

NORTH SHORE SWIM CLUB

PARENT REGISTRATION INFORMATION

The North Shore Swim Club is characterized by the adherence to certain goals and objectives. A highly specialized and certified coaching staff will strive to teach, train and motivate children of all ages to achieve their potential in competitive swimming and create an experience that will prove valuable to them throughout life. This direction and philosophy applies from the novice to the national level swimmer.

At each level of the program participants will learn the values of sportsmanship and teamwork. Swimming with NSSC provides physical, emotional and intellectual skills that will last a lifetime.

The NSSC program, places a major emphasis on basic skills, proficient techniques, conditioning and result oriented work habits with healthy competition stressed by the coaching staff.

PHILOSOPHY

To develop student athletes who can achieve their personal best both in the pool and in life.

USA SWIMMING

North Shore Swim Club is a year round United States Swimming Program. USA Swimming is the governing body for competitive swimming in the United States, and is responsible for the development of information, and establishment of rules for competition. Their headquarters are located in Colorado Springs, Colorado.

As an umbrella organization, USA Swimming oversees the operation of each individual LSC (Local Swimming Committee) NSSC belongs to the "New England LSC". The New England LSC covers Massachusetts, Rhode Island, New Hampshire and Vermont.

NSSC PROFESSIONAL STAFF

The North Shore Swim Club staff consists of professionally trained coaches. NSSC Certified coaches possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time.

DAN WARNER, CLUB ADMINISTRATOR & CO-FOUNDER

NSSC Club Administrator, Former Head Coach Salem State College, Level 5 ASCA Certification and over 33 years of coaching experience. Dan was the 1990 New England "Age Group Coach of the Year" and has coached over 400 YMCA national qualifiers including 5 National Champions, 30 Junior National qualifiers, 4 Senior National qualifiers and 1 Olympic Trial Qualifier as well as many local USS and high school champions.

TONY PADVAISKAS, HEAD COACH & CO-FOUNDER

NSSC Head Coach, Level 4 ASCA Certification, 7 time defending High School State Champions with 20 years coaching experience. Tony is the Head Coach at St. John's Prep. He has coached numerous YMCA and USS National Qualifiers, in addition to many High School State champions. Tony was the 2001 & 2005 Boston Globe Coach of the Year and has always helped swimmers achieve their maximum potential.

Training Schedule:

Workout calendars are provided in advance on line at: <http://www.northshoreswimclub.com>. The calendar indicates scheduled workouts, locations and other important club information. Always notify your swimmers coach when planning to change practice schedules.

Training Facilities:

The North Shore Swim Club utilizes the following facilities throughout the year:

- Salem State College: 8 lane/ 25 yard pool
- Gordon College: 6 lane/25 yard pool
- Hanscom Air Force Base: 6 lane/25 yard & 6 lane/50 meter pool
- Minuteman School of Applied Arts & Sciences 6 Lanes/25 yard pool
- North Shore JCC: 6 lane/25 yard both indoor and outdoor
- Northeast Voc. Tech- Wakefield. 6 lane/25 yard pool

Check the current training calendar for days, times and training groups at each NSSC facility location.

NSSC provides multiple practices per day. However on occasion, pools and practices are cancelled or closed, due to powers out of NSSC's control. When this occurs you may need to travel to another location during this time.

Illness and Injury

Whenever possible, the coach should be informed of an illness or injury. Please notify in person, e-mail or phone, to make the coaching staff aware of the situation.

Code of Conduct:

Upon acceptance to North Shore Swim Club, all members will be expected to conduct themselves appropriately. When conduct is in doubt by anyone associated with NSSC, it will be the discretion of the coaching staff to administer appropriate disciplinary action including dismissal from the program. The following list is a guide to behaviors expected to be adhered to by swimmers and parents. Actions not covered by the following code of conduct, **or of that of the USA SWIMMING code of conduct**, that are deemed detrimental to NSSC, will be dealt with accordingly.

- Any swimmer that is known to use alcohol, tobacco or drugs is subject to suspension or dismissal from the club.
- Detrimental or negative attitude/behavior are subject to suspension or dismissal from the club.
- Swimmers are never to interfere with the progress of another teammate during practice or otherwise.
- At all club functions, practices, meets, or team gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
- All members of the club, whether parents or swimmers will continue to protect and improve the excellent reputation of the club.
- Swimmers are required to wear proper club attire at all swim meets.
- Swimmers are expected to exhibit appropriate behavior both at the pool and elsewhere during all swim meets.
- Any infraction of these rules or inappropriate behavior may constitute cause for dismissing a swimmer from practice, team function or meet at the family's expense.

NSSC Programs:

NSSC firmly believes in its stated practice requirements. We monitor all swimmers to make sure they are not swimming excessively or sporadically which will create a balance and allow for future development.

Preteam: Non Competitive swimmers only: (Ages 10 and under). 2 practices per week for 45 minutes. Designed for body balance, body position and freestyle/Backstroke stroke development.

Junior Program: (Ages 12 & under, 2-3 practices per week for 60 minutes) is designed for the development of the four competitive strokes and the fundamentals of starts and turns.

Age Group Program: (Ages 11-15, 3-4 practices per week) is designed for stroke improvement, increased proficiency of starts & turns and the base of the swimmers aerobic conditioning.

Senior Program: (Ages 15-19, 5-8 practices per week) is designed for High School swimmers seeking stroke improvement, aerobic conditioning and the fundamentals of race strategies. The

perfect program for high school swimmers starting out or for the experienced, proficient swimmer who is training to achieve their maximum potential.

Non-Competitive Program:

NSSC understands that some children are not ready to compete when they start our program. Therefore, we have the non competitive program. This program allows swimmers to gain the appropriate skills and level of confidence to compete. Once children are deemed ready for competition, they will need to register for USA Swimming. Children are expected to progress from the non competitive to the competitive program. Non competitive swimmers are considered part of the NSSC swim lesson program and are expected to progress toward USA Swimming eligibility. Non competitive insurance is included with your session registration.

Communication:

NSSC Web Site <http://www.northshoreswimclub.com>

North Shore Swim Club utilizes the internet to conduct team communication. The team web site <http://www.northshoreswimclub.com> is the main source of information between the coaching staff, parents and swimmers. Practice schedules, swim meet information and important notices are posted on the web site. Make sure you and your swimmer(s) check the web site on a "*Daily Basis*", for new information. It is the parent's responsibility to know current information. Coaches e-mail addresses are available on the web site.

E-Mail Information

E-mail is vital. Please provide any e-mail address that you check on a daily basis.

Phone Information

The club business office is located at (978)852-3985 with voice mail available.

Cancellations & Club E-mail

The club has an e-mail group that exists to enhance group communication. Cancellations and changed practice times will be announced by e-mail. E-mails will be posted by 1:00 pm, whenever possible, to allow time for arrangements to be made.

Parents Meetings

Attendance at all parents meetings is required. These meetings are a vehicle for communicating the plans of the season, the direction and goals of the swimmers, and the constant re-evaluation of the direction and needs of the program.

Working with the Coach

Try to keep in mind that you and the coach have the best interests of your child at heart.

Keep in mind that you and the coach must balance your perspective of what is best for your child with the needs of the club. In the long run the benefits of membership in the group compensates for the occasional short term inconvenience. An example of this would be a swimmer attending Championship meets in order to swim relays.

Always discuss any matter involving your child with your child's coach first. If a parent uses anyone other than the coach for information regarding coaching, training, performance, or program policies this can be disruptive for the swimmer. Remember the coaches are the only ones that can give you a complete and accurate answer.

Registration information/ Financial Obligations:

Forms:

It is the responsibility of the parent or guardian of each child to make sure NSSC has all appropriate registration forms, medical forms, and meets forms. Children will not be allowed to practice or attend meets without all forms being accurate and complete.

Club Tuition:

The club tuition is set on a yearly and session basis and is broken down by training groups. The club tuition is found on the registration form as well as on the web site. The club tuition will be pro rated for swimmers joining NSSC after the start of the appropriate session, or for current swimmers who are promoted to a new training level. There will not be a prorated fee for swimmers who interrupt their training during the season. This includes other commitments, sports etc. All club fees are non-refundable.

Paid in Full Tuition:

There will be NO refunds regarding tuition registration.

Session Payment Plan Option:

Session payments renew automatically and must be paid via credit card. Credit cards will be charged 2 weeks prior to the beginning of the next session. Credit cards must be on file with NSSC. There will be NO refunds regarding session tuition registration.

Forms of Payment:

NSSC accepts cash, checks and credit cards (Visa, Mastercard, American Express and Discover).

Late Fee:

Characteristic of any business, NSSC expects all NSSC families pay their swimmer(s) dues on schedule, just as you do with your credit cards, mortgage or utility payments. If fees are not current, swimmers will not be allowed to practice or be entered in meets. Other payment plans can be worked out, but must be to the satisfaction of the club management. Any payment that is over due, will result in a \$30.00 per month late fee charged per swimmer to each family account. This will apply to club fees and family escrow account overdue fees.

Service Charge:

\$10.00 for any changes made to entries after the meet deadline.

Terminating Participation:

It is the responsibility of the participants to notify the club management of their intention to terminate their involvement with the NSSC program in writing. Failure to notify the club management may cause a member to be billed for entries in meets or for the next session of the program. In the event of this occurring, the participants are responsible for all of the fees related to that situation. When terminating involvement with NSSC all overdue and current account balances are to be immediately paid in full. All families will be responsible for all payments due to the club as stated on the signed registration form. There will be NO refunds regarding tuition registration. Written termination is required at least two weeks prior to the beginning of the next session. Club fees are also non-refundable.

Family Escrow

At the beginning of each season you will receive a meet calendar for the entire season. Each finalized meet entry will be billed to your account which must always have a positive \$100.00 balance per swimmer. Typically you can expect to be charged \$4.00 - \$5.00 per event depending on the meet entered. In most meets, swimmers can swim three to five events per day. Monthly, you will receive a statement listing your entry account balance and team dues balance. Relays are not billed to the participants but are covered by the club. If you have any questions regarding your financial statement, please contact the team office at (978)852-3985.

Account Finalization

Charges for Meet entry fees, tuition fees and clothing fees will not be revisited after 60 days from the original posting date. **Any remaining money in escrow accounts not claimed after 60 days will be forfeited and will revert to North Shore Swim Club.**

Notice of Escrow Account Renewal:

Escrow accounts will renew automatically on a month-to-month basis with the escrow account being charged to a positive \$100.00 balance on your credit card on file.

Event Surcharge

For each event in which a swimmer is entered a \$2.00 per event surcharge is added to the cost of the event and will appear on your financial statement. The purpose of this surcharge is to keep the club fees down by having the swimmers that swim the most, help in paying a portion of the clubs expenses for that meet. Service charge of \$10.00 will occur after the meet deadline.

Club Clothing

Club colors are forest green, navy blue and white. Required club items are designated on the clothing form. Many other optional club items are available and can be ordered with the club clothing order form.

USA Meet Entry Procedure

Many of the more popular swim meets are filled shortly after the meet is "opened". NSSC swimmers have enjoyed participating in these meets as NSSC has a good record of entering their qualified swimmers on time. In order for this to continue:

USA Meet Entry Procedure

- Non competitive swimmers will not be entered into any meets.
- Swimmers will be entered into all meets unless written notification is received by the coaching staff prior to the entry being mailed.
- Review an electronic meet entry form with a coach and submit online form.
- Families will be responsible for all entry costs, regardless of participation, unless proper and written notification was given. Once an entry is finalized, accounts will be charged accordingly.
- Swimmers will not be entered into any meet without a positive family account balance sufficient to cover the cost of the entry.
- Parents are expected to submit an individualized meet calendar for each swimmer - each season.
- Swimmers who are deemed by the coaching staff as "not ready" for competition will not be entered or will be scratched at their expense.
- There will be a \$10.00 service fee for meet entry changes after the entry deadline.

Meet Attendance (Competitive)

NSSC competes in regularly scheduled USA meets sanctioned by United States Swimming during the Short Course and Long Course season as well as the JCC league during the winter season. Swimmers are expected to compete with competition being a barometer of improvement. The JCC league is a great way for swimmers to begin their competitive careers. All swimmers are expected to compete in at least 1 meet per session.

Insurance

It is required of all NSSC competitive swimmers that they have a current USA swimming membership or non-competitive insurance. The membership not only supports swimming throughout the country, it provides very important accident and medical insurance for each swimmer. Each swimmer is covered at any organized practice of NSSC and every competition sanctioned by USA swimming. This cost for USA Swimming is \$65.00 per year. Non competitive swimmers are considered part of the NSSC swim lesson program and are expected to progress toward USA Swimming eligibility. Non competitive insurance is included with your session registration.

Fund Raising

One North Shore Swim Club parent per family is required to help in all NSSC hosted meets that your child participates in. These meets are the only fundraising responsibilities put upon each family for the entire year. Parents will be responsible for as many sessions as your child is participating in, per meet. Failure to satisfy the Fund Raising requirements will result in a \$200.00 assessment per session not worked. Parents are required to complete the entire session they are scheduled to work, even if your swimmer is done for the session.

Training Equipment

Children wearing bathing caps are required to wear NSSC logo caps at all practices and swim meets. Swimmers should have their required equipment with them at every practice. Please mark all equipment with permanent marker with it's owners name.

- Juniors - fins
- Age Groupers - fins & snorkel
- Senior/Compass - fins, buoy and paddles, training snorkel, stretch cords

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