals and train with purpose.

ATHLETE EXPECTATIONS

- Listen quietly at the wall with head above water.
- Keep hands, feet and splashing to yourself.
- Treat all team members with kindness and respect.

CMAC 3

Advanced developmental swimming and frequent meet participation

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE GOAL
7-11	5 days / week	60 minutes	3+ sessions / week

ENTRY / READINESS REQUIREMENTS

- Participated in at least two competitions during the previous six months.
- One legal lap of each stroke on :40, a 100 freestyle with flip turns under 1:40, and a legal 100 IM under 2:00.

DEVELOPMENT GOALS

- Advance all four strokes and fundamental skills.
- Compete every 1-2 months across varied events.
- Track best times, set goals and learn purposeful training habits.

ATHLETE EXPECTATIONS

- Listen quietly at the wall with head above water.
- Keep hands, feet and splashing to yourself.
- Treat all team members with kindness and respect.

PERFORMANCE 1-2-3

Advanced age-group training and elite competition development

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE
8-13	6 days / week	75-120 minutes	75%+ expected

ENTRY / READINESS REQUIREMENTS

- Mental, emotional and physical maturity for high-level training.
- Compete at least once every two months.
- One legal lap of each stroke on :25; 100 freestyle under 1:20 with flip turns; legal 100 IM.
- At least two BB standards in the previous six months.

DEVELOPMENT GOALS

- Refine all four strokes and advanced fundamentals.
- Track best times, set goals and train well.
- Performance 1 target: 20 x 25 @ :30 with sound mechanics.
- Performance 2: multiple BB times, progressing toward WAG/JAG and appropriate stamina.
- Performance 3: multiple WAG/JAG or faster standards and readiness for elite age-group demands.

ATHLETE EXPECTATIONS

- Maintain approximately 75% attendance to hold group placement.
- Compete regularly.
- Listen, demonstrate lane etiquette and respect every team member.

SENIOR 1

Bridge to advanced senior training and regional competition

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE
13-18	6 days / week	60-90 minutes	75% expected

ENTRY / READINESS REQUIREMENTS

- Mental, emotional and physical maturity.
- At least one competition in the previous six months.
- 4 x 100 @ 1:30; 8 x 50 kick under 1:00; legal 200 IM and 500 freestyle.
- At least two B standards in the previous six months.

DEVELOPMENT GOALS

- Refine four-stroke training and competitive fundamentals.
- Learn goal setting, visualization, dryland, stretching, nutrition and recovery.
- Move-up targets include 6 x 100 @ 1:30 holding under 1:20; 10 x 50 kick @ :55; regional standards; consistent year-round attendance; legal 200 IM and 500 freestyle.

ATHLETE EXPECTATIONS

- Attend consistently, listen and treat others with respect.
- Compete approximately once every two months when appropriate.
- Understand that higher senior groups do not allow seasonal membership or extended breaks.

SENIOR 2 / 3

High-level senior training in preparation for collegiate swimming

TYPICAL AGE	SCHEDULE	DURATION	ATTENDANCE
13+	6 days / week	120+ minutes	85%+ required

ENTRY / READINESS REQUIREMENTS

- Maturity and readiness for elite training.
- 6 x 100 @ 1:20 holding under 1:15; 6 x 50 kick @ :50; legal 200 IM and 500 freestyle.
- 15-16 BB standard in at least three strokes and at least two A standards in the previous six months.

DEVELOPMENT GOALS

- Compete at a high level in all four strokes.
- Use race strategy, relaxation and recovery skills.
- Compete approximately monthly and work toward Sectionals, collegiate swimming and above.

ATHLETE EXPECTATIONS

- Train year-round without breaks for high school season, summer or other seasonal activities.
- Maintain at least 85% attendance.
- Serve as an exemplary model of excellence and respect.
- Compete regularly at regional meets and above.

REQUIRED TRAINING EQUIPMENT

Every athlete should arrive prepared at every practice

ALL GROUPS

Appropriate suit and goggles • CMAC team cap • Filled water bottle

PERFORMANCE 1/2

Mesh bag • Kickboard • Short fins such as Arena Power fins • Buoy • Paddles • Snorkel

SENIOR 1

Mesh bag • Kickboard • DMC, Arena Power or similar short fins • Buoy • Paddles • Snorkel

CMAC 1/2/3

Practice gear • Kickboard • Long fins

PERFORMANCE 3

Performance equipment plus StrokeMaker-style paddles • One Swim Focus V2 headset optional

SENIOR 2/3

Senior equipment plus One Swim resistance kit • One Swim Focus V2 headset optional and highly encouraged

Equipment responsibility

Label every item. Athletes should inspect equipment regularly and replace worn straps, damaged fins or leaking bottles before they interfere with training.

COACH'S CORNER

Technique turns effort into speed.

HOW GROUP MOVE-UPS ARE DECIDED

A complete athlete profile matters more than a single time

RANK	FACTOR	WEIGHT
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

General benchmark

A combined score around 40 is typically needed before a move-up is considered. This is guidance, not an automatic promotion formula.

Questions about placement

Athletes should first speak with their group coach. If more discussion is needed, parents may contact the head coach. Final placement decisions are made to maximize the athlete's success in the best current environment.

USA SWIMMING ACHIEVEMENT PATHWAY

A simple view of how competitive standards progress

B

Beginning competitive standard. Next target: BB.

A

Advanced age-group standard and pathway toward championship meets.

SENIOR TIER 1-2-3

Southern California senior meets, generally offered 5-6 times each year.

FUTURES

National-level development meet, generally offered twice each year.

SENIOR NATIONALS

National championship level, generally twice each year.

BB

Intermediate standard. Next target: A.

AGE-GROUP CHAMPIONSHIPS

Winter / Summer Age Group Championships and Spring / Summer Junior Olympics.

SECTIONALS

Regional senior championship opportunity, often 2-3 times each year.

JUNIOR NATIONALS

National junior championship level, generally twice each year.

OLYMPIC TRIALS

The highest domestic qualifying pathway, held every four years.

Time standards

Current standards and qualifying details should always be confirmed through Southern California Swimming and USA Swimming.

BLOCK PARTY MEETS AT CMAC

Official racing, team connection and learning - right at our home pool

WHY CMAC CAN OFFER THIS

Our facility, coaching staff, timing systems, officials and parent community allow us to bring high-quality competition directly to our athletes.

OFFICIAL RESULTS

Events are USA Swimming sanctioned or approved as announced, and eligible times count in the USA Swimming system.

FUN + TEACHING FOCUSED

Coaches can teach meet routines, starts, turns, race strategy, warm-up and recovery in a familiar, lower-stress environment.

MORE OPPORTUNITIES

Block Party Meets will be offered multiple times throughout the year, giving swimmers accessible chances to race and improve.

QUARTERLY ALL-TEAM EVENT POLICY

- One designated Block Party each quarter is an all-team event and is mandatory for CMAC swimmers.
- The standard quarterly fee is \$30 per swimmer.
- The fee applies even when a swimmer does not attend because staffing, officials, timing, facility and meet costs are committed in advance.
- These events offset traditional fundraising: CMAC does the organizational work while providing athletes with meaningful competition and instruction.
- A swimmer who misses a quarterly all-team event may enter another non-quarterly Block Party event at a 50% reduction in the normal entry price.

TENTATIVE ALL-TEAM SCHEDULE

SEPTEMBER 5	DECEMBER 16	FEBRUARY 20	JULY 10
Fall launch	Winter racing	Championship preparation	Summer team event

The CMAC advantage

Instead of asking families to fundraise without a direct athlete benefit, Block Party Meets create revenue while giving swimmers official races, coaching and team-building experiences.

MEMBERSHIP, HOLDS & WITHDRAWAL

Clear expectations protect coaching consistency and group stability

SEPTEMBER-MAY ANNUAL MEMBERSHIP

Tuition reserves the athlete's group placement. No pauses or holds are available for vacations, illness, school activities or other temporary absences.

WITHDRAWAL + RETURN

A family not using the available hold is considered withdrawn. Returning is subject to space and a \$150 re-enrollment fee; placement may change based on current readiness.

JUNE-AUGUST SUMMER FLEXIBILITY

Families may request one summer membership hold of up to one month during June, July or August. The hold fee is \$75 and group placement is guaranteed.

WRITTEN COMMUNICATION

All membership changes, billing questions and cancellation notices must be submitted by email to the head coach with the director copied. Verbal conversations and texts do not change account status.

CANCELLATION REQUIREMENTS

- Provide 30 days' written notice. Tuition remains due through the end of the notice period.
- The account must close with no remaining balance.
- Any outstanding volunteer non-compliance fees are billed before deactivation.
- Group space may not be available if the athlete later returns.
- Current tuition is non-refundable once billed under the applicable policy.

Why this structure exists

Consistent membership supports stable staffing, predictable lane space, quality coaching and the ability to keep the program financially sustainable.

MEET ENTRIES & CHAMPIONSHIP EXPECTATIONS

Deadlines, availability and communication matter

PRE-ENTRY EVENTS

- Qualified athletes may be pre-entered by coaches for CMAC-hosted meets and major championship meets, including Winter, Spring, June and Summer Age Group Championships.
- Families must communicate conflicts well before the entry deadline. Submitted meet fees are non-refundable.
- If a relay cannot compete because an entered athlete withdraws and no alternate is available, that family may be responsible for the remaining relay balance plus the stated penalty.

NON-CHAMPIONSHIP MEETS

- Families are responsible for completing entries by the deadline unless coaches announce otherwise. Late entries may not be available.
- Coaches finalize event selection and may change parent selections based on age, qualification, readiness and development needs.
- Meet fees are invoiced after the meet and may include announced coach travel, facility or championship apparel charges.
- Typical additional team charges may be approximately \$3/day for local meets, \$5/day for out-of-area meets and \$10-\$25/day for regional meets.

NO-SHOW AND CHAMPIONSHIP AVAILABILITY

- Notify the group coach by email before scheduled warm-up if an entered swimmer cannot attend. Failure to notify may result in a \$25 no-show fee per session.
- At prelims/finals championship meets, entered athletes are expected to be available from morning preliminaries through the end of finals for individual and relay assignments unless an earlier exception is approved.

PARENT VOLUNTEERING

A strong team requires shared effort

ANNUAL REQUIREMENT

Most families: 20 hours • CMAC 1 & 2: 12 hours • Senior 1: no annual volunteer-hour requirement.

AWAY MEETS

Timing, timing coordination and canopy transportation can earn credit. A limit of two timing shifts per family applies at each meet.

DONATIONS

Approved food or drink donations may earn one hour per \$25 donated.

CMAC-HOSTED MEETS

Minimum four hours per family at hosted meets. Roles may include setup, announcing, hospitality, marshaling, administration and ribbons.

CHAMPIONSHIP FINALS

Each family will complete at least one finals timing shift during regional or prelims/finals weekends, or a \$50 penalty may apply.

PRORATION

Families joining during the year receive a prorated requirement. Breaks or withdrawal do not eliminate already-earned obligations.

IMPORTANT TIMING RESPONSIBILITIES

- Assigned families must arrange a replacement when they cannot cover a shift. A missed shift may result in a \$50 fee.
- Distance-event timing and championship-finals timing may be required in addition to credited volunteer hours.
- Families with athletes who drive themselves are still responsible for assigned shifts.

Non-compliance fee

Uncompleted requirements may result in a \$300 fee for a 12-hour obligation or \$500 for a 20-hour obligation. Each completed hour reduces the amount by \$25.

PARENT & ATHLETE CODE OF CONDUCT

Integrity, sportsmanship and a team-oriented mindset

SWIMMERS SWIM

Athletes listen, compete with integrity, support teammates and follow staff direction.

OFFICIALS OFFICIATE

Questions about officiating go through CMAC coaches at an appropriate time. Parents do not confront officials or volunteers.

COACHES COACH

Parents give professional coaches the space and authority to teach, train and make competition decisions.

PARENTS PARENT

Model composure, encouragement, respect and healthy perspective before, during and after practices and meets.

EVERY FAMILY AGREES TO

- Support discipline, loyalty, commitment and hard work.
- Avoid coaching or instructing athletes during practices or competitions.
- Demonstrate sportsmanship and maintain self-control.
- Use positive communication and avoid criticism, name-calling, abusive language or gestures.
- Understand that conduct bringing discredit or discord to CMAC may lead to discipline or termination of membership with or without cause when necessary to protect the team's mission.

The lifelong value

Swimming develops discipline, teamwork, time management, self-efficacy, body confidence, health habits and resilience. Adults protect that opportunity by keeping the environment respectful.

COMMUNICATION, SAFE SPORT & TEAM CONTACTS

Clear channels keep athletes safe and the program running smoothly

BILLING / MEMBERSHIP

Email the head coach and copy the director. Texts and verbal conversations do not modify membership status or billing.

MEET CONFLICTS

Use the online meet notes or decline function before the deadline, and email the coach when necessary.

TRAINING QUESTIONS

Athletes should begin with their group coach. Parents may request a separate conversation outside practice time.

SAFE SPORT

CMAC is committed to athlete protection and follows USA Swimming Safe Sport requirements. Concerns should be reported promptly through the appropriate club and USA Swimming channels.

RECOMMENDED PARENT COMMUNICATION STANDARD

- Use a clear subject line with the swimmer's name and group.
- State the question or requested action directly.
- Allow reasonable response time outside active practice and competition hours.
- Do not discuss another athlete's placement, performance or private information.

Team website

Current schedules, meet information, registration details and updates: www.goCMAC.com

ONCE CMAC, ALWAYS CMAC

Alumni success reflects many different definitions of achievement

GAVIN MCNEAL

Orange Coast College • State Champion

OLIVIA REITANO

UCLA Club Swimming

DIEGO LAMBOGLIA

CMAC Coach • OCC State Qualifier

MADDIE STEIN

UC Santa Cruz

SAM KUO

United States Naval Academy

KAUA MOTA

CMAC Coach • OCC State Champion

The next chapter

Every current CMAC athlete is building a story of their own. Success may mean a first legal race, a championship final, college swimming, coaching, leadership or a lifelong love of the water.

COACH'S CORNER

The best teammates celebrate the success of others as loudly as they celebrate their own.

THE CMAC STANDARD

This is how we show up

- 01 WE SHOW UP.**
- 02 WE ARRIVE PREPARED.**
- 03 WE DO HARD THINGS.**
- 04 WE LISTEN AND LEARN.**
- 05 WE ENCOURAGE TEAMMATES.**
- 06 WE RESPECT COACHES, OFFICIALS AND OPPONENTS.**
- 07 WE COMPETE WITH INTEGRITY.**
- 08 WE LEARN FROM FAILURE.**
- 09 WE CELEBRATE IMPROVEMENT.**
- 10 WE LEAVE EVERY PRACTICE BETTER THAN WE ARRIVED.**

COACH'S CORNER

Every practice is a vote for the swimmer - and the person - you want to become.

QUICK LINKS

Scan, connect and keep the Playbook useful throughout the season



CMAC WEBSITE

Schedules, registration, team information and updates.



INSTAGRAM

Team culture, photos, results and announcements.



USA SWIMMING

Membership, Safe Sport and national swimming resources.



EMAIL CMAC

Questions about membership, billing or team communication.

Keep this Playbook

Policies, schedules and prices may be updated during the season. Current information and official announcements will always take precedence over printed material.

PHOTOGRAPHY & VIDEO CONSENT

Please complete and return this page as directed by CMAC

- CMAC may photograph or record athletes for team communication, promotion and training in accordance with club policy.
- Parents may decline any or all uses below.
- No photography is allowed behind the starting end of races, consistent with USA Swimming and Southern California Swimming policy.
- Practice photos or videos may not be published without coach consent. All members must respect other families' photography preferences.

Athlete name: _____

Parent / caregiver name: _____

PERMISSION	YES	NO
Use photographs on the club website or official digital channels	☐	☐
Use photographs with newspaper or media articles	☐	☐
Use photographs on team displays or notice boards	☐	☐
Use video for training purposes only	☐	☐

I agree to follow the CMAC photography policy and authorize the uses marked above.

Signature: _____

Date: _____

Acknowledgment

Receipt of this handbook confirms that the family understands and agrees to follow CMAC membership, participation, conduct and safety expectations.