

Goshen Rays



Policy Handbook

Updated March 26, 2026

Goshen Rays Policy Handbook

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Goshen Rays Team

Introduction

Goshen Rays (GSI) is a board-run club servicing the Goshen Community and Elkhart County area. We swim out of the Goshen Aquatic Center located at Goshen Junior High School on the corner of South Indiana Avenue and West Plymouth road. We are a not-for-profit club with the goal of helping anyone interested in competitive/fitness swimming.

Mission Statement

Using our resources to cultivate a diverse swim culture in our community through quality education, training, and competition.

Vision Statement

Empowering our members to be the best and most competitive swim club in North Central Indiana.

Goshen Rays (GSI) offers age and ability specific training for all of our athletes, geared towards increasing their understanding of competitive swimming while continually challenging and developing each individual to the best of THEIR abilities. To do this we offer three levels of training which themselves can be broken down further.

Goshen Rays Board of Directors

- **President:** Serenity Beachy
- **Vice President:** Susan Gal
- **Secretary:** Jeanette Post
- **Treasurer:** Angi Anders
- **Meet Director/Safesport:** Amanda Wills & Catherine Wolford
- **Fundraising/Sponsorship Chair:** Matt Smith
- **Merchandising & Marketing Chair:** Christy Shoemaker
- **Spanish Liaison:** Gerardo Quiroz

Coaches

- **Head Coach:** Caleb Cripe
- **Age Group Lead Coach:** Carolina Olivo
- **High School Lead Coach:** Laura Rupp
- **Assistant Coaches:** Ellie Zehr, Vanessa Murillo, Alexa Arkenberg
- **Volunteer/Technique Coaches:** Joey Garberick, Liz Martin
- **Jr Coaches:** Liam Post

Parent/Guardians Roles

The Role of Parents

- Your role is to provide support, encouragement, and stability. Help your swimmer stay committed and model positive behavior and sportsmanship.
- Parents are not participants on the team, but they play a critical role in their swimmer's success.

Parent Code of Conduct

- Show respect to coaches, swimmers, officials, and families
- Do not coach your swimmer from the stands
- Communicate respectfully with coaches
- Support all swimmers, not just your own
- Help build a positive team culture

Parent Practice Expectations

- Ensure swimmers arrive on time and are picked up promptly.
Avoid interrupting practice. Practice time is for training and development.
- Address questions, needs, or concerns before or after practice.
- No parents on deck during practices.

Parent Meet Expectations

- Meets are an extension of practice. Coaches determine events and relays.
Parents should focus on effort, encouragement, and team support.

Parent Volunteer Expectations

- Our program depends on parent involvement.
- Families are expected to volunteer at team events and swim meets when needed.

Parent Financial Expectations

- Families are responsible for dues, meet fees, and optional gear.
- We strive to keep swimming accessible while maintaining a quality program.

Safe Sport & Athlete Protection

- We follow USA Swimming Safe Sport policies to ensure athlete safety.
This includes appropriate supervision, communication standards, and reporting procedures.

Team Culture & Growth

- We are building a program that is competitive, inclusive, and growing.
- We ask families to support long-term development and celebrate progress.
 - Being part of Goshen Rays means being part of something growing. Coaches, swimmers, and parents all play a role in building a strong team.

Membership Information

Code of Conduct

Communication

- We communicate through team apps, email, and team updates.
- Parents are expected to stay informed, respond to meet entries on time, and communicate directly with coaches when needed.

Dues/Payment Information

Refer to the Goshen Rays website for information about club dues and payment.

Fundraiser

Volunteerism

Officials

Open Club Policy

Goshen Rays will be “open” to those swimmers living outside Goshen Community Schools boundaries and to those not attending a Goshen Community School.

Training Structure

Training Rules

1. Swimmers should arrive prepared to begin practice at the scheduled time. This means they should already be changed, on deck, and ready to enter the water when practice time begins. If a swimmer arrives late, they should communicate the reason to the coach, either directly or through a parent or guardian. Repeated lateness may result in appropriate team-based accountability measures, as determined by the coach.
2. Swimmers are expected to help with the setup and cleanup of equipment before and after practice as part of supporting the team environment.
3. Any swimmer or member found to have caused physical damage to any facility in which GSI is participating will be charged with the repair of or replacement of the damaged property.
4. Parents should not speak with coaches or swimmers during practice except in the case of an emergency. Any questions or concerns should be discussed with the coach before or after practice.
5. Swimmers may not leave practice early unless the coach has been notified in advance, preferably at least one day prior or 2 hours before practice.
6. Swimmers should not be dropped off more than 15 minutes before the start of practice and should be picked up within 15 minutes after practice has concluded.
7. Swimmers are expected to demonstrate respectful and appropriate behavior in the locker rooms, hallways, and all areas of the facility. If discipline issues arise, the swimmer will receive a warning for the first offense and a parent will be notified for the second offense. At that time, the Head Coach and parents may work together to develop a plan to address the behavior. If problems continue and interfere with the goals of the program or the experience of other swimmers, further action, including suspension or dismissal from the team, may be determined by the Head Coach and the Board.
8. Practice time is intended for training, skill development, and completing the planned workout. Swimmers are expected to remain focused and engaged in the training program throughout practice.
9. Parents are encouraged to come into the building to pick up their swimmer and may wait in the lobby or up in the bleacher area.
10. During the winter season, swimmers are required to remain inside the facility while waiting to be picked up, especially during colder times or evening practices. During the summer season, swimmers may wait outside, provided they remain in an area that is clearly visible to the coaching staff until their parent or guardian arrives.

Training Equipment

While the club provides much of the equipment used during training, swimmers are responsible for bringing certain personal items to each practice. Required items include a swimsuit, goggles, a swim cap, and a towel.

Optional items may include personal training equipment. As swimmers advance to higher training groups, certain pieces of training equipment may become required to support the needs of the program. These requirements will be communicated by the coaching staff, particularly for swimmers in Gold-level groups and above.

Training Group Assignment/Advancement

Goshen Rays uses a 'progressive' age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing performance levels is crucial for optimal performance during a swimmer's physical and physiological prime.

The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, 'too much too soon' is more often the cause of failure to achieve maximum potential in a senior swimmer than in the reverse situation.

All training groups emphasize skill development and self-improvement in a positive, character-building environment. At each level in the Goshen Rays program, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program and every Goshen Rays swimmer, novice to Olympian, is encouraged to 'Be the Best You Can Be'.

Swimmers are encouraged to attend as many practices as they wish within their assigned group schedule. Self-improvement is closely linked to increased practice attendance, membership, however, is not. In addition to emphasizing long-term rather than short-term results, it is also important that Goshen Rays establish training groups of swimmers who are compatible in respect to physical, emotional and social abilities.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of continued improvement and total excellence is always at the heart of every training group assignment.

Group training schedules are found on the Goshen Rays website.

Training Group Descriptions

Elementary Bronze

The Elementary Bronze group is designed for entry-level swimmers who want to have fun while learning the basics of swimming. The basics include learning all four strokes: Butterfly, Backstroke, Breaststroke, and Freestyle with an emphasis on Freestyle and Backstroke.

Alongside learning all four strokes, Bronze swimmers will focus on swimming and kicking 25 yard and 50 yard distances, as well as understanding proper lane etiquette, such as swimming on the correct side of the lane and following pool rules. Coaches will also help swimmers develop a sense of awareness of their body positioning and movement in the water.

In this group, it is very important that swimmers learn to listen carefully to instructions, listen to feedback on their technique, and apply that feedback to improve their skills. Most importantly, we strive to create a positive environment where swimmers can build confidence and have fun in the water. The water is our friend, and we want every swimmer to enjoy their time in it. Meet participation is encouraged for this group.

Elementary Silver

The Elementary Silver group is designed for swimmers who have a foundational knowledge of all four strokes - Butterfly, Backstroke, Breaststroke, and Freestyle. This group focuses on developing technique within each stroke to ensure swimmers are performing them legally and confidently in preparation for swim meets.

Throughout the season, swimmers will continue refining their stroke and kick technique, while also learning and improving flip turns and open turns. These skills will help prepare them for 50 yard, 100 yard, and Individual medley (IM) events.

In this group, it is very important that swimmers use their listening skills to understand and apply feedback on their swimming abilities and improve their skills. We emphasize continuous improvement, building confidence, and having fun in the water. Swimmers will also learn that swimming fast can be both challenging and fun. Meet participation is more encouraged for this group.

Elementary Gold

The Elementary Gold group is designed for those who are top tier elementary school swimmers who can demonstrate all four strokes legally and consistently.

In Elementary Gold, the focus is shifted toward improving faster times while maintaining strong technique. Many swimmers in this group work toward achieving Divisional Cuts and State Cuts. Athletes are also introduced to new events including the 200 freestyle, 500 freestyle, 100 butterfly, and the 200 individual medley.

In the Gold group, strong listening skills, focus, and critical thinking skills are used everyday. While this is a more competitive training group, it is equally important that swimmers continue to enjoy the sport, support their teammates, and have fun in the process. Meet participation is an expectation in this group, within reason, as this group is designed to prepare swimmers for a more competitive competition environment.

Middle School

The Middle School group is for those in grades 6th-8th. Athletes may be new to the sport or ones who have been in the sport for a long time moving up from the Gold/Silver/Bronze group. They will have the basic ability to swim all the four competitive strokes legally.

At this level, training becomes more structured and focused on continued technique refinement, endurance development, and race preparation. Meet participation is expected, within reason, as this group prepares swimmers for a more competitive competition racing environment.

High School

The High School group is for those in grades 9th-12th, as well as college athletes who return during the summer and train with the Rays. This group consists of those on the Goshen High School Swim Team as well as other high school athletes outside the school district as we are an open club.

Training is focused on preparing athletes to perform their best at NLC, Sectional, Divisional, and State meets all year around. These athletes know all four strokes and are working on achieving cuts and personal goals. Meet participation is an expectation in this group, within reason, as they prepare swimmers for a highly competitive competition environment.

Note for ALL Groups:

The decision to move a swimmer to a more advanced group is not strictly based on the criteria outlined at the end of each group's description. It is mostly a discussion between the coaches of both groups involved as well as the Head Coach. Factors such as work ethic, leadership skills, attendance, and being a good teammate can greatly affect a swimmer's placement.

Competition Information

Swim Meet Participation

Swimmers compete in the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. However, there is an individual medley that consists of a combination of all four strokes and is swum in the above sequence. Distances of each vary due to the stroke and the age group. Goshen Rays compete in away meets that are designated at the beginning of each season. Every Goshen Rays swimmer is encouraged to swim away meets. Rules that apply to meets follow:

- Only meets listed on the seasonal meet calendar may be attended unless circumstances cause the meet schedule to be changed for the benefit of the team.
- Each swimmer is highly encouraged to participate in all championship meets in which they qualify.
- Swimmers may not leave a meet early unless a coach has given permission to do so.
- All fees collected for meets that have been submitted to the meet host are non-refundable.
- If the swimmer is unable to attend a meet because of conflicting circumstances, the parent must notify the coach as soon as possible and preferably 24 hours before the meet.
- If a swimmer is attending the meet but only can for a specific day, let the coaches know prior to the deadline of the registration date on which day they can attend.

Preliminary/Final Meet Participation Policy:

- In attending a Prelim/Final meet, it is expected that any swimmer who qualifies for finals during the course of a meet to attend and compete at finals for the team.
- The parents of the swimmer(s) may pre-arrange scratching finals (for the duration of the weekend) with a stated reason and discussion with the swimmer's lead coach.
- Any qualifiers and alternates in a preliminary event should be prepared to return and compete at a finals session, due to potential scratches! After the scratch deadline passes, a swimmer should check the final results to see if he/she has been scratched into a final.
- Swimmers who are alternates after the stated scratch deadline for an event should speak with their group coach to discuss options and determine attendance for that finals session.

Relays

- Relays are always swam with the coaching staff's knowledge of what is best for the team. Swimming is a sport unlike most others where individual times are 99% accurate. Relays have four spots for four different athletes. These four athletes are chosen by the coaching staff with each athletes' best time in mind, to allow for the fastest possible relay.
- All relay decisions are decided by the coaching staff and are final.

Swim Meet Signups

Each season, families will be required to declare their meet intentions on the teams Commit website. All families will need to log in and state if their athlete(s) will or will not be available to attend each swim meet that is available to the swimmer! Any selection of individual events by families is only a suggestion. The coaching staff has the final say in all athlete event selections.

Changes before the meet deadline

- Declarations MUST occur whether attending the meet or not. Coaches will contact those not declared. Declining families should put a reason in the notes section. Families can also designate in the note section if an athlete can attend only a portion of the competition.

Changes after the meet deadline

- Upon receiving a meet entry file, the entry chair will send out an e-mail stating the closing deadline to change a meet declaration for a meet.
- When the Goshen Rays are away, Goshen Rays cannot control when the last date to change entries is. Goshen Rays cannot guarantee entry fee reimbursement to away meets. The Goshen Rays are at the discretion of the host team.
- Families will be responsible for all associated meet fees if declared to swim, regardless of attendance at meet.

Types of Swim Meets

- Timed Finals Meets: Meets where swimmers swim each event once and the final placings/times are determined by that one swim.
- Prelim/Finals Meets: Meets where swimmers race in a preliminary session in order to qualify for finals. These finals typically take place later in the day. Nearly all championship meets are operated in this manner.

At All Meets

1. Arrive at the pool 15-20 minutes prior to the scheduled warm-up time, and locate the Goshen Rays team area where all team members sit. The meet warm-up time will be listed in the meet information provided by your coach.
2. Warm-ups are always conducted by the Goshen Rays coaching staff. It is very important for all swimmers to warm-up with the team.
3. All Goshen Rays swimmers are required to wear the team cap during competition. Swimmers also are asked to wear their team t-shirts. All other team apparel is optional but encouraged to promote team unity and pride.
4. Each swimmer is responsible for knowing which events s/he is swimming and for being on time to swim his/her event. It is customary to write event numbers, heat and lane assignments on a swimmer's hand, arm, or leg. Swimmer events are listed on the Commit website for each family to view. You can get that information for a swimmers heat and lane assignment by purchasing a heat sheet or by using the meet mobile app.
5. At the conclusion of each race, all swimmers are expected to go immediately to their coach and then warm down. The coach discusses the race with each swimmer individually and gives positive comments concerning splits, stroke technique, and race strategy.
6. Electronic timing is used at most meets. Generally, the official time is the one recorded in the computer when the swimmer touches the touch pad. This time appears on the scoreboard, however, if a swimmer misses the touch pad, or if there is a mechanical failure, various back-up times may be used. The timing and score keeping personnel analyze all times to determine the official times, which are then posted as final results. Once results are finalized families can find live results using the meet mobile app.
7. According to USA Swimming rules, parents are not allowed in the immediate competition venue unless they are serving in an official capacity. Similarly, all questions concerning meet

results, an officiating call, or the conduct of a meet should be referred to the Goshen Rays coaching staff. They, in turn, will pursue the matter through the proper channels.

8. In between races, swimmers are asked to rest and stay warm. All energy should be stored up and used in competition. Stay hydrated and eat light, nutritious snacks as needed.

9. It is very important that parents and/or swimmers check with the coaching staff prior to leaving the swim meet, making certain that their swimmer has not been placed on a relay.

Meet Performance Awards - Just a sample idea of what others do.

Athletes will receive the following club awards when making cuts.

- “C” cut - Team Cap
- “B” cut - Team Water Bottle
- “BB” cut - Towel
- “A” cut – Sweatshirt
- “AA” cut – TYR Fusion Suit/Tech Suit Stipend
- “AAA” cut - Travel Bag
- “AAAA” cut – Parka

The first time a cut is achieved the award will be given at that time. Awards are given only once per age group in accordance with USA state meet guidelines. However, if a swimmer ages up during a season, then the second time a cut is made the award will be given at the end of that season. Awards for AAA and AAAA will only be awarded one time. Also, for the 15 and over age group, awards will only be presented on the basis of first time ever achieved!!!

Championship Meet Progression

As an athlete develops, they would have the opportunities to qualify for championship level meets. Each meet will have their own specific qualifications/requirements in order to participate. Swimmers who achieve one of these cuts should plan to participate in these meets for the team.

Age Group Championships

Divisional Championships - Indiana Swimming’s season ending championship meet for swimmers with Divisional time standards. Athletes with Age Group State time standards may not compete in those qualified events at the Divisional meet. Currently, there are seven (7) winter and three (3) summer divisional sites throughout the State of Indiana and Goshen Rays competes in the “North East (Winter) or the North (Summer) Divisional”.

Age Group State Championships - Indiana Swimming’s season ending championship meet for swimmers with Age Group State time standards. This meet is for 14 and under swimmers across the entire State of Indiana.

Zone Championships - The Central Zone’s season ending championship meet for any 14 and under swimmers with the ‘AAA’ time standard. Swimmers compete for Team Indiana against the

other LSC's within the Central Zone. Zones take place traditionally in Long Course (LCM) at the conclusion of the Summer Season only.

Mid-States Championships - Indiana Swimming hosted invitational meet that invites all-star teams from other LSC's for competition. This meet is a Team Indiana application/selection meet as there are maximum entry considerations per event.

Duel in the Pool - Indiana Swimming invitational meet that invites all-star teams from other LSC's for competition. This meet is a Team Indiana selection meet as there are maximum entry considerations per event.

Senior Championships

Senior State Championships - Indiana Swimming's season ending championship meet to include swimmers who have achieved Senior State time standards. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Senior State time standards may compete.

Speedo Sectionals - Zone/USA Swimming sponsored meet. Sectionals are hosted throughout the country during the Spring and Summer seasons and are the beginning of the National Level series of meets for USA Swimming. Most Sectional meets are closed or restricted meets to a specific area, but on occasion, some will be open to any entry. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Sectional time standards may compete.

Futures Championships - USA Swimming sponsored meet. This meet is designed to be the bridge between Speedo Sectionals and Junior/Senior Nationals for athletes. Hosted at the conclusion of the Summer Season, this meet will be Long Course only. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Futures time standards may compete.

NCSA Junior Nationals – NCSA sponsored meet. This meet is an 18 and under meet that is hosted twice a year, Long course in August and Short course in March. This meet is typically for 15 and over athletes, but younger swimmers who have achieved the NCSA Junior National time standards may compete.

Junior Nationals - USA Swimming sponsored meet. This meet is the highest 18 and under meet that is hosted in our country! Hosted twice a year, Long Course in August and Short Course in December. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Junior National time standards may compete.

TYR Pro Series Meet - USA Swimming sponsored meet. Pro Series meets are spread out throughout the season across the country. Most of these meets will occur in Long Course settings to prepare these athletes for qualification meets later in the season. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Pro Series time standards may compete.

Phillips 66 Nationals - USA Swimming sponsored meet. This meet is the highest level meet offered on an annual basis. Hosted twice a year, Long Course in August and Short Course in December. This meet is typically for swimmers ages 15 and over, but younger swimmers who have achieved Nationals time standards may compete.

Olympic Trials - Athletes who obtain this cut (Long Course only) will have the opportunity to compete for coveted Olympic Games participation. Hosted once every four years! Any athlete who has obtained a time standard to qualify may compete in Trials.

Suit Policy

To maintain a safe, comfortable, and professional training environment, and to ensure all athletes are properly equipped for practices and competitions, the following swimsuit guidelines apply to all swimmers.

General Suit Standards (All Swimmers)

- All swimwear must be designed for competitive swimming.
- Suits must provide **appropriate coverage** and remain secure during vigorous activity.
- No transparent or excessively revealing suits are permitted.
- Team colors (red, black, teal) are recommended for all practices but not required; however, required for meets unless otherwise specified.

Girls' Swimwear Guidelines

Practice Suits

- Suits must be one-piece only.
- Suits must provide **full bottom coverage**—no cheeky, Brazilian-cut, or thong-style suits.
- No suits with **excessively open backs** that scoop toward the stomach.
- No **high-cut front** suits that expose more than typical competitive practice suits.
- No baggy suits that are the virge to rip or overly used for no accidents

Swim Meet Suits

- A competitive one-piece racing suit is required.
- Team colors (red, black, teal) or the official team suit from the team store must be worn at all meets.
- Tech suits may be permitted depending on meet level or age group

Boys' Swimwear Guidelines

Practice Suits

- Suits must fit **securely and snugly**—no loose or baggy suits.
- Traditional briefs ("Speedos") or jammers (the longer, fitted leg suits) are acceptable.
- Board shorts are not permitted for training.

Swim Meet Suits

- **Jammers are preferred** for all meets.
- Team colors (red, black, teal) or the official team suit must be worn at all meets.

Tech Suit Policy

For most bigger meets, they follow the World Aquatics (FINA) Tech Suit Approval rules. As do some other meets. We will follow the ruling from World Aquatics and USA Swimming for legal competition performance. Officials can disqualify a swimmer if the suit is not approved if the sanctioned meet follows World Aquatics. To check out if your tech suit is approved go to

<https://www.worldaquatics.com/swimming/approved-swimwear>

Material Rules

- The suit must be made from **textile fabrics only** — no rubber, neoprene, or other materials that could trap air or improve buoyancy unfairly.
- The fabric must allow water to pass through it and cannot create artificial lift (buoyancy).

Design Rules

- Suits are checked for **coverage and cut**:

- Men's racing suits must usually fit from waist to knee and cannot extend above the navel or below the knee.
- Women's suits can be one-piece or two-piece but have specific rules about coverage (cannot cover neck or extend past shoulders, etc).

12 & Under Rules (USA Swimming)

- For **all USA Swimming-sanctioned meets**, swimmers 12 years old and younger are **NOT** allowed to wear "tech suits"
 - A "technical suit" (tech suit) is defined by things like bonded/taped seams or special fabrics — not simply by whether it has a FINA label.
- Legal suits for 12 & under's must have:
 - Knit fabric, and
 - Sewn seams (see visible stitching)
 - Allowed For 12 & under meets, suits must be compliance-marked or *no FINA tech logo* at all to be allowed.

Many brands offer "12-&-Under Approved" suits that look like race suits but meet the rules. Always check the product description or ask a coach before purchasing.

Team Store Information

Our team store provides swimmers and families with access to the official team suit, apparel, and gear.

How the Team Store Works

- The store is open during **limited ordering windows** to ensure timely delivery of customized items.
- Ordering windows are announced through:
 - Our team website
 - Our team communicator app
- Each announcement includes:
 - The store link
 - The open and close dates
 - Expected delivery timelines

Photography Policy

Financial Assistance Award Program

DESCRIPTION:

- Annual program for financial assistance to swimmer(s) with need.
- Number and amount of award(s) will vary from year to year as decided by the Goshen Rays board of directors.
- Award will be a one-time event and not renewable from year to year. Recipient(s) may apply and receive awards over multiple years.
- Award will be credited against dues on the swimmers Goshen Rays account.
- The amount of award, number of award(s) and recipient(s) of the award(s) are at the sole discretion of the Goshen Rays board of directors.
- Goshen Rays is under no obligation to distribute the award(s) each year.

ELIGIBILITY:

- Current Goshen Rays swimmers of high school age or younger. Goshen Rays swimmers who have graduated from high school are not eligible.

SELECTION CRITERIA:

- Financial need of parents or guardians demonstrated by documentation.
- Swimmers history of adhering to the Goshen Rays code of conduct.
- Recipient(s) will be decided by the Goshen Rays board of directors.

AWARD AMOUNTS:

Award amount will be decided by the Goshen Rays board of directors each year. Monies will come from outside contributions and other sources approved by the Goshen Rays board of directors. Award amount will not exceed the expense for annual dues.

OBLIGATIONS OF RECIPIENTS:

- Recipients will be expected to attend at least 85% of weekly practices.
- Recipients will adhere to the Goshen Rays code of conduct.
- All fees not covered by this award must be kept current.
- Parents/Guardians must meet all volunteer requirements as defined in the team handbook.
- Failure to follow the obligations will result in the recipient being ineligible for any future financial assistance award.

DEADLINE:

- Swimmers being considered must have financial need documentation submitted to the Goshen Rays board of directors by October 15th.
- Award recipients will be notified by November 1st.

Minor Athlete Abuse Prevention Policy (MAAP)

Safe Sport/MAAP Link

<https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>

USA Swimming Athlete Protection Policies

Article 305: Athlete Protection Policies

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

305.1: Inappropriate touching between an athlete and an adult non-athlete member or Participating Non-Member (as defined in 401.1) is prohibited, including, but not limited to, excessive touching, hugging, kissing, sexually oriented behavior, sexually stimulating or otherwise inappropriate games, and having an athlete sit on a non-family member adult's lap.

305.2: Any rubdown or massage performed on an athlete by any adult member or Participating Non-Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional

Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room. Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.

305.3: Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

305.4: Employees and volunteers of USA Swimming, Zones, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc. who only have limited contact with athletes during a meet. Any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as a timer, marshal, or computer operator, or otherwise being on deck at any time in connection with a USA Swimming activity.

305.5: Travel Policies

1. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.
2. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.
3. When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.
4. Clubs and LSCs shall develop their own travel policies. USA Swimming will provide a model club travel policy as an example. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.

305.6: Clubs shall establish their own action plans for implementing USA Swimming's antibullying policy. USA Swimming shall provide a model plan as an example which shall serve as the default for any club that fails to establish its own plan. Club anti-bullying plans must be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

305.7: Clubs shall establish their own electronic communication/social media policy. USA Swimming shall provide a model policy as an example, which shall serve as the default for any club that fails to establish its own policy. Club electronic communication policies should be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

Article 306: Sexual Misconduct Reporting Requirements

306.1: It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3.7 to USA Swimming's Director of Safe Sport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

306.2: Filing a knowingly false allegation of sexual misconduct is prohibited and may violate state criminal law and civil defamation laws. Any person making a knowingly false allegation of sexual misconduct shall be subject to disciplinary action by USA Swimming.

306.3: Neither civil nor criminal statutes of limitation apply to reports of cases of sexual abuse.

Article 307: Prohibitions Against Retaliation for Good Faith Reporting of Abuse

307.1: No Member shall retaliate against any individual who has made a good faith report under 306.1 or 304.3.12.

307.2: For the purposes of 307.1, there shall be a rebuttable presumption that any adverse action regarding the employment, membership, or other material rights of an individual who has made a good faith report under 306.1 or 304.3.12 within 90 days of a report is retaliatory. An adverse action includes, without limitation: discharge or termination; demotion or reduction in compensation for services; or the removal of or from, or restrictions on, access to facilities, team activities or team membership privileges

Swimming Terminology

Age Group State Championship Swim Meet – All USA – registered swimmers, 14 years of age and under, who have met the qualifying time standards for specific events, are eligible to compete in their age group category. A swimmer's age, as of the first day of the swim meet, governs the entire meet. The swim meet is generally held at the IUPUI Natatorium in Indianapolis, Indiana.

Away (out of town) Meet – GSI will often travel to competitions outside of Elkhart County. This is done in an effort to find new, different and motivating competition as well as to form new and mutually rewarding relationships with other programs and athletes. GSI families are not expected to attend travel meets; however, it is an important part of each swimmer's development as an athlete and young person. If possible, GSI families are encouraged to attend all meets recommend by the GSI coaching staff.

Clerk of Course – The person responsible for checking in swimmers and seeding heats and events at swim meets. In many cases, but not all, a clerk of course is made available to assist 10 and under swimmers get to their events in a timely manner.

Deck – The area immediately around the pool. Per USA Swimming Rules, you must be certified as a worker or official to be on deck. Accordingly, swimmers not competing, and parents not working at a swim meet, are asked to stay off the deck.

Deck-Seeded/Pre-Seeded Events – Deck seeding is a procedure of assigning swimmers to the proper lane and heat immediately before each event. This allows there to be as few "open lanes" (lanes without a swimmer in it) as possible. Pre-seeded events assign swimmers to heats and lanes prior to the day's events. Lanes remain open (empty) for those swimmers not showing up to the meet or for those swimmers scratching an event. Generally, swim meets which require a positive sign-in (see below) are deck-seeded competitions.

Deck Entries – A policy of accepting entries on the day of the swim meet. These are more expensive entries, usually double the original event fee. These are not allowed at all meets.

Dual/Tri Meets - Competitions between Goshen Rays and one or two other teams. These meets last around 2-3 hours, depending on the number of teams. They are open to all swimmers, and everyone can get something out of them. Because they're smaller, they're especially suited to newer and younger swimmers, since they're less intimidating than large invitational meets.

Entry Fees – Read the meet letter attached to the meet to know your meet fees. Those meet fees will be entered to your account within a week of going to that meet. You are responsible for those fees. If you don't decline or withdraw your swimmer before the deadline of closing that meet, you are responsible for those meet fees.

Heat Sheet – A listing of all swimmers by event (and occasionally, by heat and lane assignment) in a swim meet. These are usually available for purchase at the swim meet.

Indiana Swimming, Inc. – The name of the local swimming committee charged by USA Swimming, Inc. to govern competitive swimming in the State of Indiana.

Long Course – A type of competitive pool which measures 50 meters in length. This is the standard size for all summer swim meets. It is also the competitive course for the Olympics.

Positive Sign-In – The process by which a swimmer is required, prior to (usually 30 to 60 minutes before) the start of **each swim session** to positively declare the events he or she is swimming. Usually, positive sign-ins are accomplished by simply highlighting the swimmer's name and events at a sign-in sheet at the competition site. Prepared by Nonprofit Works www.nonprofitworks.com (585) 421-9094

Prelims and Finals – In certain meets, qualifying rounds are held for each event to determine the finalists (6 to 24 in number depending on the size of the pool and whether or not consolation finals are held). These are called the prelims. The finals are the session where the finalists compete, usually in an afternoon or evening session.

Referee – The USA official who has authority over all other officials at the swim meet. The referee makes all final decisions and sees to the efficient running of the meet.

Scratch – Withdrawing from an event after entering the event. This should only be done after a discussion with the coach on deck.

Seed Time – The time a swimmer uses to enter a meet. This time determines one's heat and lane assignment for a particular event.

Senior State Championship Swim Meet – All USA – registered swimmers regardless of age, who have met the qualifying time standards for specific events, are eligible to compete in this meet. The swim meet is generally held at the IUPUI Natatorium in Indianapolis, Indiana.

Short Course – A type of competitive pool which measures 25 yards or 25 meters in length.

Split – A per lap time that coaches often record for teaching the concept of pacing.

Starter – The USA official at a swim meet responsible for starting each heat and calling the next heat to the blocks.

Stroke Judge – The USA official who determines the legality of swimmers' strokes and reports those which do not conform.

Timed Finals – A meet format where all swimmers are entered and compete in heats from slowest to fastest and swim the event only once (as opposed to prelims/finals, where a swimmer may have two opportunities to swim).

Time Standards – Certain qualifying times which have been set up by Indiana Swimming and USA Swimming for all events and all levels of meets to ensure that competitors are reasonably of the same ability in their respective meets.

Touch Pad – The part of an electronic timing system that rests in the water at the end of each lane. Swimmers' times are recorded when the pad is touched.

Unattached – The status a swimmer receives when changing from one USA team to another. A swimmer must be "unattached" for 120 days from the last competition with their previous USA club before they can represent their new USA club. During this time they may compete in individual events as unattached (UN) swimmers, but not in relays.

USS/USA Swimming – USS is the old abbreviation for United States Swimming, which is now designated as USA Swimming, Inc., a governing body for amateur swimming in the United States.