

# Parent Packet



Welcome to CASC!  
We are so excited you're here!

### **About Us**

The Casper Swim Club is a USA year round competitive swim team run by an elected volunteer board offering high quality professional coaching and technique instruction to all swimmers who are a station 7+ in the Casper- CASC Lessons program, or ages 6 years and up. From beginning swimmers to the most competitive and skilled swimmers, we have something to offer.

Our goal is to advance swimming technique and provide further education on sportsmanship, leadership, unity, and integrity, while having fun and improving the physical and emotional well being of our athletes. CASC is for the promotion and well being of all athletes who want to develop and improve their personal swimming skills.

We believe that "personal bests" are the individual goal and strive to enhance and complement skills to achieve a stronger, competent and more competitive athlete. The coaches strive to promote good-will while fostering a positive team spirit among all athletes. Swimming is not just about the sport, but involves life-long lessons, goal setting skills and achievements. Our goal is to allow the swimmers to develop their skill into a life-long experience.

### **Parent Role**

Your primary role as a parent is to be your swimmer's biggest cheerleader. If you ask a swimmer to choose between their parents and their coach, the parents will win every time. Let the coaches coach your children.

During practice time, please allow the pool deck to remain a learning space. We know how frustrating it might be to watch your child have a bad day in the pool. We can assure you the coaches have it covered, and if they don't, they will send your child to you for a quick conversation.

If at any point you have a question of a concern, bring it to the coaches as soon as possible. Please wave them over from behind the green rope at KW, or from the pool doorway at NC rather than interrupting instruction or observation. Otherwise, coaches are available to you before and after practice, and by email.

During swim meets cheer your swimmers on. It can be hard to watch your child add time or be disqualified from a race, but please allow the coaches to coach. Help your swimmer turn their disappointment into a chance to learn, and keep mistakes or bad performances in perspective. We all have times when something doesn't go our way, or we're just having a bad day.



### **Parent Role: Volunteer**

Volunteerism is the voice of the people put into action. Casper Swim Club is a parent owned, non-profit club run by an elected group of volunteers who make up our Board of Directors.

Volunteering is pertinent to the success of our club. As of 2025, Casper Swim Club has adopted a Volunteer Policy, which can be found in our Policies and Procedures Manual. This policy requires volunteer hours and fundraising efforts from **all** participants of Casper Swim Club, competing or not. Without parent assistance, the club simply cannot run, so we appreciate and need whatever help you're willing to offer.

### **Safe Sport**

Club travel and lodging occurs frequently in our sport and presents a series of unique risk factors. USA Swimming has adopted a policy, Minor Athlete Abuse Prevention Policy (MAAPP), regarding local and competition travel. Our club implements the same policy. If your child will be taken to and from practice by someone other than yourself, you will need to have a permission slip signed by you on file with the club. In addition, if your child is traveling out of town or staying with someone other than you, you will need to have an additional permission slip signed.

SafeSport prohibits parents from entering the locker rooms alone at any time. We understand that the kids can take a long time in the shower. If you need your child out of the locker room, please let a coach know and we will facilitate for you. SafeSport also prohibits photography behind the blocks and in the locker rooms. Please be aware of where you are standing while photographing your child, and talk to your child about SnapChat and other social media usage while on the pool deck and in the locker room.

The MAAP Policy in full can be found in Casper Swim Club's Policies and Procedures.

### **Communication**

CASC primarily uses email to communicate with parents. As of 2025 we are looking to implement the use of Remind. The link for registration in that app can be found on our website under the Dolphin Wave.

We also utilize Facebook and Instagram to post important updates and information. Search for "Casper Swim Club" and like or follow our page.



**Casper Swim Club Board of Directors**

The CASC Board is composed of nine board members; a coaching representative, 6 elected board chairs, and two athlete representatives.

Head Coach	Tori Bailey	<a href="mailto:coachtori@casperswimclub.org">coachtori@casperswimclub.org</a>	All Club Matters
President	Tracey Kegler	<a href="mailto:president@casperswimclub.org">president@casperswimclub.org</a>	All Club Matters
Vice President	Keli Johnson	<a href="mailto:vicepresident@casperswimclub.org">vicepresident@casperswimclub.org</a>	Registration/ Dues/ Fundraising/ Safety
Secretary	Megan Dayley	<a href="mailto:secretary@casperswimclub.org">secretary@casperswimclub.org</a>	Switchboard/ Socials/Meeting Minutes
Treasurer	Ruth Bell	<a href="mailto:treasurer@casperswimclub.org">treasurer@casperswimclub.org</a>	Most Financial Matters
Meet Director	Sandra Yoder	<a href="mailto:meetdirector@casperswimclub.org">meetdirector@casperswimclub.org</a>	Meets/ Officiating
Volunteer Coordinator	Nicole Athey	<a href="mailto:volunteercoordinator@casperswimclub.org">volunteercoordinator@casperswimclub.org</a>	Volunteering
Senior Athlete Rep			
Junior Athlete Rep	Tripp Montgomery		



### **Practice**

Practices take place at both high schools, switching near Christmas Break, as communicated at the beginning of the season, or otherwise communicated. Practice times are as follows:

Gold	5:45-7:00 PM
Silver	5:45-7:00 PM
Bronze	5:45-7:00 PM
Platinum	6:15-8:00 PM
Steel	6:15-8:00 PM
Iron	6:15-8:00 PM

On **Tuesday** we will have a full group practice from 6:00-7:00. All groups are welcome and encouraged to attend this practice. **Tuesday** practices will mostly be used for starts, turns, and technique. A practice for our Platinum, Steel, and Iron group will follow the group practice, and conclude at 8:00.

### **Commit Swimming: Our Team Management Software**

You may notice our coaches using their phones on deck during practice. While it might look like personal phone use, in reality, our team relies on Commit Swimming, an online platform designed specifically for swim team management.

Commit allows our coaches to:

- Recall detailed, minute by minute workouts for each group
- Track attendance and yardage in real time
- Keep swimmers on task and moving efficiently through practice sets
- Store and review workout history to guide future training decisions

In the past, we haven't used Commit to its fullest potential due to concerns from parents about phone use on deck. However, beginning this season, we will be fully implementing its powerful features to better serve our swimmers.

Please know that if you ever feel like a coach appears distracted by personal phone use, you are encouraged to bring your concern to Coach Tori's attention. But understand that for parts of practice, coaches will be on their personal devices to actively manage workouts, record attendance, and track swimmer progress within Commit.



All of this data is linked to your swimmer's profile in your account, You can view it at any time. A breakdown of the data you are looking at can be found in the Commit Swimming Packet in your folder.

### **Meets**

While swim meets are not required, they are encouraged to help kids show off the skills they've developed. Casper Swim Club's Policies and Procedures require your swimmer to be at at least one practice the week of a meet in order to participate. This allows the coaches to check in and make sure your child is prepared. As previously mentioned, we need parent volunteers. At away meets we need volunteers to fill timer chairs. Job postings will be made available when meet information goes out at least one day prior to the start of the meet. As per our Volunteer Policy, each participating family will be responsible for filling one slot per session. At home meets we need help running the entire meet. Each participating family is responsible for fulfilling a set up/tear down job, a food item job, and a job duty as per our Volunteer Policy.

We do travel for swim meets, unfortunately we have not received a tentative meet schedule from WYSI quite yet. As soon as that information becomes available, Coach Tori will send out a flier with our tentative team event schedule.

There are plenty of other meets going on around the state on any given weekend. If your family would like to travel to a meet that is not included in the team schedule, please ask Coach Tori what we need to do to get you signed up. As a note and a reminder, Coach Tori can, and will sign you up for these meets, however, this does not make them team events. Team events are the only meets that will be accompanied by a coach.

### **DQ's**

In the past, we have waited until the practice following a meet to go through DQ slips, discuss what happened, and then we have the swimmers crumple them up and throw them away. The reason for this is because we don't want our swimmers to get hung up in the moment. A DQ slip is nothing more than a piece of paper and a learning opportunity.

Starting this season, Coach Tori will be inputting all DQ slips into the swimmers accounts under the note section, and coaches will continue with the discussion and crumple it up policy. This will allow parents and coaches to track and view the DQ's, while still teaching the swimmer that a DQ is simply a piece of paper and a learning experience.

If you have further questions about DQ slips, please refer to the "Meet Day Made Simple - A Parent's Reference" document located in the Dolphin Wave portion of our website, the copy in this packet, or reach out to one of the coaches.



**CASPER SWIM CLUB CARPOOL PERMISSION SLIP**

I, \_\_\_\_\_,  
legal guardian of \_\_\_\_\_,  
a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for \_\_\_\_\_,  
an unrelated Applicable Adult to provide local vehicle transportation to and from practices, from \_\_\_\_\_ through \_\_\_\_\_, and further  
acknowledge that this written permission is valid only for the transportation on the specified dates and to the specified location.

Legal Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Location to be transported to/from: \_\_\_\_\_

Location to be transported to/from: \_\_\_\_\_

This form MUST be returned and approved by a coach prior to the dates given



**CASPER SWIM CLUB MEET PERMISSION SLIP**

I, \_\_\_\_\_,  
legal guardian of \_\_\_\_\_,  
a minor athlete, give written permission, and grant an exception to the Minor Athlete Abuse  
Prevention Policy to travel with \_\_\_\_\_,  
to travel from \_\_\_\_\_ (start location)  
to \_\_\_\_\_ (destination) to attend the  
\_\_\_\_\_ swim meet, from \_\_\_\_\_ to  
\_\_\_\_\_ (dates).

I further acknowledge that this written permission is valid only for the dates and location  
specified herein.

Legal Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

This form MUST be returned and approved by a coach prior to the dates given