



Team Handbook 2026-2027

Smoky Mountain Aquatic Club
550 Vance Street
PO Box 452
Waynesville, NC 28786

PLEASE NOTE: The purpose of this handbook is to familiarize you with our organization, mission, objectives, policies and procedures.

All parents/guardians must take the time to read this document carefully and in its entirety. They will also be required to sign the final page which will state that they have read, understand, and agree to all provisions in order to participate.



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Excited for the 2026-27 SMAC Season? GOOD.

This past year, Smoky Mountain Aquatic Club (“SMAC”) continued to flourish in and out of the pool! All of our swimmers learned a new skill, made a new qualifying time, or just had a great time being part of an awesome team!

As we look forward to 2026-2027 (SMAC’s 25th SEASON!!), the team will build on last season and really see what we’re capable of! To achieve loftier goals, we’re crafting new season plans focused on stroke mechanics with additional training tools and techniques to help each group and individual continue to improve in the pool. SMAC athletes will strengthen their physical and mental muscles at practices that will be designed to create confidence, positive self-talk, and the mental fortitude necessary for performance in the pool and classroom.

SMAC will host two meets to create racing opportunities right here in WNC for our athletes and inviting others from around the region to Haywood County as well as some in-house intrasquad meets! Not sure if you’re ready for a meet? Just come watch! We really want everyone to see how awesome this sport is no matter their goals!

We’re also aiming to add more qualifiers to NC Age Group Champs, Senior Champs, Sectionals, ISCA AG & Sr Nationals, Winter Juniors, and other high-level events. To create more team unity and cohesion across each training group, we will host fun team building events and more at different points during the season. Mark the meets and events on your calendar now because your swimmer might surprise you!

What does this next season have in store for SMAC? Who knows! We want your swimmers to continue pushing their limits and reaching new heights! We’re beyond thankful to be able to provide a place for your athletes to learn, grow, smile, laugh with friends, make new friends, be challenged, work at something, improve, and thrive. SMAC has a rich history and a bright future. This season is going to continue to add to that legacy!



MISSION

Swimming is secondary to the people our athletes become later in life. We strive to create an environment that is safe, fun and encouraging. Coupling this with hard work and building friendships, success in the pool is inevitable.

OBJECTIVES

Athlete Development: Personal and Physical

- To provide an opportunity for young people in Western North Carolina to engage in a wholesome, life-saving, lifetime sport and recreational activity while promoting healthy lifestyle habits and physical fitness.
- To provide opportunities for healthy social, emotional, and educational development.
- To encourage peer and family participation in athlete and club goals and activities.
- To assist in the development of high self-esteem and to help cultivate positive self-image.

Competitive Development

- To create an environment in which the desire for self-improvement and goal achievement motivates the individual to fully develop his or her natural abilities and promotes others to do likewise.
- To provide opportunities to learn the values of hard work, dedication, self-discipline, and perseverance.
- To promote the ideals of honesty, integrity, sportsmanship, and team loyalty.
- To provide quality instruction, training, and proper competition at all peer and ability levels.

Community Involvement

- To cultivate the support of community-oriented individuals, corporations, and foundations to help fund programs, equipment, and facilities.
- To link current athletes and families with past athletes and families to help cultivate a stronger swim culture and support network in the community.

Administrative Development at the State, Regional, and National Level

- To participate in the direction and management of NC Swimming and to further the growth and development of competitive swimming in our state and WNC.
- To provide leadership in the Southern Region that will allow the southeast to become one of the national centers of competitive swimming.
- To participate in the administration of USA Swimming, Inc. to represent the interest of NC Swimming and the Southern Region and to establish SMAC as a contributor to the National program, Zone teams, Select Camps, and the American Swim Coaches Association.



SMAC's Super Cool Staff

Dan McGuire

Role: Head Coach

Biography:Contact:

General Inquiry: smacwnc@gmail.com

Coach Specific Inquiry: smac.danm@gmail.com

Biography:

Coach Dan McGuire graduated with a BS in Spanish from the University of Mary Washington where he swam on the varsity swim team for 4 years, specializing in breaststroke and sprint freestyle.

Dan grew up in Fairfax, VA where he swam for both the NCAP and Machine Aquatics club teams. During the summers, he swam in the NVSL for Fairfax Club Estates, where he also became the head coach for 5 years. After his college swimming years, he became involved in USMS swimming for both L4 and Alexandria Masters.

Dan also spent a year and a half teaching English in Thailand. When he returned to the US he became a private swim instructor during the day at Swimbox in Fairfax, VA. Over his four years there, he specialized in rehabilitating injured swimmers and helping individuals improve their swim technique to avoid injury.

Prior to joining SMAC, Dan coached at Nation's Capital Swim Club in Arlington, VA as the Senior Head Coach. He was also the Head Coach of the Meridian High School Swim Team and the Head Coach of the Chesterbrook Swimming summer team. Along with being talented as a swim coach, Dan is also bilingual in English and Spanish.

He spends his weekends with the love of his life, Sydney McGuire, while also dabbling in video games, hiking, playing with his cats, and figuring out how to decorate the house with his collection of legos. Dan is looking forward to continuing to call WNC home with his wife and cats as he uses his enthusiasm and skill to continue to build a great swimming program at SMAC. This will be Dan's fifth year as the Head Coach of SMAC.

Attributes:

- **Dexterity:** +9
- **Speed:** +3
- **Strength:** +5
- **Wisdom:** +8
- **Vitality:** +6
- **Mana:** +1



Lee Ann Davis

Role: Asst. Coach | Summer SMAC Salamanders Lead Coach

Contact: smac.leeann@gmail.com

Biography:

A native of Haywood County, Lee Ann began her swimming career as a sneaky 6 year old, hiding whenever she had to compete in her first year, but things changed as time passed. Lee Ann returned to the chilly waters of the now long forgotten Waynesville swimming pool the following summer to give the sport yet another try.

Swimming remained a positive part of Lee Ann's life and she was one of the original members of SMAC! As a teenager, she was still figuring out the role swimming would play in her life and endeavored in other pursuits, only to always return to the pool. She regained an interest in the sport when Bob (the second) became head coach and she gave a tearful goodbye to Bob (the first). Although she decided to compete solely for Tuscola her senior year of high school, SMAC still held a spot in her heart. Lee Ann competed for Tuscola for all 4 years until she went off to explore what High Point University had to offer.

In college, Lee Ann swam for the University club team, even managing to host practices each night and organize swim meets. After college, she had the opportunity to assist with Tuscola High School swimming and quite enjoyed working with teenage athletes again. It is her pleasure to give back to the sport that developed her character and appreciation for competitive sports and see what new things she'll pick up being back at the pool again!

Wendy Lawrence

Role: Aqua Academy Lead Coach | Asst. Coach

Contact: smac.wendy@gmail.com

Biography: Coming Soon!

Laura Smathers

Role: Asst. Coach

Contact: smac.laura@gmail.com

Biography: Coming Soon!



AQUA ACADEMY (Our “Learn-to-Swim” Group)

Description: Aqua Academy is SMAC’s “Learn to Swim” water safety program offered to future swimmers in age 3-10. The Aqua Academy follows a progressive structure, which begins with foundational comfort and moves toward advanced self-rescue while utilizing the following skills: water competency, swim-float-swim, breath control, and hazard recognition. It is ideal for brand new swimmers and those looking to master basic water safety abilities!

Pricing: \$120 - Paid Monthly

Session Length: 30 Minutes | 1x/week

Session Days	Session Times	Ages
Mondays or Wednesdays	7:00-7:30pm	6-10
Tuesdays or Thursdays	5:00-5:30pm	3-5
Saturdays	10:00-10:30am	3-5
	10:45-11:15am	3-5
	11:30-12:00am	6-10

*schedule is subject to change based on community interest & need



YEAR-ROUND TRAINING GROUPS

Assessment is required in order to determine group placement for our year-round program. Our program is designed for ages 5 and up and most skill levels. SMAC training groups are designed to be age and skill appropriate. The program is designed so that each swimmer will be able to progress from one level to the next as their age, knowledge requirement, and ability levels grow and change.

IRON *(formerly "Stroke School")*

Ages: 5-10yo

Practice: 2hrs/week

Meets: Suggested, but not required (1x per quarter)

Description: This is our introductory group to the sport of swimming. This group has a blast learning drills and proper mechanics. Iron athletes enjoy all the spirit and energy that comes with being on a team.

Prerequisites for Iron:

1. Comfortable submerging full body including head underneath the water
2. Demonstrates ability to blow bubbles
3. Floats on back and stomach unassisted
4. Ability to flip from stomach to back and back to stomach
5. Basic understanding of kicking

Advancement requirements for Bronze:

1. Awareness of all 4 strokes and what they entail OR coach approval
2. Dive comfortably off of the block



BRONZE

Ages: 7-12yo

Practice: 3hrs/week

Meets: Encouraged (1x per quarter)

Description: This group bridges the gap between Stroke School and Silver and continues to build on fundamentals and mechanics learned in Stroke School while preparing athletes to transition to Silver. This group introduces athletes to a competitive mindset and is designed to help them develop focus and determination needed for competition.

Requirements for Silver promotion:

1. Understanding of how to read and interpret sets
2. Understanding of how intervals work and how to use the clock
3. Demonstrates an ability to work hard and pay attention
4. Must have attended at least 1 travel USA swim meet (outside of Haywood County) in the past season
5. Must be able to complete the following set: (*or have coach approval*)
 - a. 10 x 50 choice on 1:20 AND complete a LEGAL 100 IM (correct order and correct turns)

Requirements for Silver Prep promotion:

1. Legal in all 4 strokes (or extremely close/aware of all 4)
2. Can read and interpret a written set
3. Demonstrates ability to do Fr & Bk flipturns
4. Must be able to complete a 100 IM in correct order and be legal or extremely close to legal



SILVER PREP

Ages: 9-14

Practice: 4.5hrs/week

Meets: Optional

Description: This group is for athletes looking to take another step in their swimming journey. This group focuses on technique and expanding on skills learned in Bronze, with competition being optional. This group will practice with Silver and is a great choice for swimmers looking forward to moving up, but might not be quite ready for Silver.

SILVER

Ages: 10-14

Practice: 6hrs/week

Meets: Expected

Description: This group is largely for athletes seeking to train harder, with the intent of qualifying for State & National Level meets. Members of Silver are focused on building their aerobic base and gaining the mental toughness and stamina needed to reach the next level. This group follows a more rigorous training plan designed to help athletes qualify for the next level meets and prepare them for success.

Requirements for Gold Promotion:

- Mastery of reading and interpreting sets and intervals
 - Can read, interpret and keep track of intervals for an entire set
- 100% Legal in all 4 strokes
- Ability to support teammates through attitude and work ethic
- Must be able to complete the following sets: (*or have coach approval*)
 - 4 x 100 IM on 2:00

AND

- 10 x 50 Ch on 1:05



GOLD

Ages: 12+

Practice: 10 hrs/week

Meets: Expected

Description: This group is open for Middle & High School aged athletes looking to improve in the pool and advance their swim career. The group builds on the principles of learning and mastering proper technique across the four strokes, racing starts, and turns while building and increasing aerobic capacity and endurance. The group also focuses on developing the mental drive and focus required for next level success.

Requirements for Peak Performance Promotion:

- Family and swimmer agree to meet / practice attendance requirements
- Has at least 5x "B" times, 3x "BB" times, *or* 2x "A" time at current age
- Requires Coach Approval

PEAK PERFORMANCE

Age: 13+

Practice: 14hrs/week

Meets: Mandatory*

Description: Peak Performance is for athletes searching to achieve their peak potential. These athletes follow SMAC's most extensive training plans and are focused on doing what it takes for success at Senior Champs, High School States, Sectionals, Futures, Junior Nationals and beyond. Athletes in this group work to continue to develop a committed lifestyle. Elite athletes develop the mindset that, through hard work, focus and proper preparation, anything is possible. These athletes have aspirations of swimming in college and beyond.

****Should an athlete in Peak Performance need to skip a scheduled swim meet, they must inform a coach prior to the registration deadline.***



PRACTICE SCHEDULE*

Please refer to our website to keep up to date with the practice schedule. SMAC follows a seasonal schedule based on pool availability at the Waynesville Rec Center Pool. Specific changes to the schedule will be communicated via email and the Remind App.

Iron

A:	M/W:	5:30-6:30pm
B:	Tu/Th:	5:30-6:30pm
C:	Tu/Th:	6:30-7:30pm

Bronze

Swim:	M/W/Th:	6:30-7:30pm
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Silver Prep

Swim:	M/W/Th:	5:30-6:30pm
	Tu:	5:30-7:00pm

Silver

Swim:	M/W/Th:	5:30-6:30pm
	Tu:	5:30-7:00pm
	Sat:	10:30-11:30am

Strength:	M/W:	6:30-7:00pm
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Gold

Swim:	M/W/F:	3:30-5:30pm
	Tu/Th:	3:30-5:00pm

Strength:	Tu/Th:	5:00-5:30pm
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Peak Performance

Swim:	M/W/F:	3:30-5:30pm
	Tu/Th:	3:30 - 5:00pm
	Sa:	8:15-10:15am

Strength:	W/F:	6:30-7:30am
	Tu/Th:	5:00-5:30pm

**Schedule is subject to change throughout the season*



Summer Schedule:

After Memorial day, SMAC incorporates a Summer schedule, which impacts all training groups' schedules according to pool availability at the Waynesville Rec. Center.

Team Breaks:

Between the SCY and LCM seasons and between the LCM and SCY seasons, our team takes a break to restore, refresh, and recharge before beginning a new season. During this time, there will be no swim practice. Our team breaks are listed below:

- **Spring Break:** April 2-11, 2027
- **Summer Break:** Three weeks in August

Commitment:

We work with the mutual understanding that the more regularly that athletes attend practice, the more opportunities there are to improve. This commitment also ensures a lower risk of injury within our coaches' training plans. These plans are designed to ramp up in intensity & intermittent attendance can play a large role in injuries! Details on expectations can be found in the Training Groups Section.



REQUIRED EQUIPMENT

Each group at SMAC has a required list of equipment that they will need in order to fully participate in practices. There is a limited amount of training equipment for swimmers to borrow at the pool, but do ask that families ensure their swimmers have the necessary equipment before the first day of practice. Please see the list below so you can order the correct equipment for your swimmer(s)!

Iron (A | B | C)

Rubber Long Fins: Sporti Essential Floating Swim Fins
Jr Kickboard: Speedo or TYR Brand

Bronze

Long Swim Fins: Sporti Essential Floating Swim Fins
Jr Kickboard: Speedo or TYR Brand
Swim Snorkel: Speedo Bullet Head Swim Snorkel

Silver | Silver Prep

Short Swim Fins: Arena Swim Fins | Arena Power Fins | TYR Hydroblade | Speedo DMC Elite
Jr Kickboard: Speedo | TYR Brand
Swim Snorkel: Speedo Bullet Head Swim Snorkel
Paddles: Speedo Power Paddle Plus | Stroke Maker Paddles | TYR Catalyst
Pull Buoy: Jr Speedo | Jr Arena | Jr TYR

Gold | Peak Performance

Short Swim Fins: Arena Power Fins | TYR Hydroblade | Speedo DMC Elite
Jr Kickboard: Speedo | TYR Brand
Swim Snorkel: Speedo Bullet Head Swim Snorkel
Paddles: Speedo Power Paddle Plus | Stroke Maker Paddles | TYR Catalyst
Pull Buoy: Jr Speedo | Jr Arena | Jr TYR
Recovery: Lacrosse Ball (choice of color) | Light Resistance Monster Bands



Goggles (All Groups)

Goggles: 2 Pairs of goggles are advised.

Goggles for smaller swimmers, particularly, need to fit their face. For smaller swimmers, we recommend the following models:

- Arena Python Jr: Non-Mirrored | Mirrored
- Speedo Jr Vanquisher : Non-Mirrored | Mirrored
- Tyr Black Ops
- Arena Tracks

DO NOT BUY THE FIRST SEARCH RESULT FOR “GOGGLES”. THEY NEED TO FIT YOUR SWIMMER’S FACE. IF THEY ARE THE INCORRECT SIZE, WATER WILL GET INTO THEM AND YOU WILL NEED TO BUY NEW GOGGLES!

Goggles are just like shoes! They need to be the correct size!

Practice Suits

Female- one piece swimsuit required. 2 piece suits not allowed

Male- Jammers or Briefs required. No swim trunks.

Equipment Deadline*

All athletes must have all required training equipment within **2 weeks of the first practice**. Athletes that join the team mid-season must have all required training gear within 2 weeks after beginning their first practice.

**If purchasing equipment is a burden your family cannot carry, please speak with a coach or board member.*

Swim Meet Apparel

Athletes are expected to wear a team shirt & current team cap. No “Tie Back” Suits are allowed at competitions!

Online Store

SMAC has an online store where all equipment can be found quickly as well as a Reddiset store beginning in the Fall.



REGISTRATION INFO

Membership Requirements:

1. **Online SMAC Registration:** This is the only way to confirm your swimmer's placement with SMAC. Completion of online registration indicates that you understand and agree to all team policies, team financial policies, and all other policies laid out in the SMAC Team Handbook and any associated waivers in the registration process.
2. **USA Swimming Membership:** **DO NOT DO THIS WITHOUT RECEIVING SPECIFIC DIRECTIONS FROM SMAC BY SEPTEMBER 1.** *We will send out an email with a specific link to the 2026-2027 USA swimming registration for our team. You **MUST** use the link in that email to register for the correct team and correct season.*
3. **Valid Credit | Debit Card on File:** We do require that all SMAC families keep a valid credit/debit card on file at all times for various dues. Payments for meets are billed via card at the beginning of each month for the previous month's charges.

How to Register:

1. Navigate to the SMAC home page (<https://www.smokymountainaquaticclub.com>)
2. Click on the "Registration" Tab & navigate to the program you wish to register your swimmer for.
3. Follow all on screen steps.
4. Verify all information is up to date if you are re-registering. This includes shirt size as well as your account information.
 - a. **Make sure you have entered the correct shirt size.** There are no refunds or exchanges for entering the incorrect size! If in doubt, go a size up!

Key Dates for: Peak | Gold | Silver | Silver Prep | Bronze | Iron

Early Bird Registration: **OPENS:** July 27, 2026 | **CLOSES:** August 14, 2026

Regular Registration: **OPENS:** August 15, 2026

First Practice: August 24, 2026

Mandatory Parent Meeting: Wednesday, August 26, 2026 at 6:30pm.

Non-early bird Bulk payment due: On or Before September 1st, 2026.

This is non-refundable. This should be paid with a check and can be deposited into the SMAC box in the Rec Center or mailed to SMAC at:

PO Box 452
Waynesville, NC 28786

Required Documents Due: On or Before September 1, 2026



Required Documents:

New & Returning Athletes

- **Allergies/Medical Conditions:** Inform coaches know in writing if your athlete has a specific food allergy or medical condition.
- **Signed SMAC Handbook Page:** indicates that you agree to and understand the Team Policies.
- **Required Safe Sport Training:***
 - **“Safe Sport for Athletes”:** Course Completion Certificate for 12 and older athletes
 - **“Athlete Protection Training”:** Course Completion Certificate for 18 and older athletes

**These certificates/tests can be found under the “Education” tab in your USA Swimming account. If you encounter issues, please contact a coach or board member for assistance.*



MEMBERSHIP DUES

Group	Early Bird Bulk Payment	Regular Bulk Payment	Monthly Installments
Peak Performance	\$1500	\$1815	\$165
Gold	\$1350	\$1650	\$150
Silver	\$1000	\$1100	\$100
Silver Prep	\$900	\$1045	\$95
Bronze	\$800	\$990	\$90
Iron	\$750	\$880	\$80

Registration Fee : (Peak Performance/Gold/Silver/Silver Prep/Bronze) - \$40.00

This fee covers the cost of a shirt, cap, mesh equipment bag, and administrative fees. This fee is due along with your first payment. Make sure you have entered the correct shirt size during registration or during shirt orders. There are no refunds or exchanges for entering the incorrect size.

Registration Fee : (Iron) - \$30.00

This fee covers a cap and shirt and administrative and processing fees. This fee is due along with your first payment. Make sure you have entered the correct shirt size during registration or during shirt orders. There are no refunds or exchanges for entering the incorrect size.

USA Swimming Membership Fee : varies by membership type

All SMAC swimmers will be required to be members of USA Swimming, as they cover your swimmers for insurance purposes at practices and meets. The required USA swimming memberships by group are as follows:

****DO NOT REGISTER/RENEW WITH USA SWIMMING WITHOUT COACH PERMISSION****

Athletes 13+: Premium or Outreach Membership

Athletes 12 & Under: Flex or Outreach Membership



FINANCIAL POLICIES

By joining SMAC, you agree to the payment of monthly dues or the year pay option.

You also agree to paying the fees for your swimmer to participate in meets. For families that paid the year pay option, they will still be responsible for swim meet related fees that are billed monthly, which will be billed to the credit/debit card on file.

Having a credit/debit card on file is required for membership.

All accounts should utilize the AutoPay function of the team's Commit Swimming website. Once your registration is approved, you will be responsible for making sure the AutoPay portion of your account is established and up to date.

Rec Center Membership (big change from previous seasons)

Beginning this season, ***if you do not choose to maintain a family membership***, your swimmers' rec center fees will be included in your dues and will appear as a line item each month as we adapt to this new payment agreement with the rec center.

If your family/swimmer is already on an existing rec center membership and you choose to let that membership expire, your child will move to the automatic payment plan with the other swimmers. Please communicate with Dan regarding your plan.

What does this mean exactly?

This means, if you do not maintain a family plan, your swimmers (and you) will no longer need to interact with the front desk unless you have questions regarding other family members participating in rec center activities.

So under the new plan...is my swimmer a rec center member?

Yes. **ONLY YOUR SWIMMER** will be a full member of the rec center and will be permitted to use the facility. **NO FAMILY MEMBERS WILL BE ATTACHED TO THIS MEMBERSHIP!**

All monthly installments are due on the FIRST of each month.

These fees are paid through our online payment system. This includes meet fees for athletes that have paid in full for the season. Account balances can be seen on your Commit Swimming account at any point. **Outstanding balances will be charged to the payment method on file on the first of each month. If a swimmer participates one time during the month, dues are payable for the entire month.**



Bulk payments are non-refundable.

These payments include a discount on training fees for the calendar year. This amount does not include meet fees.

Other Fees:

Items including USA and NC Swimming meet fees, coach travel, or other items are separate from monthly training fees. These expenses will be added to your account as they occur.

Accounts more than 30 days past due will be suspended.

Swimmers of these accounts will not be allowed to practice or participate in any team related functions until the account is up to date.

Returning athletes must have a \$0 account balance prior to joining the team.

Accounts with outstanding balances may be prohibited from competition.

Multiple athlete discount:

For families with multiple swimmers, there is a sibling discount (see below):

- **2nd swimmer: 5%**
- **3rd swimmer: 7.5%**
- **4th+ swimmer: 10%**
- The discounts will apply in order of “Low to High” price of each swimmer’s registration.

Parents that become USA Swimming officials will not pay meet fees for SMAC hosted meets in which they officiate.

SMAC needs officials in order to be able to host local competitions. To become a USA Swimming Official, parents must complete all requirements of the [USA Swimming Officials Apprenticeship Program](#). SMAC will cover the cost of training once it is fully completed and you are certified as a USA Swimming official.



EARLY TERMINATION & WITHDRAWAL

Athletes register for the team with the expectation that they will compete for the entirety of a season. There is no refund given for the year pay option. The sole exceptions shall be death in the immediate family, injury to the swimmer, or the family moves for work-related reasons. **No fees will be refunded in the case of expulsion or suspension.**

REINSTATEMENT FEE

Athletes that register and pay monthly, but opt to take a break and return will be charged a **\$50.00 reinstatement fee** to cover our administrative fees.

ACCOUNT HOLDER PRIVACY POLICY

Financial officers will only discuss the account status and business transactions with the primary account holder. Payments may be accepted toward an account by another individual with the permission of the account holder. Information regarding account status may be discussed with, but is not limited to, the primary account holder, Business Manager, Head Coach, Accountant's Office. Account status confidentiality will be maintained.



SWIM MEET POLICIES AND PROCEDURES

Swim Meets are a critical part of the SMAC experience.

All athletes are either required or encouraged, depending on the level, to attend and compete at swim meets. They are our “games” and the place for team members to see their hard work pay off, develop a competitive mindset, and enjoy the spirit and energy that comes with being part of a team. Bronze athletes will have the ability to compete in regional meets about once a quarter. Elite, Gold, and Silver athletes compete approximately once per month at various locations. Families should plan to keep swim meet weekends free.

Lodging

MAKE YOUR RESERVATIONS AS EARLY AS POSSIBLE SO THEY ARE ON YOUR CALENDAR!

Meet Entry Process

Upon registration for SMAC, all Peak Performance, Gold, and Silver athletes are entered in meets appropriate for their designated practice group. Athletes on SMAC are expected to attend meets. **Should an athlete need to withdraw from a swim meet, they must do so by the meet deadline.**

- The meet “attend/decline/withdrawal” deadlines are specific for each meet and are posted on SMAC’s website.
- Athletes may withdraw from the meet in whole or in part. If you can only attend one day of a meet, please make sure to include that in the “Notes” section of a specific event before the deadline.
- Athletes that are entered in a meet are expected to attend the meet. Athletes that withdraw from a meet **AFTER** the withdrawal deadline will be billed for the meet as if they were participating. (SMAC is still charged for your swimmer to be entered into a meet whether or not your swimmer swims.)
- Use the Team Website to confirm meet details or withdraw your athlete before the deadline.
- Please keep swim meet weekends free.
- Make sure to read the meet announcements on the SMAC Event page of the website.
- Specific event information will be sent out as soon as it is received from the meet host, typically two to three weeks leading up to the meet via email. Specific event information includes arrival time, warm up lane assignments, heat sheets, specific facility rules, and other pertinent information.

Specific Event Registration

Coaches will work with your athlete and enter them in appropriate events for competition. If there is a specific event(s) that a swimmer wants to swim, please write that in the notes section for that meet and save the changes. Parents should confirm the appropriate day/sessions that their family will be attending prior to the deadline. Please note that the head coach has final say regarding all entries.



Preparation

All athletes attending a meet must participate in practices the week leading up to the meet. Parents should not have their athletes “rest” by taking days off leading up to a meet. These practices are vital in the preparation process for SMAC athletes and built into the training plan.

Meet Conduct

Athletes entered in a meet after the registration deadline are expected to participate at the meet in all events in which they are entered.

- In the event of an injury, illness, or family emergency that requires an early departure, parents should communicate with a coach the reason for departure.
- Athletes are required to wear SMAC team apparel at meets. This includes team shirts, caps, and a black bathing suit.
- If an emergency occurs and your athlete is not able to attend a session, please contact your coach immediately via text or phone call

Championship Meets and Qualifying Time Standard Meets

Athletes are to participate in the highest level meet for which they qualify. Our State Championship Meets are NC Age Group Champs, NC Senior Champs. We also attend many national level meets depending on the number of qualifiers. National level meets include Sectionals, ISCA Championships, Futures, Winter Juniors, Summer Juniors, and many others depending on the qualifying criteria.

14 and Under athletes must have at least 1 qualifying NC State Championship Time Standards cut and Coach Dan’s approval to participate in NC State Championships.

Prelims/Finals:

Athletes that qualify for finals are expected to participate in finals. Please communicate with the coach on deck if there is an issue for your swimmer to swim in finals. Senior athletes will work with their coach to determine the appropriate end of season championship meet schedule.

Travel:

Information about travel will be issued along with specific meet information. For some meets SMAC may secure a discounted price for a block of reserved rooms. However, it will be up to each family individually to book their hotel rooms.

SMAC coaches do not book hotel, travel, airfare, or book other travel accommodations for members. If you need help with anything regarding this, please join our SMAC Parent Facebook Group!



MEET SCHEDULE- Short Course 2026-2027*

Date	Host	Pool	Meet Name
9/26-27	AJCC	AJCC	Blue Ridge Mtn Mayhem
10/10-11	BAQ	BAQ	Freestyle Frenzy
10/23-25	GCY	GAC	Spooktacular
11/14-15	SMAC	WRC	Gourd Time Gathering
12/4-6	H2Okie	Liberty U	Swim & Tri Winter Champs
Jan (TBD)	TN NC (TBD)	TBD)	TBD
1/16-17	AJCC	AJCC	Backyard Blizzard
2/6-7	SMAC	WRC	Swim Your Heart Out

**Some changes to the meet schedule may occur during the season*



TEAM COMMUNICATION POLICIES

SMAC coaches work to communicate all information you need for you and your swimmer to be in the know, have a good experience, and be excited about the program and all the opportunities we offer!

There are several avenues that coaches can communicate with your family aside from direct face to face communications and interactions:

- You will receive emails from your child's coach that are your primary source of information. Please read them carefully when you see them in your inbox!
- You will also receive team emails to help keep you informed of SMAC practices, meets, events, volunteer opportunities and items of interest.
- Last minute announcements will be communicated through the Remind App.
- We also encourage you to stay engaged with SMAC by using our website!
- Interact with us on social media! We are active on Facebook and Instagram!

Guidelines for Communicating with your Coach

We encourage you to communicate with your coach. It is important that parents and athletes learn how to ask questions and be engaged in the process to become a better swimmer and develop a relationship with the coaching staff. When you have a specific question or concern regarding your swimmer, go directly to your swimmer's lead coach. Most questions are answered quickly at this level. Coach Dan is the primary contact for all groups.

Staff roles, email addresses and phone numbers are available on the website and/or will be emailed out to the team at the beginning of the season.

To contact a coach you may email, text or call. Please use the following guidelines for communication:

- **Email:** For questions that are logistical in nature and specific to your swimmer(s) or if you would like to set up a meeting with a coach. Emails will be answered within one business day. Emails received over a meet weekend will be replied to no later than Tuesday after the meet.
- **Phone Call:** If you need to schedule a phone call, please do so via email.
- **Texts:** Texting should be reserved for meet related or urgent matters. You may not receive a text back unless it is a question that only needs a short response. Texts must follow Safe Sport guidelines listed in this handbook.
- **Please respect your coach's personal time.** Texts or phone calls will not be answered on days or times that coaches are not working.



OTHER TEAM POLICIES

In registering and joining SMAC, you and your athlete are agreeing to all team policies. SMAC reserves the right to deny or revoke any membership if any of the following policies are violated. All details of each policy can be read on the SMAC website under the “Resources” tab and are also listed below. In signing up for the team, you are agreeing to all policies laid out in the 2025-2026 SMAC Handbook.

- Release of Liability
- Media Release
- Medical Release Waiver
- Athlete Code of Conduct
- Parent Code of Conduct
- USA Minor Athlete Abuse Prevention Policies and Safe Sport Guidelines
- Communication & One on One Interaction Policies
- Safe Sport Policy and Bullying Action Plan
- Drugs and Alcohol Policy

Release of Liability

In joining SMAC, all parents or guardians hereby releases SMAC, its employees, board members, directors and volunteers from any liability arising out of any injury to the swimmer(s) which may occur while the swimmer(s) is/are participating in the SMAC program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the swimmer(s) is/are using facilities owned, leased or used by SMAC. Parents or guardians acknowledge that a medical professional has authorized my child(ren)’s participation in SMAC programs.

Media Release

In joining SMAC, I hereby authorize SMAC to use photographs and/or video of me, my child(ren), and/or my property and authorize the club and its assignees, licensees, legal representatives and transferees to use and to publish (with or without my name, child/children name(s), company name, or with a fictitious name) photographs, pictures, portraits or images herein described in any and all forms of media and in all manners including composite images or distorted representations and for the purposes of publicity, illustration, commercial art, advertising, publishing (including publishing in electronic form or internet websites), for any product or services, or other lawful uses as may be determined by SMAC for as long a time period as SMAC determines the usage thereof is necessary. I further waive any and all rights to review or approve any uses of the images, any written copy or finished product.



Medical Release Waiver

In joining SMAC, I certify that I am the parent or legal guardian for my child(ren). In joining SMAC, I hereby give my permission for any supervisor, coach or other team administrator associated with SMAC to seek and give appropriate medical attention for our child(ren) in the event of an accident, injury, or illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

In joining SMAC, I hereby waive, release and forever discharge SMAC and any associated supervisor, coach, board member, or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in SMAC activities, whether or not damages or loss is due to negligence. In joining SMAC, I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all SMAC activities.

Return to Practice Protocols for Injured/Sick Athletes

Some athletes may sustain injuries during their sport season or experience illness severe enough that they need to see their healthcare provider for evaluation and/or treatment. After such an occurrence, the athlete **must** be cleared by a doctor to participate in the sport. Determining the criteria for an injured athlete's return to practice/competition can be a confusing scenario when all the individuals involved are brought in. These may include the athlete, parents, guardians, coaches, family physician, the athletic trainer, and others. It must be understood that the primary responsibility is to cause no harm to the athlete, while enabling them to participate at the highest level possible.

If coaches notice that a swimmer is not feeling well during practice or competition, the swimmer may be dismissed for the remainder of the practice or competition. A swimmer that has been dismissed from practice or competition because of illness or injury may require a note from a healthcare provider or specialist prior to returning to practice. Coaches, officials, and/or club / facility representatives are required to report all injuries that occur during practice or competition. All coaches must complete the USA Swimming Report of Occurrence online.



Back to Practice Procedure

Get a note from your healthcare provider stating that they have cleared you for a return to activity. It must be signed by a doctor, nurse practitioner or physician assistant – or, in some cases, a dentist, chiropractor or podiatrist may sign the note, but only if the injury/illness falls within their scope of practice. Please submit the note/form to your Coach. It must specify that you can return to swim and participate in the sport of swimming. If you can participate only on a limited basis, specific directions must be given. (Ex. *“may do only upper-body activities”*; *“may return to swimming, but conditioning and drills only”*; *“may return to full participation, must wear left knee brace for all practices”*; etc.)

Once you give the form to your Coach or the Head Coach, he/she will decide if you can return to swim or wait until you are fully recovered. This decision-making process is based on the different types of injuries that can potentially occur.

The Coach or the Head coach may need to evaluate pool space, group practice level, liability etc. in order to reduce risk of re-injury and if possible, follow the doctor’s note.

A doctor’s note doesn’t allow you to participate in the activities unless you are cleared to participate in the sport of swimming including dry-land and weightlifting without restriction. If an athlete returns to practice with restrictions, it is the responsibility of you and your coach to make sure you participate only within the limits ordered by your healthcare provider. Coaches are not allowed to give injured athletes permission to return to sports until the swimmer(s) has been cleared through the Healthcare provider.

Failure to follow this procedure may render the athlete ineligible for practice and competition.



Checklist for Safe Return to Sports:

- **You are pain-free.** If it still hurts, don't use it and seek medical care.
- **You have no swelling.** Swelling is a sign of inflammation and requires rest.
- **You have full range of motion.** Compare the injured part with the uninjured side to see if you have regained range of motion.
- You have full or close to full (90 percent) strength. Again, compare with the uninjured side to see if strength has returned.
- **Lower Body injuries:** You can perform full weight bearing on injured hips, knees, and ankles without limping. If you are limping, you are still not ready to return to sports. An altered gait can lead to further pain and problems.
- **Upper body injuries:** You can perform throwing movements with proper form and pain-free. Keep in mind that even when you feel 100 percent you may have deficits in strength, joint stability, flexibility or skill. Take extra care with the injured part for several weeks/months.

These are only general guidelines. You should follow your physician's advice regarding return to sports. Always remember that warm up should occur before any practice session or competition. Gradually increasing heart rate and internal heat temperature will help increase range of motion and flexibility and reduce muscle tightness by stretching slowly and gradually. This will help avoid any possible injury and reinjury!



ATHLETE AND PARENT CODE OF CONDUCT

Athlete Code of Conduct

All SMAC athletes are to treat all teammates, opponents, officials, parents, coaches, timers, and meet representatives with the highest level of respect. SMAC swimmers are to be known for their sportsmanship, proper meet and practice etiquette, and leadership.

- All SMAC athletes are to be encouraging of their peers and teammates, participate in team cheers, and assist their younger/less experienced teammates.
- Athletes are to be **punctual** and **prepared** for every practice or training session. **Punctual** means that all swimmers should be either in a suit and goggles ready to dive in or wearing appropriate dryland attire when practice begins. **Prepared** swimmers are athletes that are ready to work and have all necessary practice equipment. If at a meet, prepared swimmers have the correct competition uniform - team shirt, team cap, and team suit, all of the correct size and not excessively worn.
- Swimmers will arrive at meets dressed in the correct team uniform. Athletes not wearing the correct team uniform may be scratched from the meet.
- Swimmers will attend practices consistently and meet practice attendance requirements. Swimmers will attend all team meetings.
- **All swimmers must arrive 15 minutes before the start of scheduled meet warm-ups** and be prepared to swim at the start of warmups. If a swimmer will be late to warm-ups, or not attending a session, the Coach on Duty must be called in advance. Swimmers arriving after the start of warm-up are subject to being scratched from the meet.
- When wearing any item representing SMAC, the athlete will remember that their actions and words reflect on the team.
- When an athlete is representing North Carolina Swimming in any event (i.e. Zones), the swimmer should uphold this Code of Conduct, remembering that their actions and words reflect on the team.
- Coaches may dismiss a swimmer from SMAC-related activities if he or she disrupts or limits the performance of another swimmer in practice or at meets.
- Team areas at meets and practice are to be kept neat and all trash should be handled appropriately. Swimmers must clean up after themselves. Coaches and parents will not take on this responsibility.
- No loud or boisterous behavior will be tolerated in the hallways, public areas, or on the pool deck at meets or at our practice facilities.
- In a preliminary/final competition, swimmers who qualify for finals are expected to participate in the finals session.
- Questions swimmers have concerning meet results, an officiating call, or the conduct of the meet should be directed to a SMAC coach. The coach(es) will then pursue the matter through all appropriate channels.



- No swimmer will physically assault a teammate, opponent, parent or coach.
- Verbal violence and/or disrespect will not be tolerated from any swimmer.
- The consumption or purchase of alcohol, cigarettes, vape pens, chewing tobacco, or use of any illegal drug or substance of any kind will not be allowed. Any team member found or suspected to be in possession of or partaking in any of the above activities will be subject to suspension and/or expulsion from SMAC.
- If an incident takes place outside the jurisdiction of SMAC (practice facilities, swim meets, or other team functions) that poses a detriment to other athletes or causes harm to team unity on SMAC, any individual or individuals involved in that incident will become subject to consequences laid out in the SMAC Code of Conduct.
- Violations of rules laid out by the code of conduct while on a travel trip will result in the athlete being sent home from the meet at their family's expense.

Parent Code of Conduct

- All parents must remember that the coaching staff has the final say on all team matters. This includes but is not limited to, training plans, practice group placement, event entries, meet schedule, relay order, discipline, etc.
- Parents are expected to treat all athletes, fellow parents, officials and meet volunteers with the highest level of respect.
- Parents are never allowed to speak for the Head Coach, or any other team staff, unless designated to do so.
- Parents will bring their athlete(s) to the required practices on time and keep track of any practice schedule changes.
- Parents will pick up their athletes no more than 15 minutes after the end of practice
- Parents will respond in a timely fashion to requests from the coaches regarding team-related activities, such as meet commitments, practice group changes, practice schedule changes, swimmer issues, etc.
- At meets, parents will not attempt to engage the coach(es) in discussion of issues not pertaining to the meet itself.
- Parents are responsible for keeping track of upcoming meets and their athlete's meet schedule. Changes in meet schedule due to unforeseen family obligations need to be relayed to the coach(s) in a timely fashion.
- When wearing any item representing the team, parents should remember that their actions and words reflect on the team.
- Questions swimmers have concerning meet results, an officiating call, or the conduct of the meet must be directed to a coach. The coach(es) will then pursue the matter through all appropriate channels.
- No parent will physically assault a teammate, opponent, parent or coach.
- Verbal violence and/or disrespect will never be tolerated from any parent.
- The consumption, purchase of, or use of any illegal drug or substance of any kind will not be allowed. Any parent member found or suspected to be in possession of or partaking in any of the above activities at any team related event will be subject to suspension and/or expulsion from all team practices, activities, and events. The Waynesville Rec Center along with most of the other swim meet facilities that we attend are alcohol, smoking/vaping, tobacco, and drug free



facilities.

- Any violation of this code will result in a response that could be verbal or written and may result in probation, or temporary/permanent suspension.
- **Athlete and Parent Code Conduct Violation Policy:** In the event of serious code of conduct offenses, the following policy will be in effect:
 - 1st offense: Sit down meeting with Coach, Board member, Parent/Guardian, and Athlete to discuss the event. Athletes will not be allowed back at practice until the meeting takes place.
 - 2nd offense: Athlete is suspended from the team for two weeks.
 - 3rd offense: Athlete is suspended from the team indefinitely.
 - ***Families are subject to all dues during the suspension period***



USA Swimming Safe Sport and the Minor Athlete Abuse Prevention Policy

WHAT IS SAFE SPORT? The U.S. Center for SafeSport is an independent, nonprofit organization committed to ending all forms of abuse in sports.

This includes bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct and abuse. SafeSport requires all USA Swimming club members to have certain policies in place to ensure the team members and staff are informed of and follow the proper procedures in place for the club. The Safe Sport goal is to foster a fun, healthy, and safe environment all while preventing and responding to abuse and misconduct. All member clubs are required to comply and implement USA Swimming's Minor Athlete Abuse Prevention Policy. Please read this information CAREFULLY as it pertains to athlete safety and contains important policy changes.

The Minor Athlete Abuse Prevention Policy changes pertain to team operations in a few key areas:

Applicable Adults - Athlete members and non-member athletes ages 18 and older.

One on One Interactions

Communication - Social Media, Email, Phone Conversations, and Text Messages

Team Travel: This includes travel to and from all team-related activities.

[USA Swimming Athlete Protection Training](#): All athlete members aged 18 and older. All non-athlete members ages 18 and older must take the training.

IF YOU ARE AN 18 AND OLDER ATHLETE, YOU ARE AN APPLICABLE ADULT AND YOU MUST TAKE THE TRAINING. No exceptions.

-Applicable adults that do not take the training will become ineligible to participate with USA Swimming and SMAC. All practice and competitions will cease until you have completed the training.

-Once completed, please email Coach Dan and Coach Sydney your certificate of completion.

Applicable Adults: Who are Applicable Adults?

All USA Swimming non-athlete members and adult athlete members;

Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);

LSC and club adult staff and board members; and any other adult authorized to have regular contact with or authority over minor athletes.

Athlete Protection Training: All athlete members ages 18 and up must take Athlete Protection Training. All non-athlete members must take the training.

[Athlete Protection Training is located here](#). Once completed, please email Coach Dan your certificate of completion.



Communication & One on One Interaction Policies

Observable and Interruptible: One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) will occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances. Meetings: Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.

- In the event that a one-on-one meeting takes place, the door to the room will remain unlocked and open. If available, the meeting will occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- Meetings will not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.
- Meetings with Mental Health Care Professionals and/or Health Care Providers: If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:
 - The door remains unlocked
 - Another adult is present at the facility
 - The other adult is advised that a closed-door meeting is occurring
 - Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

Individual Training Sessions: Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians should observe the training session.

Communication Content: All electronic communication from Applicable Adults to minor athletes must be professional in nature.

Open and Transparent: Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian will be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult will copy the minor athlete's legal guardian on any electronic communication response to the minor athlete. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

Requests to Discontinue: Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. SMAC will abide by any such request that the minor athlete not be contacted via electronic communication absent emergency circumstances.



Prohibited Electronic Communication: Applicable Adults with authority over minor athletes will NEVER maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may “friend” the club and/or LSC’s official page.

- Applicable Adults with authority over minor athletes will NEVER send private, instant or direct messages to a minor athlete through social media platforms.



Locker Room Procedures

At our club, we take locker room monitoring and misconduct very seriously to ensure a safe and respectful environment for everyone. Our procedure includes regular supervision by trained staff and clearly posted guidelines on acceptable behavior. Any instances of misconduct are promptly addressed, with a clear process for reporting and investigating complaints. Both swimmers and parents are held to the same standards and are expected to follow the guidelines equally. Consequences for violations are applied consistently, regardless of who is involved, to maintain fairness and integrity within our community.



TEAM TRAVEL

Local Travel: Local travel consists of travel to training, practice, and competition that occurs locally and does not include coordinated overnight stay(s). Carpool drivers are considered applicable adults.

- Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle unless otherwise agreed to in writing by the minor athlete's legal guardian.
- Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

LOCKER ROOMS AND CHANGING AREAS

Requirement to Use Locker Room or Changing Area: The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

Use of Recording Devices: Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

Undress: An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

One-on-One Interactions: Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

Monitoring: The club will regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with the above policies. Locker rooms and changing areas may be monitored by use of the following methods:

- Conducting a sweep of the locker room or changing area before athletes arrive.
- Posting staff directly outside the locker room or changing area during periods of use.
- Leaving the doors open when adequate privacy is still possible and/or
- Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms



Legal Guardians in Locker Rooms or Changing Areas: Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should only enter to assist their child. The Waynesville Rec Center has locker rooms designated for families- Mothers assisting sons or Fathers assisting daughters. These should only be used when a swimmer requires assistance from an opposite sex legal guardian.



Safe Sport Policy and Bullying Action Plan

Bullying is prohibited. For the purposes of the Code of Conduct, the term “Bullying” shall mean, regardless of when or where it may occur, the severe or repeated use by one or more team members (“Members”) of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member’s property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

Bullying Repercussions:

- **1st Instance** – Immediate meeting with the athlete. A Subsequent meeting with parent(s) of athlete, and discussion on how to stop this from occurring in the future; written documentation from all parties as to the nature of the bullying.
- **2nd Instance** – Immediate 2 week suspension from ALL team activities. Written report of incident from all parties, along with the report being placed in the athlete’s personal file.
- **3rd Instance** – Immediate permanent removal from ALL team activities. Athlete and parents will be notified via email, phone, and/or postal mail of the removal. A formal hearing will be set to discuss the reinstatement of the athlete. The hearing will be held with the parents, athlete, SMAC Board Members, and the Head Coach. The SMAC Board of Directors will make the final determination.

This policy shall be in effect immediately, and will remain in effect until SMAC deems unnecessary.

This policy is in addition to the Code of Conduct policies already established by SMAC.



Drugs and Alcohol Policy

SMAC recognizes that parents are the first and most important teachers of their children with regard to the use of alcohol, drugs, and tobacco / vaping products and that parents are primarily responsible for their children's behavior in these matters. However, it is SMAC's organizational policy that any behavior that could bring discredit to the club is a legitimate cause of concern and falls within the purview of club review.

SMAC is a competitive swimming organization committed to excellence at all levels. The club expects that all of its swimmers abstain from the illegal use of drugs and alcoholic beverages and the use of tobacco (including vape) products. The club will maintain a wholesome and safe environment in which swimmers can develop their athletic potential and grow into mature young adults.

To these ends, the club has adopted the following policies:

- A swimmer shall not engage in any behavior involving the illegal use of alcoholic beverages, tobacco, vaping, illegal drugs, or controlled substances, which tend to bring discredit to the swimmer or SMAC or knowingly remain in the presence of those engaged in such behavior(s). This prohibition shall apply at all times.
- A swimmer shall not possess, use, or be under the influence of an alcoholic beverage while on the club premises or during a team event.
- A swimmer shall not possess or use a controlled substance on the club premises unless it has been prescribed for the swimmer by a physician and is in the original container with the prescription label attached. A "controlled substance" is any drug for which a prescription is required.
- A swimmer shall not use, possess, be under the influence of, or distribute to another person any drug paraphernalia or any illegal drug. "Drug paraphernalia" means any device designed or used for the purpose of introducing a drug into the body, including, for example, rolling papers, bongs, and crack pipes. "Illegal drug" means any drug which is illegal under the laws of the State of North Carolina and any drug or substance which is banned by USA Swimming, the United States Anti-Doping Agency, the International Olympic Committee, or the World Anti-Doping Agency. Illegal drugs include, for example, marijuana, cocaine, and steroids. This prohibition shall apply at all times.
- If it is discovered that a swimmer is in possession of, using, or distributing illegal drugs, drug paraphernalia, alcoholic beverages, or tobacco / vaping, a parent or the legal guardian of the swimmer will be notified.
- A "team event" includes any swim meet, travel trip, event, or activity in which the swimmer participates as a member of SMAC. "SMAC premises" includes any facility owned, leased, or used by SMAC for a meet, practice, or any other club-sponsored event or activity



Penalties/Consequences for Violations

Registered SMAC members acknowledge receipt of and commitment to the Drug, Alcohol and Tobacco Policy. Adherence to the policy and the penalties below are necessary to maintain membership at SMAC.

If the head coach determines that a swimmer has or may have violated the policies listed above, the head coach will determine the penalty/consequences for the violation after consultation with the swimmer's coach and parent or legal guardian. The penalty or consequences for a violation of team policies will be at the discretion of the head coach and/or SMAC Board of Directors. The penalties or consequences may include, but are not limited to one or more of the following:

- a. Counseling by the coach or designee
- b. Community Service
- c. Restriction from team trips and/or swim meets
- d. Loss of privileges
- e. Probation
- f. Suspension
- g. Dismissal from the club
- h. Removal from pool and instructed to sit out of pool for _____ amount of time
- i. Dismissal from practice and required to call parent/guardian

In addition to any penalty imposed, a swimmer who is found to have violated a team policy relating to the use or possession of drugs or alcoholic beverages may be required to have an assessment to determine their risk for chemical dependency as a condition for remaining in the club. Upon request, SMAC will provide a list of assessing agencies from which the swimmer may choose.

If a substance abuse problem is identified by an assessing agency, the swimmer must successfully complete the treatment program recommended by the agency as a condition of remaining in the club. Any costs associated with the requirements outlined in this paragraph will be borne by the swimmer and his/her parent(s) or legal guardian. When the head coach determines a swimmer has violated a team policy that requires a penalty/consequence beyond counseling by the coach or designee, the head coach shall report such violation and the penalty/consequence as soon as possible to the SMAC Board of Directors. In those situations that call for a penalty/consequence beyond counseling by the coach or designee, the head coach shall also create and maintain a written record of the violation and penalty/consequence in each case.

In the event of suspension or dismissal, a swimmer, his parents or legal guardian may appeal the decision with the SMAC Board of Directors. The swimmer and his/her parents or legal guardian shall have the right to appear before the SMAC Board of Directors to argue against the suspension or dismissal and may have, at their election, an additional person appear with them to represent their interests. The Board of Directors may affirm, modify, or reverse the action of the head coach. While appeal is pending, the suspension or dismissal will be stayed.



If a swimmer is suspended from the club, there will be no refund or abatement of dues for the period of suspension. If the swimmer is dismissed from the club, the contract between SMAC and the swimmer's parent or legal guardian will terminate on the date the dismissal becomes effective. However, the parent or guardian will be liable for the dues and fees incurred up to the effective date of the dismissal and for the remainder of the season.



Helping Swimmers Is Our First Priority

If a swimmer is concerned about his/her own involvement in drugs or alcohol or that of another swimmer, the swimmer is encouraged to talk confidently with a coach. A swimmer who voluntarily discloses to a coach his/her involvement with drugs and alcohol will not be charged with a violation of the team policy as a result of such disclosure. The coach will contact the swimmer's parent(s) or legal guardian. The swimmer will be referred to substance abuse counseling or treatment at his/her own cost. SMAC recognizes the need for sensitivity in dealing with these matters and will make every effort to ensure that confidentiality is upheld and that the privacy of those involved will be maintained and respected.



By signing below, I acknowledge that I have read and agree to all of the aforementioned policies and expectations set forward by Smoky Mountain Aquatic Club.

Signature

Date