



Friends Select Aquatics 2026-27

FSA Member Handbook



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Mission Statement & Pillars of Health

FSA strives to have the best interest of every individual's long term success in mind by being positioned to support our athletes: athletic, academic, creative, and mental health. The Four Pillars of Health working together to create the greatest overall success for each individual. We strive to empower 3 groups in every child's swim journey. The Coach, The Athlete, and the Family. FSA is driven by a purpose greater than victory. We believe that an athlete's true measure lies not in the final time, but in the dedication and character they build every single day.

Pillars of Health

Athletic Health



Academic Health



Creative Health



Mental Health



D.E.E.P Values Framework

Duty - Duty is our foundational promise to the individual. We move beyond short-term wins to prioritize the long-term success of our athletes. Coaches, athletes, and families share a responsibility to protect and nurture the Four Pillars of Health — athletic, academic, creative, and mental health — ensuring every athlete is supported as a whole person. Duty means embracing your role as a teammate of others and by honoring commitments to support each teammate's pursuit of their unique version of shared excellence and the FSA Mission.

Excellence - We believe excellence is found in "dedication and character," not just the clock. Excellence is unique to each athlete yet shared with their teammates. Excellence is a standard we set for ourselves every single day. Athletes are empowered to understand and strive for their own version of excellence in the pool and across their Four Pillars.

Empowerment - We strive to empower our athletes by focusing on their holistic health across the Four Pillars. By providing the tools to succeed in these areas, we give every athlete the confidence to achieve their version of Excellence. Empowerment means taking ownership of

one's swim journey and in partnership with coaches, athletes, and families, acknowledging, supporting, and sharing in the journey of those around you.

Partnership - Success at FSA is a collaborative effort between the coach, the athlete, and the family. When these groups are in alignment supporting the Four Pillars, they create a support system stronger than any individual could build alone. We look to promote the synergy of these three groups to create a positive, high-performance environment. When we act as partners, we ensure the athlete has the strongest possible foundation for success.

Value	Focus	Connection to Mission
Duty	Responsibility	Supporting the long-term success of the individual and their teammates
Excellence	Character	Unique and shared amongst teammates, coaches, and the FSA program
Empowerment	Growth	Taking ownership of one's swim journey
Partnership	Synergy	The harmony between athlete, coach, and family



Friends Select School

Friends Select Aquatics is an extension of Friends Select School and expects families to follow all relevant policies and procedures outlined in the Friends Select School Student and Family Handbook. Please see below for a few pieces of key information. For a copy of the full handbook, or any questions or concerns about the information outlined below please reach out to the Coaching Staff

Quakerism

Friends Select School is fully committed to the Quaker testimonies—simplicity, peace, integrity, community, equity and justice, and stewardship (SPICES)—and practices of the Religious Society of Friends, which are integral to the life of the school and its community. This Quaker influence manifests itself daily in the practice of peaceful resolution of conflict, service toward others, and respect and inclusion.

Services for Students with Disabilities

We understand that there may be circumstances when a family may request that the School provide an adjustment or accommodation for a student's medical needs or physical, mental, or learning disability. In general, it is our policy to provide accommodations or adjustments for a student's minor needs in circumstances in which the administration determines, in its sole discretion, that doing so is within the reasonable ability of the and/or its staff.

Statement of Community

The social organization at Friends Select is based on the Friends Select Philosophy: "We work to achieve a balance between the needs of individuals and our community in an atmosphere of cooperation and concern for the betterment of all." We seek to teach students to recognize the needs of the community and to take an active role in achieving those goals as part of the education for the whole of life which includes moral, social, communal, as well as individual education.

Statement of Diversity

Friends Select School believes in the Quaker values of respect for all, simplicity, the peaceful resolution of conflict, and a constant search for truth. We seek to teach our students, in the words of George Fox, to "walk cheerfully over the world, answering that of God in everyone." We work to achieve balance between the needs of individuals and our community in an atmosphere

of cooperation and concern for the betterment of all, seeking to extend our values beyond the school community.

We therefore acknowledge that the composition of our community, its students, families, faculty, and staff deeply influences the intellectual and communal life that all experience at the school. Our community is diverse in terms of gender, age, race, ethnicity, religion, sexual orientation, gender identity, belief system, family structure, and economic background. We strive to maintain a safe environment where every member of the community is respected and where multiple views are expressed.

We are also committed to a culture and a curriculum that encourages awareness of and empower response to global issues and events. As members of the community move beyond our walls, we hope that they therefore think critically, advocate for change, and take an active role in the building of a better world.

Statement of Identity

Friends Select draws its identity from its Quaker heritage and beliefs and from its Center City location. Framed by this basic identity, its mission is to provide a challenging, college-preparatory academic program to a pre-kindergarten to twelfth grade, diverse, co-ed student population and offer a full complement of athletic, art and community service options. Our school's unique identity includes an intentional, sequential emphasis on research, writing and oral presentation and a commitment to interactive learning in a city-wide classroom.

Friends Select is both rigorous and nurturing; focused on intellectual--rather than rote--learning, yet committed to skill development; comprehensive in program though small in relative size; and attentive to the individual as well as to the community. The school blends the best of what is traditional with the best of what is current. It thrives within the dynamic of these opposites to create a distinctive environment.

Transgender Statement

Please note that the current USA Swimming Competition Category Policy aligns with current federal guidelines surrounding gender and competition in sport. Despite this, Friends Select Aquatics aligns itself with Friends Select School's Transgender Statement in all possible areas.

This statement applies to students whose gender identity is emerging and also to those students whose gender identity has been consistently and sincerely asserted at school as part of their core identity. The school recognizes that gender identity can be fluid; this statement is an attempt to ensure school is a safe experience for all students. The school also notes that families are central

to conversations concerning children, gender identity, harassment, and safety; the school intentionally partners with families. Friends Select School works closely with the student and family in devising an appropriate plan regarding the confidentiality of the student's transgender status that works for both the student and the school. Privacy considerations may also vary with the age of the student. As specific situations arise, the school reserves the right to interpret these guidelines in light of individual circumstances. In cases where the family and student disagree over the student's gender identity, the School will side with the student.

Harassment and Bullying

The School is dedicated to fostering an environment that promotes kindness, acceptance, and embraces differences among individuals. Therefore, the School will not tolerate any type of harassment or bullying by a student, employee, or any third party (including vendors, contractors, donors, volunteers, parents, and visitors). Students should be aware that their off-campus behavior is also covered under this policy, regardless of when and where the conduct occurred or who was affected by the student's inappropriate behavior. Harassment is broadly defined to include unreasonable conduct or behavior that is personally offensive or threatening, impairs morale, or interferes with the educational environment of students and includes, but is not limited to, slurs, jokes, comments, teasing, and other offensive conduct relating to race, religion, color, sex, gender identity, sexual orientation, national origin, citizenship, or disability. Harassment also includes sexual harassment.

Bullying includes a variety of behaviors, but all involve a person or group trying to take advantage of the power they have to hurt or reject someone else. These behaviors can be carried out, physically (hitting, kicking, pushing), verbally (calling names, taunting, teasing, threatening, ridiculing, spreading rumors, etc.), electronically, sometimes called "cyber-bullying" (posting defamatory remarks or photos, sending threatening emails, creating fake profiles, taking over an account and posting as someone else), or through relational aggression (harming or threatening to harm relationships or acceptance, friendship, or group inclusion) or emotional aggression (teasing, threatening, intimidating others).

Hazing

The School prohibits all forms of hazing. Hazing refers to any activity expected of a student to join or to continue membership or participation in any group where the activity produces or could be expected to produce mental, emotional or physical discomfort, injury, fright, degradation, humiliation, embarrassment, harassment, or ridicule to the student, regardless of the student's willingness or apparent willingness to participate.

Sexual Misconduct

We are committed to creating a learning environment characterized by safety, trust, and respect for all. Sexual misconduct whether between students or adults and students is contrary to the standards and ideals of our community and will not be tolerated. We are committed to creating a learning environment characterized by safety, trust, and respect for all. Sexual misconduct whether between students or adults and students is contrary to the standards and ideals of our community and will not be tolerated.

Substance Abuse Policy

Sometimes students and families recognize a problem of chemical dependency and seek appropriate steps to end that pattern. In cases where the student and family come to the school indicating such a problem exists, the school and family will work together to assess the student's particular needs and seek resources to help end the dependency. Such cases will be handled on an individual basis.

In any case, all students are expected to comply with school rules at all times. Infractions of school rules include, but are not limited to: If a student uses, possesses, abuses or is under the influence of controlled substances, unauthorized or authorized prescription drugs, illegal drugs, or alcohol, or possesses drug/alcohol/tobacco/vaping paraphernalia during the school day or during on- or off-campus school sponsored activities or programs (or within three blocks of the school outside of school hours), including athletic events and foreign exchange programs; or while representing the school in any capacity, the student will be expelled or suspended.

Surveillance and Monitoring

The School may conduct monitoring to help ensure employee and student safety and security, including video surveillance of non-private areas to identify safety concerns, maintain security, detect theft and misconduct, and discourage and prevent acts of harassment and violence. Aside from bathrooms and locker rooms, the School retains the right to conduct video surveillance of any portion of the School's property, which includes all persons and property located anywhere on School property, including, without limitation, parking lots. Therefore, please be on notice that your (students and parents) activities may be recorded and also may be monitored. These video recordings are the property of the School and the School generally does not make these recordings available to parents or students. However, the School may in its sole discretion provide the recordings to law enforcement or other governmental agencies.

Students and parents are prohibited from tampering with, disabling, or otherwise interfering with surveillance equipment or video recordings. Violations will be subject to disciplinary action, up to and including dismissal.

Threats and Violence

Friends Select School seeks to maintain a safe community for all its members. In keeping with the school's philosophy, Friends Select School is committed to teaching nonviolence and to creating a community in which all members seek peaceful resolution to conflict.

The School takes all threats seriously, even when students or parents make comments in jest, on the Internet, by text, or away from school toward or about another student, employee, or the School. Students and parents are prohibited from bringing any type of weapon or ammunition (whether operable or not and whether licensed or not) or things that resemble weapons, such as martial arts training materials (training balisong, nunchucks, etc.) and look-alike or toy weapons to School (including, without limitation, parking lots, athletic fields, and out buildings) or School-sponsored events. This prohibition includes, without limitation, knives (all types including, without limitation, pocketknives, and even those that are part of a key chain), guns (all types), tasers, pepper spray, firecrackers, matches, lighters, smoke bombs, stink bombs, or any type of explosive device. Any such item may be confiscated and, if appropriate, reported to and turned over to law enforcement. Any pictorial depictions of weapons, or verbal or written comments that the administration determines in its discretion to be threatening in nature, or any behavior that is threatening, will result in disciplinary consequences. Violators of this Weapons and Threats Policy will be subject to disciplinary consequences from the School, up to and including, expulsion, as well as subject to penalties imposed by governmental authorities.

All members of our community are required to immediately report any comment, posting, text, or other form of communication or information that they receive or learn about that reflects that someone has made a threat toward or about another student, an employee or the School. If there is any communication or behavior that concerns you, report it to one of the deans or to any administrator.

The School reserves the right to address weapons and threats, and to impose discipline, in its discretion, up to and including dismissal if the School deems it appropriate. Threats of violence or acts of violence by a student, employee, parent or other individual may be reported to law enforcement and any other authorities the School deems appropriate. The School will cooperate with investigations by authorities, and the School may also conduct its own investigation. With respect to such threats or acts by students, the School may report such threats or acts of violence to future schools, camps, athletic programs, and other organizations in which the student participates. The student's transcript or report card may also note the threat or act. In determining

whether to report such threats or acts of violence, the School may consider, among other factors, the gravity and nature of the threat or act of violence, the disciplinary history of the individual, academic or work performance, behavioral history, social profile, other information available to the School (i.e., access to weapons, mental health information, family situation, etc.), and/or the outcome of any investigations.

USA Swimming & Middle Atlantic Information

USA Swimming is the governing body for the sport of competitive swimming in the United States. In this capacity, USA Swimming is responsible for the conduct and administration of swimming in the US. USA Swimming determines rules, implements policies and procedures, and conducts National Championship meets, disseminates information about safety and sports medicine, and selects athletes to represent the United States in international competitions.

USA Swimming has divided the country into 59 Local Swimming Communities (LSC's). Each LSC is responsible for the administration of USA Swimming activities in a defined geographical area and has its own set of bylaws in which it operates. The business affairs of each LSC are managed by a House of Delegates which includes representation by athletes, coaches, members of the Board of Directors, and participating swim clubs. Each LSC is grouped into one of four zones: Western, Central, Eastern, and Southern.

Friends Select Aquatics is part of Middle Atlantic Swimming (MASI) LSC. MASI extends from Eastern Pennsylvania, South Jersey, and all of Delaware. The MASI requires swimmers to pay a membership fee in order to compete in sanctioned meets. The membership is valid for one year. MASI is part of the Eastern Zone which includes the following other LSC's: Adirondack, Niagara, Allegheny Mountain, Metropolitan, Maine, New England, Virginia, Maryland, New Jersey, Potomac Valley, Connecticut, and Middle Atlantic.

USA Swimming Safe Sport

USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. [USA Swimming's Safe Sport program](#), a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations. USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. As a part of our continued commitment to safeguarding our athletes, USA Swimming has enacted enhancements to our Safe Sport policy requirements.

USA Swimming's [Minor Athlete Abuse Prevention program](#) (MAAP) provides coaches, athletes, and families with guidelines and strategies for Recognizing, Responding, and Recovering from

potential abusive situations and is a required training component for all coaching staff, USA Swimming officials, and athletes once they reach the age of 18.

The Minor Athlete Abuse Prevention Policy (MAAPP) addresses one-on-one interactions, social media and electronic communications, travel: local and team, locker rooms and changing areas and massages, rubdowns and athletic training modalities. Every USA Swimming club, Zone and LSC is required to implement the MAAPP in full.

USA Swimming Anti-Doping Information

USA Swimming collaborates with the United States Anti-Doping Agency (USADA) to protect and promote the spirit of clean competition in the sport of competitive swimming.

You can find information [on this page](#) regarding the testing policies, protocols and the organizations working for Clean Sport. You can also visit the United States Anti-Doping Agency (USADA's) Anti-Doping 101 for detailed information on a variety of important topics that encompass anti-doping responsibilities for athletes, coaches, parents and athlete support personnel.

As a USA Swimming affiliated club, Friends Select Aquatics follows all policies and procedures of the governing body. The [USA Swimming Website](#) hosts a plethora of resources relating to Safe Sport and other information if there are any questions or concerns.

Coaches Code of Conduct

The FSA Coaches Code of Conduct establishes a set of common expectations for all members of the coaching staff. It serves as a guide to foster a positive team environment and uphold the principles of good sportsmanship.

Core Principles

Coaches for Friends Select Aquatics will:

- **Uphold the Rules:** At all times adhere to the rules and regulations put forth by USA Swimming and Friends Select School
- **Lead by Example:** Coaches will consistently set a good example of respect and sportsmanship for swimmers, parents, and fans to follow
- **Maintain Professionalism:** Coaches will act and dress with professionalism in a manner befitting their role. This includes maintaining a professional relationship between themselves and the athletes at all times
- **Show Respect:** Coaches will treat officials, opposing coaches, athletes, and spectators with respect and abide by the rules of all events
- **Coach with Positivity:** FSA Coaches will coach in a positive manner, refraining from the use of derogatory or abusive comments and language
- **Ensure Athlete Well-Being:** The health, safety, and overall well-being of our swimmers will always be our primary concern and will be placed above all other considerations including performance development
- **Practice Fairness:** Coaches will treat every athlete fairly, justly, impartially, intelligently, and with sensitivity and respect
- **Commitment to Professional Development:** Coaches will seek and maintain their own professional development in all areas related to coaching and teaching athletes
- **Consistent Connection:** FSA Coaches hold a goal of connecting positively with each athlete, each day

Group Structure & Progression

Friends Select Aquatics group structure is intended to support an athlete's current ability as well as support the essential social component of team sports. FSA understands that all athletes mature emotionally and athletically at different rates. We also understand the importance of athletes training and competing with individuals of similar age, ability, and maturity.

To this end we seek to group athletes in good faith balancing these three factors. Group placement is not a reflection of an athlete's standing within our program but rather is intended to support the best possible experience both in the water and out of the water for each athlete's individual and communal swim journey.

FSA's programming is designed around concepts of Mid Distance training for the Individual Medley as we believe this best supports all athletes and provides an all encompassing understanding of all versions of swimming as a sport. At our core we do not support hyperspecialization of events at younger ages and strive to seek balance in specialization as our athletes progress through the program.

Our programming is intended to support fast swimming at all levels but at its core seeks to promote the development of decision making skills and foster a love of swimming for life. Questions about group placement should be directed to the Head Coaching staff.

Practice & Attendance Policy

As an athlete progresses through our program, the expectation of commitment increases. FSA does not currently have an attendance requirement. FSA appreciates that our athletes have a multitude of interests and activities outside the pool. We also are a competitive swim team whose participation comes with the expectation of dedication and demonstrated commitment. **FSA carries a waitlist which means the acceptance of one athlete means another athlete is not afforded the opportunity to join our program.**

There is a shared responsibility for all athletes, coaches, and families to support each other by appreciating the importance of their participation and giving consideration to organizing one's priorities to respect their FSA swim family. Commitment is a shared responsibility between us all. As athletes get older, life, responsibilities, duties and time commitments become more significant. We understand that swimming isn't the only thing in an athlete's life and through empowerment of athletes, families, and coaches strive toward an ideal balance unique to each community member within the context of the FSA Community as a whole.

FSA also acknowledges that families plan vacations and experiences for their athletes and is committed to providing as much advance notice as possible with regard to schedules and expectations. Please keep the coaching staff informed of any extended vacations or absences in advance whenever possible.

FSA Athletes are expected to attend the MASI Championship Meets (10&U Championships, Junior Championships, Senior Championships, and Silver Championships) for which they are qualified. Dates for the March Championship series are available as early as June of the previous year. Please mark off your calendars for these meets which bring together a higher level of competition and allow our athletes to set goals to achieve.

A swim journey is not taken alone, it is essentially taken with others. This is a social contract that swim programs can not opt-out of.

Swimmer Code of Conduct

The following code of conduct is in effect to strengthen and support the FSA community through a common understanding of athletes' rights, responsibilities, and agreed upon values built on our mission and pillars of health.

- FSA Athletes should be respectful of fellow athletes, coaches, and parents. Any athlete who fails to act with respect will be asked to leave and additional disciplinary action will be taken
- FSA Athletes will respect all training and competition venues. When traveling to meets, they will treat competition venues with the same respect they treat the FSS facility
- FSA athletes will take responsibility for their equipment and home pool deck, and treat the space with respect. FSA Athletes will assist in cleaning up the pool deck after their practices, leaving the space better than they found it.
- FSA Athletes will exhibit sportsmanlike behaviors across all levels of competition and represent the
- FSA Athletes will be on time to practices and meets
- FSA Athletes will refrain from partaking in the consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug. Team members who are found to be partaking in these activities will be subject to disciplinary action and/or suspension or expulsion from FSA
- FSA Athletes will support their peers at practice and at meets, offering encouragement, participation and support
- FSA Athletes commit to discovering what their definition of "excellence" looks like along their swim journey through training and competing to their best ability
- FSA Athletes acknowledge that behavior outside of practice found to violate the FSA Handbook or Friends Select School's policies surrounding bullying, harassment, or misconduct will be subject to the same disciplinary action as behavior on deck at practice or meets

Team Uniform & Equipment

Athletes are expected to source equipment dependent on their training group. FSA is sponsored by TYR and we encourage families to purchase from TYR for their equipment needs. While we have a limited supply of equipment to borrow at the pool, it is expected that athletes source their own equipment to be used at practice.

Equipment recommendations can be found on our website or by contacting our coaching staff.

For athletes who do not have required equipment essential equipment for practice the coaching staff may provide that equipment to athletes at the cost of the athlete. Email notification will be sent to families prior to this taking place and billing for this equipment will take place through the team billing system.

Additional equipment may be recommended and/or required as athletes move through the FSA program.

Parent/Guardian Code of Conduct

The purpose and intent of a parent/guardian code of conduct is to establish expectations surrounding parent/guardian behavior. As a parent/guardian of an FSA athlete, it is essential to provide the FSA staff with the respect and authority to coach the team. While parents are currently welcome to observe practice on the pool deck parents should refrain from entering practice, shower areas, locker rooms and stretching areas. Single occupant changing rooms (with locks) are available for athletes in need of support from parents/guardians.

I agree with the following statements:

- I will strive to set a positive example for our athletes by demonstrating sportsmanship and displaying respect for team members, coaches, competitors, officials, the facilities, and other parents
- I acknowledge that name-calling or any abusive language or behavior towards coaches, officials, volunteers, athletes, competitors, or other parents/guardians will not be tolerated
- I will direct my concerns to the appropriate point of contact in the event there are concerns. The first point of contact is Head Coach Nic LoPresto with the next point of contact if necessary being Friends Select School Athletic Director Bill Klose
- I will not actively coach my athlete from the stands at practice or meets or interfere with coaches on deck
- I understand that practice and competition involves the athletes of many families. The insertion of oneself into these spaces can inherently endanger the safety of our athletes. Coaches are readily available to answer questions and respond to concerns but should be approached only in times of need.
- FSS and FSA are welcoming and inclusive communities. I acknowledge that hateful language in reference to race, gender, religion, sexual orientation, political affiliation, etc. will not be tolerated

Parents/guardians who are unable to agree to the code of conduct above will not be welcome to participate in the FSA program. Failure to demonstrate a willingness to commit to the code of conduct may result in suspension or expulsion of the parent/guardian and/or athlete from participation with FSA programming.

Communication Policy

All FSA members are responsible for adhering to the policies of Friends Select School, Friends Select Aquatics, and any other procedural or policy statements posted on our website.

During the registration process we will ask families for both email and text contact information. The main method of communication from FSA is via email.

How to communicate with FSA coaches:

1. **E-mail:** This is the preferred method of communication. Please e-mail Head Coach Nic LoPresto with questions you may have pertaining to “on deck” issues. You may also contact our head coach with any questions you might have. Head coach Nic's email is nlopresto@friends-select.org.
2. **Team Website:** We are constantly working to make our website more informative for all FSA families and prospective families. Please get into the habit of checking our site regularly for your various FSA needs. You can find most of the information you will need on our site such as practice and meet scheduling, team news and updates, important dates and deadlines, meet and volunteer sign-ups, billing information, and much more. For ease of access, we recommend bookmarking our homepage..
3. **In-Person Meeting:** We realize that sometimes you will want to speak with a coach in-person to have your questions answered or address your concerns. We will be available to accommodate you in this regard. However, please refrain from talking to the coaches during practice, as it distracts them from their responsibility to provide oversight during the sessions. Please email Coach Nic with any questions nlopresto@friends-select.org

We recognize that an in person meeting with a coach is important to address questions and concerns. Our staff is happy to make themselves available if that is the case. Please refrain from talking to coaches during practice, as it distracts them from their responsibility to provide attention during practice sessions.

Please email the Head Coach Nic LoPresto with any questions or concerns related to “on deck” issues. Coach Nic can be reached at nlopresto@friends-select.org. Friends Select School Athletic Director Bill Klose is also available billk@friends-select.org. Contact information for staff can be readily found at swimfsa.org. Aquatics@friends-select.org is also available as a general email monitored by multiple individuals on the FSA and FSS Staff..

Medical Policy

For any injury requiring 3 or more weeks of practice absence written medical clearance is required to return to practice. Athletes with extended leaves of absence of 4 or more weeks may be entitled to a session credit.

Coaches are not permitted to provide medication or medical attention outside of their certified level of training. It is the policy of FSA not to administer or make available medications for athletes. Should your athlete require the availability of medicines please provide that to the FSA Staff and provide explicit instructions in writing.

Please contact Head Coach Nicolas LoPresto with any questions or concerns

Financial Policy

2026-27 Fee Structure

Group	Fall/Winter Total Session Dues (19 Weeks Ending Jan 17th, 2027)	Winter/Spring Total Session Dues (19 Weeks Ending approx May 30)	Annual Registration Fee
Mini Falcons	\$625	\$625	\$90
Falcons	\$825	\$825	\$90
Falcons +	\$825	\$825	\$90
Bronze	\$975	975	\$90
Silver	\$1,075	\$1,075	\$90
Silver +	\$1,150	\$1,150	\$90
Gold	\$1,250	\$1,250	\$90
	Meet Surcharge Mini/Falcons	\$5/Athlete	
	Meet Surcharge Bronze/Silver/Gold	\$10/Athlete	



FSA currently groups athletes into 5 tiers. Sub tiers or “in between” tiers may be made available based on program need. Sub-tier pricing will be made available at times of registration.

Swim Meet Entry Fees

Meet entry fees vary depending on the host club. Generally fees are \$10 per event. Occasionally there is a surcharge for the pool usage as well. FSA will be charging a flat \$10.00 surcharge per swimmer to cover credit card processing, administrative costs and coach travel.

For Example, if your swimmer is signed up for 8 races, and the sponsoring club is charging \$10 per Event, then the total meet fees for the swimmer would be \$90.00.

8x Events x \$10 - Paid to the Host Club
+ \$10 FSA Flat Fee Paid to FSA

Summer 2027 Fee Structure TBD

Registration and Payment

Payment structure for the 2026-2027 season: .

Single Athlete Structure

- 50% of the Total Session Dues and the “Annual” registration Fee will be paid at the time of Registration
- Remaining Total Session Dues will be paid by the end of week 4 of the session

Multiple Athlete Structure (Bronze, Silver or Gold Families Only)

- 35% of Total Session Dues and the “Annual” registration fees will be paid at the time of registration
- 35% of the Total Session Dues will be paid by the end of week 4 of the session
- Remaining Total Session Dues will be paid by the end of week 6 of the session

Refund Policy

Fall/Winter and Winter/Spring Session refunds will only be provided within the first four weeks of each session. Refunds will be issued as follows:

Before Season Start through Week 4 of session:

- Refund of half of Total Session Dues paid
- NO refund of Annual Registration Fee

After Week 4 of session:

- No refund of Total Session Dues paid
- No refund of Annual Registration Fee

There are no refunds for Summer Session

No refunds will be issued after the fourth week of the Fall/Winter and Winter/Spring Sessions. No refunds will be issued for the Summer Session

Credits toward future sessions are available for extended medical leave of absences of 4 weeks or more.

Should you have any concerns with the registration fee structure or find need for accommodation please reach out to Head Coach Nic LoPresto to discuss alternative arrangements.

USA Swimming Membership Fee

Every FSA athlete must be a registered member of USA Swimming. No swimmer may work out or compete unless their USA Swimming registration is current. The only exception to this policy is for swimmers participating in an evaluation session or within the first 30 days of registration.

USA Swimming registration is good for 1 year. For questions regarding USA Swimming registration please visit www.usaswimming.org

All USA Swimming Membership fees will be collected directly by USA Swimming. After completing the team registration process, you will be sent an unique code that you will use to register on the USA Swimming website to join the FSA team.

Annual Team Registration Fees

There is an annual team registration fee for each swimmer that registers for Friends Select Aquatics (FSA). This fee will be used to purchase gear for the coaches, help with coaches travel and meets, and other miscellaneous charges that the team incurs.





Swim Meet and Scratch Policy

FSA Meet Financial policy has 2 key factors

- Athletes will be charged for all events not scratched or changed before the "Final Entries" date.
- Friends Select Aquatics will not assume the costs for late changes or decommitting after the "Final Entries" Date
- FSA will make a good faith attempt to make requested changes without a Fee charge whenever possible

FSA is penalized and charged in certain situations when athletes choose not to swim in Finals. It is important that athletes are Familiar with the FSA Scratch Policy and Unique Meet Scratch Policies and adhere to it to prevent unnecessary finds being levied on FSA and thereby the Family.

Swim Meets

Swim meets are mandatory and expected for all FSA swimmers. FSA targets a minimum of one meet per month for each age group and it is expected that athletes attend the “Team Effort meets. We understand, however, that sometimes conflicts do occur. The meet schedule will be made available as soon as it is solidified by the coaching staff.

FSA Athletes are expected to attend the MASI Championship Meets (10&U Championships, Junior Championships, Senior Championships, and Silver Championships) for which they are qualified. Dates for the March Championship series are available as early as June of the previous year. Please mark off your calendars for these meets which bring together a higher level of competition and allow our athletes to set goals to achieve.

Families can commit their athletes to the meet by signing into Commit Swimming and checking off what days of the meet they will attend. This will ensure accurate entries. It is critical to complete the commit checkbox by the deadline so we have all entries completed in a timely manner. Generally, athletes ages 10&U will have their events edited for them by coaches based on their abilities and stamina. Starting at age 11 athletes will start to have more input into their event lineups. Coaching staff is always available to discuss meet entries with families and athletes.

Once entries are sent in at the deadline of that respective meet, entries are locked in and families are responsible for the meet fees. As outlined in the Financial Policy, if you have notified the coaching staff that your child will not attend the meet after the deadline, you will be billed for meet entries.

Friends Select School - Waiver

By its very nature, participation in athletics at Friends Select School (the "School") can put students in situations in which serious catastrophic, and perhaps fatal, accidents and injuries could occur. Many forms of athletic competition result in physical contact between players, involve variations in terrain (such as holes, depressions, loose gravel, rocks, and so on), and include the use of equipment, any or all of which may result in serious accidents or injuries, strenuous physical exertion, exposure to outside elements, and numerous other exposures to risk of injury. The risk of injury or illness from athletic activities (including, without limitation, events/games, conditioning, and training) and the transportation associated with such activities could be significant, including, without limitation, bodily injury (such as sprained or twisted joints, bruises, scrapes, cuts, lacerations, puncture wounds, bone fractures, loss of limb(s), and injuries sustained in falls), paralysis, concussion or other brain injury, heat stroke, heat exhaustion, dehydration, other serious physical or mental impairment, and death. These risks are particularly applicable to contact sports offered at the School, such as basketball. Further, sports such as swimming, can include the risk of drowning and injuries associated with diving. Risk of participation also includes potential exposure to infectious diseases, including epidemics, pandemics and exposure to COVID-19. Students and parents/guardians must assess the risks involved in such participation and make their own voluntary choice as to whether to participate in athletics at the School in spite of those risks. No amount of instruction, precaution, equipment, personal discipline, or supervision will totally eliminate all risk of injury or death.

In consideration of our student(s) (the "Participant") being allowed to participate in any way in any of the School's athletic programs, including, without limitation, participating in, competing and/or observing events/games, conditioning, and training on and off School property, riding in School provided transportation or walking to or from nearby locations for games or practices, traveling to and participating in practices and athletic competitions at other schools and venues, or using any athletic equipment (collectively the "Program"), and understanding and acknowledging that the School is a non-profit educational institution we, the Participant and the parent(s) and/or legal guardian(s) of the Participant, jointly and severally, and intending to legally bind ourselves and the Participant (collectively the "Releasers"), do hereby WAIVE, RELEASE AND DISCHARGE, AND PROMISE NOT TO SUE the School, and its officers, directors, trustees, employees, staff, coaches, volunteers, chaperones, and supervisors and their successors and assigns (collectively the "Released Parties") from any and all liability and/or claims, suits, damages, injury, disability, death, costs and expenses (collectively the "Claims") relating to, associated with, connected with, or arising from, directly or indirectly, the Program, whether on or off School property.

Our release, waiver, discharge and promise not to sue the Released Parties extends to all Claims, whether arising before, during or after Participant's participation in the Program, whether described in this Release, Waiver, and Indemnification Agreement or not, and whether caused by the sole or joint negligence, gross negligence, or tortious act or omission of the Released Parties, or any of them, or any third party. We understand that this Release, Waiver, and Indemnification Agreement extend to the Released Parties' own sole or joint negligence, gross negligence, or tortious act or

omission. However, this Release and Waiver does not apply to the willful misconduct of the Released Parties.

The Releasors hereby knowingly and voluntarily waive, to the fullest extent permitted by law, the benefits of any statute, law, rule, or common law which may limit the scope of this Release and Waiver. This Release and Waiver does not release and is not intended to release any claims Releasors may have against any person and/or party other than the Released Parties.

We also hereby agree to INDEMNIFY, DEFEND, AND HOLD HARMLESS the Released Parties from any and all claims, liabilities and costs asserted by or on behalf of us or any of our legal representatives, heirs, successors and assigns within the scope of the release above. We also agree to be financially responsible for any and all damages, costs, or fees for which the School may be liable as a result of the conduct of the Participant.

If any part of this Release, Waiver and Indemnification Agreement, or if the whole Release, Waiver, and Indemnification Agreement is found to be invalid, unenforceable, or void, for any reason, then the Releasors acknowledge and agree that the Released Parties' entire liability to the Releasors or any other person shall never, under any circumstances, be more than any applicable insurance limits, even if one or more of the Released Parties was negligent or grossly negligent. In addition, the Releasors acknowledge that none of the Released Parties shall ever be liable to any person for special, incidental, consequential, or punitive damages or for any indirect damages such as, but not limited to, exemplary damages or lost earnings, lost revenues or loss of consortium, or companionship (even if the Released

Parties have been advised of the possibility of such damages) whether based upon statute, contract, tort, negligence, strict liability, or otherwise.

We and the Participant agree that the Participant has a responsibility to help reduce the chance of accidents and injuries. We and Participant agree that Participant will comply with all techniques, rules, directives, and regulations and standard and customary terms for participation. If, however, Participant observes any unusual or significant hazards during participation or experiences any physical problem, Participant will remove themselves from participation and bring such to the attention of the nearest coach or School official immediately. In addition, Participant agrees to refrain from the improper use of equipment.

We understand that the above description of the inherent risks of the Program is not complete and that other unknown or unanticipated risks may result in the Participant's injury or death. We agree that the Participant's participation in the Program is purely voluntary. We agree that if the Participant does not feel capable or competent, then the Participant will refrain from the activity. Each of the Releasors assume full, sole, and complete responsibility for ALL RISKS, inherent and otherwise, known and unknown, whether or not described in this Release, Waiver, and Indemnification Agreement, including, without limitation, risks of, slip, trip, and fall, physical or psychological injury, pain, suffering, concussion, brain injury, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, death, and/or property damage resulting from, in connection with, or in any way related to, Participant's participation in the Program.

We represent and warrant to the Released Parties that Participant has no medical condition (physical or mental) which would or could impact the Released Parties allowing Participant to participate in the Program and that the Participant is physically able to participate in the Program. We understand that there may not be trained medical personnel accompanying the Participant while participating in the Program and that if any medications need to be administered, or medical treatment provided, it will be done by School employees or other individuals who do not necessarily have any specialized training and we accept any associated risks. We also understand that coaches and other School employees facilitating the Program will not be able to focus with particularity on Participant as they will be managing the Program and all participants and we accept any associated risks. Finally, we further understand and acknowledge that we have an obligation to monitor Participant for symptoms of illness and to not permit Participant to engage in Program activities if Participant is experiencing any symptoms of illness, including without limitation, those such as fever, sore throat, shortness of breath, chills, muscle pain, new loss of taste or smell, gastrointestinal symptoms (like nausea, vomiting, or diarrhea), and cough. In addition, if a Participant is experiencing any symptoms of illness once at a Program activity, the School will contact us to come and pick up the Participant.

Furthermore, by signing this agreement we acknowledge that we have received the opportunity to review this Release, Waiver, and Indemnification Agreement with an attorney, that we have carefully read and fully understand the contents of this Release, Waiver, and Indemnification Agreement, that we are giving up substantive legal rights (both Participant's and our own, as well as the rights of all other Releasers), and that we have not been induced to sign this agreement and agree to this Release and Waiver by any promise or representation and sign it freely and voluntarily, intending and agreeing to be fully bound by the terms hereof. We understand and agree that if the agreement containing this Release, Waiver and Indemnification is signed electronically, a photocopy or an electronically signed version is an acceptable substitute for the original and holds the same force and effect as a wet ink signature. By signing this acknowledgment, we are agreeing to the Release, Waiver, and Indemnification Agreement and intend to be legally bound by its terms and conditions.

Name of Participant: _____

Signature of Parent Or Guardian: _____

Date: _____