



University Swim Club

www.UniversitySwimClub.com

Parent & Swimmer Handbook

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Welcome!

Let us be the first to welcome you to the USC Nation and say we are very pleased you have selected University Swim Club as your swim club of choice.

For our returning members, it has been a pleasure being part of your development to date and we look forward to continued success with our parents, swimmers and coaching staff.

In preparation for the season, USC would like to take this opportunity to remind our returning members, as well inform our new members, what they can expect from USC over the coming months.

What you will find is a competitive swim team comprised of:

- An experienced and dedicated coaching staff
- Detailed instructions on swim techniques & conditioning
- Preparation to compete at progressively higher levels within USA Swimming
- Appreciation for the value of self-discipline in all areas of your development
- Friendship amongst your teammates
- And most important, LOTS OF FUN!!!

Congratulations, you are a swim parent

Parents contribute greatly to the success experienced by the child and the team. Parents serve as role models and their children tend to emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates.

10 Commandments for Swim Parents

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

Benefits of swimming

While winning is nice and setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." There are many benefits to the sport of swimming:

- Promotes fitness and teaches a child to strive for physical achievement
- Is an exciting individual and team sport
- Is a technical and specialized activity involving extensive skill development
- Is a healthy "lifetime" activity - Participants may be 1 or 101 years old
- Is relatively injury free in comparison to other youth sports
- Teaches life lessons of sport and sportsmanship, learning to deal with winning and losing and working with others
- Motivates participants to strive for self-improvement and teaches goal setting & focus
- Swimming cultivates a positive mental attitude and high self-esteem

University Swim Club at a Glance

“Passion, Dedication, Motivation”

USC Mission Statement

The mission of University Swim Club is to teach a love of swimming and the discipline and hard work that comes with it. Athletes who truly love what they are doing can achieve beyond expectations. The success of USC is realized when coaches, swimmers and parents think and act together for the common good of the TEAM and our mutual love for the sport of swimming.

Overview

One of the area’s best year-round, competitive USA swimming club for ages 5 and up with a long history of promoting a love of swimming from novices to Olympic trial qualifiers. USC was established in 1969 and currently operates out of multiple facilities on the greater eastside of Cleveland Ohio. Executive Head Coach Charlie Lownes has been coaching USC since 1995.

How USC is Run

University Swim Club, LLC is owned and managed by Executive Head Coach Charlie Lownes. Membership fees go toward the direct operating costs associated with the organization. These include coaches’ salaries, pool facility fees as well as insurance and certifications.

University Swim Club, Inc. is the parent run booster club organized as a 501(c)3. The booster club board members are all ‘willing’ volunteers and parents of USC swimmers. The Booster club is responsible for fundraising, organizing and running social events and enhancing the swim club experience for all swimmers and parents. Each year there is an annual general meeting to elect the Board of Directors for the coming year. Parents of swimmers are entitled to vote at general meetings and can be nominated to the board. For more information, please contact Jason Faulkner at thefaulks@aol.com or 216-704-4198.

USA Swimming

What is USA Swimming? USA Swimming is the National Governing Body for the sport of swimming in the United States and a member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education.

USA Swimming is also responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the sport, Achieve competitive success. University Swim Club is one of approximately 2,800 USA Swimming accredited clubs across the nation. This means we meet certain standards and guidelines set out by the association. All coaches hold the required certifications and undergo regular background checks. Many also hold American Swimming Coaches Credentials, making them outstanding in their field.

Every USC Swimmer becomes a USA Swimming member when they join the team and are required to renew their membership each year they continue on the swim team.

Parent Information

Parent Responsibilities

Parents are responsible for their children immediately before and after all practice sessions. The club is only responsible for children while they are poolside under the supervision of a coach for practice. Children age 7 and under should be supervised in the changing areas and while on the pool deck before and after practice. It is also the parents' responsibility to provide transportation for all Swim Meets that their child is participating in with USC.

Communication

Email. University Swim Club works hard to keep families updated. Email is our primary form of communication as it is the best way to communicate detailed information to a large group of people all at the same time. The email address you provided during the online registration process will be used for team communications. If you would like to change your email address, please do so through Team Unify

Website. Keep up to date with how the team is doing and upcoming events or schedule changes by regularly checking the website www.UniversitySwimClub.com. The majority of the information we communicate by email can also be found on our website, so if you aren't into email, you can always check the website.

Facebook. Follow University Swim Club on Facebook for the most up to date commentary and important announcements. This is a great way to connect with the broader USC Nation!

Twitter. Coach Steve is on Twitter (@USC_CoachSteve)! Give him follow to see posted workouts, shared swimming articles, and get a glimpse into practices and meets!

Coaches. Coaches are a great source of information and are eager and willing to speak with you about your swimmer and their development. We ask that parents first check the website or recent emails for answers to basic questions (what time is practice, where is the swim meet, when are meet entries due etc.). This will help keep our coaches' email inboxes manageable and ensure a more timely response to the questions that can't be answered in other ways. Your assistance with this is greatly appreciated!

Parents. Other parents are a great way to learn more about USC and the inner workings of the team. We try to have a parent rep available for each facility. Check the website under "Contact us" for details

Getting Involved

There are many opportunities as parents to support USC and our swimmers and ensure the club runs smoothly. Parents assist as time-keepers, committee chairs, fundraising support and helping at swim meets. This Handbook is a great example of parent effort to improve the dissemination of important information to USC families. If you would like to help in any capacity, please email: Charlie@UniversitySwimClub.com.

Perhaps the easiest way to get involved and support USC is by joining the Booster Club! Doing so will help maintain and build USC into the future. Your support will help the team offer social events (banquets, picnics, pool parties), incentive programs for our swimmers, provide

travel expenses for regional and national meets and whatever else the booster club thinks will make the experience better for USC swimmers and families.

USC Booster Club Membership

The best way to show your support of USC is to make a financial contribution to the Booster Club. These contributions help keep dues as low as possible and are used for things like social activities, our annual banquet and helping with coaches travel costs to out of town meets. The goal of the booster club is to enhance the swim team experience for all families.



Bumper Sticker

Membership Levels

Seasonal \$25 - \$99: Short Course (September-March) and/or Long Course (April – August)

Annual (September – August):

- Bronze \$100 - \$249
- Silver \$250 - \$499
- Gold \$500 - \$999
- White Ribbon* \$1000 or more

*The White Ribbon level is named in honor of the White family whose generosity and unflagging support were instrumental in the resurgence and growth of the team in the mid-90s and has set the bar for service to USC for all since.

University Swim Club, Inc. is a tax-exempt non-profit organization under 501(c)3 of the Internal Revenue Code. Donations are tax-deductible to the extent permissible by law.

See the website for details on how to join.

Swimmer Information

Swimming Techniques

In competitive swimming, there are four swimming strokes known as Backstroke, Breaststroke, Butterfly and Freestyle. In a competitive environment such as USC, we teach our members the proper techniques associated with each stroke as well as the rules associated with each stroke in a competitive event.

Your Site Coach will always know what you should be aiming for and will ensure that you receive the necessary instruction to pursue your goals.

Self-Discipline

While we have an excellent team of instructors and coaches to improve your techniques and direct your activities, real progress can only be achieved through your own hard work while in the pool.

Swimmers should always be mindful of what they are doing and are trying to achieve and should monitor their own progress. For example, make a habit of counting your strokes and know what a low count is for you when swimming end-to-end at a steady pace. These are things that you can do yourself that will rapidly teach you the benefit of self-awareness and self-discipline in your training.

Start to think like a swimmer and be determined to improve through your own efforts.

Conduct

It is important that all swimmers arrive in advance of the training session, ready to begin their warm-ups to ensure the coaches can capitalize on the full practice time.

It is important that you are considerate and polite to the coaching staff and other swimmers and others treat you with the same respect. Swimmers are expected to treat the facility and locker rooms appropriately, clean-up after themselves and not damage the lockers or equipment. We are guests in each of our facilities and it is imperative that swimmers conduct themselves in a manner that will not reflect poorly on the swim team.

If any swimmer or parent has any questions or concerns please direct them to the USC Head Site Coach, Parent Rep or a member of the USC Booster Club Board of Directors.

Preparation for Competition

Many people enjoy swimming for the fitness benefits it provides. Club swimming, however, is largely about competition which is where much of the fun and excitement happens.

Local swim meets are available for swimmers of all ages and levels of ability. The goal of any swim club is to have its members compete and to strive to that next level of completion as their skills increase. Families can choose the meets that best fit their schedules during the

year and are encouraged to collaborate with their coaches for guidance on meets and the specific events for their swimmer(s).

Regular time-trials are run during practice to check on progress. Swimmers themselves should always be aware of their personal best times (PBs). These performance times will improve rapidly in the early stages as the swimmers grow and develop correct techniques.

Swimming 101

The Four Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes into one event is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful stroke. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley (I.M), features all four strokes beginning with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Levels of Swimming

Learn To Swim

Becoming safe in the water and learning to swim are essential skills. Swimming lessons are a fun activity for kids of all ages and are often a great entry point into swimming. Contact Charlie@UniversitySwimClub.com for help locating a learn-to-swim program.

Age Group Swimming

Many children get their competitive start through a neighborhood swim team, local recreational team, country club, school or USA Swimming club team like USC. At this level, swimmers learn and refine swimming skills and begin to compete against their peers.

Senior Swimming

As swimmers mature and the goals become a little bigger, they move into senior level swimming. At this level swimmers still refine skills, but training becomes more serious and

is designed by professional coaches to get athletes physically and mentally prepared for peak performance. Athletes are still part of the USA Swimming club system, but may also compete for a high school or college team depending on their ages. University Swim Club Advanced & Senior group swimmers tend to fall into this category.

Elite Level Swimming

Some athletes have the talent, dedication and commitment to reach the elite levels of the sport. They compete at the national, international and Olympic level. Elite swimmers in the United States come out of the USA Swimming club system. University Swim Club has produced numerous Elite Level Swimmers including representation at the US Olympic Trials in Omaha Nebraska and Long Course and short course Nationals. University Swim Club Senior group falls under this category.

Equipment

Below is a list of common equipment used by competitive swimmers. Not all equipment is required for every swimmer. Your child's coach will be able to tell you exactly what your swimmer needs.

Must Haves for New Swimmers

- **Goggles:** Swimmers use goggles to protect their eyes from the chlorine and to gain a clear view of their surroundings in the pool. There are a variety of colors and styles depending on swimmer preference. Goggles generally range from \$6.50 – \$29.99.
- **Caps:** Caps are designed to keep the hair out of swimmers' faces and goggles straps in place. Caps range from \$3.99 - \$19.99. Team Caps are available from the coaches at practice. Latex caps cost \$5 and Silicone caps cost \$10.
- **Girls' / Women's Practice Suit:** Practice suits are used during workouts and are made with stronger material for durability. Some may create extra drag to make the workout more challenging. Girls / Women's practice suits generally range from \$33.00 - \$76.00.
- **Boys' / Men's Practice Suit:** Practice suits are used during workouts and are made with stronger material for durability. Some may create extra drag to make the workout more challenging. Boys / Men's practice suits generally range from \$22.00 - \$47.00.

Note: USC has an arrangement with Competition Swimming for the purchase of team suits. There is typically a swimsuit sizing night at each of the pools in the fall and suits can also be ordered online at www.CompetitionSwimming.com.

Items You May Need

- **Mesh Bag:** A mesh bag is used by swimmers to hold their training equipment. Mesh bags range from \$6.00 - \$18.00.
- **Kickboard:** A kickboard is a floating device used by swimmers during practice to enhance their kicking skills. Each USC facility has an ample supply of kickboards, so purchasing one is not required. Kickboards range from \$6.95 - \$24.99.
- **Fins:** Fins are a device that fit on a swimmers feet to increase kicking speed during practice. Each USC facility has a limited number of fins, so purchasing a pair may not be required. Fins range from \$22.95 – \$45.95.
- **Paddles:** Paddles are a plastic device placed on a swimmers hands during practice. The paddles are used to add resistance to the pulling phase of the stroke. There are a variety of paddles available, depending on the stroke you are swimming and the purpose of the

pulling drill. Each USC facility has a limited number of paddles, so purchasing a pair may not be required. Paddles range from \$7.95 - \$21.00.

- **Pull Buoys:** Pull-Buoys are a device used by swimmers during a practice to enhance body position during pull sets when the swimmers are not kicking. Each USC facility has a limited number of pull-buoys, so purchasing a pair may not be required. Pull buoys range from \$6.95 – \$11.99.

Team Competition Suits

- Girls' / Women's Competition Suit: Competition suits are used during meets. USC has a team suit available through www.competitionswimming.com.
- Boys' / Men's Competition Suit: Competition suits are used during meets. USC has a team suit available through www.competitionswimming.com.

Competition 101

Competition

Participants compete in different age groups at meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events.

Course

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

Heat Sheet

The Heat Sheet is a program that shows all the participating swimmers and what events they are participating in as well as the heat number and lane number. Event and Heat numbers are typically announced as well as listed on an electronic board, when available.

Clerk of Course

The Clerk of Course (COC) is a designated area where swimmers assemble approximately 10-15 minutes before their event. Swimmers are lined up in advance of their event in the order of which lane they will be swimming in. They are then escorted to the pool when it is time to line up behind the blocks just prior to their event. This allows for identification of missing athletes and ensures the meet runs smoothly and without delay. This is required for most 10 and under swimmers at most meets and developmental meets also generally have a COC.

Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. Parents who are interested are encouraged to get involved with some form of officiating.

Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules

designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Swim Meets

USC Meet Schedule

Lake Erie Swimming, Inc. (LESI) is the USA Swimming affiliated Local Swim Committee (LSC) serving the following counties in Northeast Ohio: Ashland, Ashtabula, Crawford, Cuyahoga, Erie, Geauga, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. LESI creates the district's meet schedule.

USC selects a variety of these meets and sets the USC meet schedule. USC makes every attempt to have coaches at the selected meets. USC swimmers may participate in any of the LESI meets, although coaches may not be available for meets not on the USC meet schedule.

The Meet Schedule can be found on the "Meets" tab at www.UniversitySwimClub.com as well as a printable PDF version with additional information and FAQ.

Meet Information

All meet information is posted on www.UniversitySwimClub.com. Under "Meets >Upcoming Meet Schedule" is a link to a meet specific document that containing helpful information including meet location, start times, warm up times, events available etc. This meet information can also be found at www.lakeerieswimming.com. We recommend you review this information carefully. ***Please use the sign up deadline listed on the USC website and not the meet information document or LESI website.***

Swim Meet Sign-up

Parents are responsible for registering their swimmer(s) for meets and selecting the individual events. We encourage you to collaborate with the coaches in advance of the meet sign up if you need assistance determining which events would be best for your athlete(s). Coaches will have final say on what events swimmers are ultimately entered in.

Advanced registration for swim meets is required. Email "invitations" / notifications are sent to all USC registered families when a meet is open for registrations and includes the meet entry deadlines. In addition, all of the meets are listed on our website at www.universityswimclub.com, with links to those that are ready for sign up

Swim Meet Costs

There is a cost to participating in swim meets. The host team generally charges a fee for each event entered as well as a nominal administrative and/or processing fee. Payment is made by credit card during the online meet registration process. USC is unable to refund any meet entries fees once registered.

Meet Registration Instructions

- 1) Under Meets tab on www.universityswimclub.com click "submit meet entry online"
- 2) You are then directed to our Team Unify website. Team Unify is the 3rd party we use for online meet entry and your initial Registration.
- 3) Sign in using your email and password

- 4) Click "Events". The meets that are currently available for sign up are listed.
- 5) Click "Attend/Decline"
- 6) Choose events. Please pay close attention that are you signing up for the correct age group.
- 7) Save changes.
- 8) Please note you will not be charged for the meet until after the meet entry deadline closes. You have the ability to come back in and edit your events up until the meet entry deadline.
- 9) The credit card you have on file with Team Unify (which is typically the one you used when you registered for the season) will automatically be charged for the meets you have signed up for at the end of each month.
- 10) To see what you have coming due and when click "My Account" and "my invoice/payment". You can change your credit card on file or pay prior to month end if desired.
- 11) After the meet entry deadline has passed you will be able to see all the swimmers signed up for a particular meet and which events they signed up for. Click "Meet entries" and find the meet you are looking for. Please double check these and report any issues to Charlie Lownes.

What to do at the Swim Meet

Parents

TAKE A DEEP BREATH AND RELAX! The first few minutes arriving at a swim meet can be stressful. There are a lot of people arriving at the same time and many people are unfamiliar with where the pool is, where the locker rooms are, where to sign in, where to sit, etc. Relax and take some time to get acquainted with the surroundings and where to go. It will do your swimmer no good if you are stressed. Stay as calm as possible!

Many of us sit together as a group. We cheer for all our kids and share helpful tips. When you come to a meet, look for the USC banner or several USC towels draped on the bleachers. All USC families are always welcomed.

Many families have the swim meets down to a science. You need to do what's best for you. If you will be at the swim meet all day, consider bringing your own cooler with healthy snacks and beverages. Reading material is always useful.

Dress for a humid building! Although it may be snowing outside, the warmth from the pool and closeness of people will keep you warmer than you may prefer. Some folks wear shorts under their slacks in case it's too warm. Avoid heavy sweaters and turtlenecks.

Bring your camera and camcorder. Note; *do not take flash photography at the start of any race* as the flash can cause a false start. We need to be considerate of all swimmers.

You must stay off the deck at all meets! If you are observing the swim meet, you belong in the bleachers with the other parents. Only coaches, officials, swimmers and volunteers are permitted on the pool deck. This is a safety issue and you are not covered by USA insurance.

Purchase a heat sheet. The heat sheet provides all the events for the day or one-half day session, depending on the host team's preference. Heat sheets typically cost \$2.00 - \$5.00 and list all swimmers in order of appearance. This will help you gauge the time your swimmer may be in the water. It's great for planning your breaks away from the pool.

Support your swimmer! Your swimmer should always first speak to his or her coach immediately after the race. The coach will give the swimmer feedback about his or her race technique, performance, etc. After this, it is the parents' job to give love, support and encouragement no matter the outcome of the race. Please leave the coaching to the coaches.

Check on relay participation before leaving! Relay participation is often determined at the swim meet. Nothing is more disappointing than finding out that one of the relay participants left early not realizing their team needed them. **Do not leave the swim meet until you find out whether your child is on a relay. Relays are typically at the very end of the meet.**

Swimmers

- **Sign in** - Swimmers may have to circle/hi-lite their names on a list, which can be found on a table or wall when they arrive. This informs the host club that the swimmer has arrived. If you forget to do this, you could be scratched from one or all of your events. Not all meets have sign-in, so be sure to verify with your coach if you were unable to find where to sign in.
- **Check in** with your Coach when you arrive. He/she may have some meet specific information to discuss
- **Warm-up** - Get in the water at your assigned time and warm up. Your Coach will have provided a warm up routine in advance or will advise you on what to do at the pool.
- **Listen for events** - Events are announced throughout the meet. If you can't hear the events being called, make it your business to get the information. It is the swimmer's responsibility to get to the clerk of course or to their blocks at the required time.
- **Report to the Clerk of Course (COC)** - This is required for most 10 and under swimmers at most meets. At the COC, swimmers are seated and escorted to the pool when it is time to swim. Developmental meets generally have a COC. If you are eleven or over, you may just need to circle your name and report to the lane. But you may have to report to the COC as well. Our coaches will generally let you know if this is necessary, but double check.
- **Touch base** with your coach right after each event so he/she can tell you how great you did and advise you on improvements.
- **Check on relays** - Relays are generally determined at the swim meet. **Do not leave the swim meet until you speak with your coach and ensure that you are not on a relay.**
- Have fun

USC Info and Policies

USC Membership Fees

Membership Fees: Membership fees for the current year can be found at the following location: http://www.universityswimclub.com/registration/team_registration.htm

Registration: USC Registration is done online using the Team Unify system. New users will need to create a user name and password to the system. At registration, users can elect to pay for the entire year (Sept – Aug), by session or monthly. Additional instructions about registration can be found online on the registration page.

USA Swimming Membership: All USC swimmers are required to register for a USA Swimming Membership. USA Membership is \$59 annually and members must register for their USA Swimming Membership when they register for their first session with USC.

Competition Fees: These are specific to various meets and competitions you may enter through the year. Costs associated with each meet will be available at the time of registration. All meet entries are done online through the active network registration system. New users will create a username and password and enter their swimmer's USA ID number the first time. Meet fees are paid by credit card at the time of meet entry submission and are non-refundable. Families are responsible for these fees regardless of if the swimmer actually attends the meet. There is a USC surcharge for each meet entered.

Membership Cancellations: Notification is required in writing when a member resigns from the Club and fees are due up to the point of written receipt of resignation by the clubs registrar. Swimmers leaving the team must notify the registrar in writing. Paid team fees can be refunded within 10 days of purchase. Meet fees, and USA Swimming fees cannot be refunded. Any future payments due for future months or sessions may be removed from processing with at least 7 days advanced notice in writing.

Other Payment Policies

1. Swimmers who change groups will be charged, or refunded, the difference.
2. The family of each swimmer is responsible for paying LESI meet fines incurred.
Examples of fines include: scratching at a Championship Meets or swimming slower than the time standard required to enter an event. Additionally, fined families will pay a \$1.00 surcharge to USC. Contact Charlie@UniversitySwimClub.com with questions.
3. Statements are emailed to each family on a monthly basis. It is the family's responsibility to have a current email address on file with the registrar.
4. Payment to University Swim Club must be received by the date given on the statement through payment on Team Unify, or notification in writing indicating a reason for a delay in payment. Otherwise the family's account will automatically be charged outstanding balances using the payment information on record.
5. Failure to pay your account balance when due can result in the swimmer not being permitted to enter meets and/or practice until the balance has been paid.

Pool Locations and Practice Schedule

USC offers practices at two primary locations and also practices at a long course pool in Mentor during the summer.

The schedule varies by location and group level and the most up to date information can be found on our website using the links below or on Facebook. Additionally, times are adjusted slightly during the school swim seasons and practice times are occasionally moved or canceled due to swim meets or other events.

Please contact your Head Site Coach with any questions or issues regarding USC, practice times and / or meets. The head site coach at each location should be your primary point of contact. Should you have any issues with the coaching staff, please contact Executive Head Coach, Charlie Lownes or a parent member of the USC Booster Club Board.

University School- 2785 SOM Center Rd, Hunting Valley, OH 44022 – All year except HS swim season

Euclid High School- 711 East 22nd street, Euclid Ohio, 44123 – All year

Mentor Garfield Pool- 50 Meter Outdoor Pool – Mentor, OH - Summer only

Summer means “Long Course” season and meets in 50 meter pools. USC offers this practice, and double practices for those interested, at no additional costs.

Team Apparel

Ordering team suits: Our swim apparel vendor for team suits is Competition Swimming. Instructions are detailed below on how to order team suits and other swim apparel through USC's Private Portal at their website. At the beginning of the short course season we will communicate a mass ordering period where discounts are available.

To place your order for USC specific products, please access the site at www.CompetitionSwimming.com. Go to the "TEAMS" dropdown and on the 2nd line you will see: "To access your account or set up a new account, please click on **"My Account"** (we know, it's a bit tricky to find, but you will know you are there if you hover over the hotlink "My Account"). You will be asked to provide your email address and to set up your own password. At the following "welcome" window, you will be asked for your "Team Code". Enter your team's portal team code:

SWIMUSC

You will then see at the bottom a hotlink to "University Swim Club"

Click on it and you will be in the private portal where you can order your technical suits, the USC Speedo Aquablade team suits as well as warm-ups and bags for your swimmers. You may also shop any of the other pages to add competition suits, goggles, caps or other training gear to your order in one shopping cart. If you leave the portal during your session, you must reenter you password to reenter the private site

If you encounter any problems or have a question about using this site, please feel free to contact Beth & David Wasserbauer at CompetitionSwimming.com or the contact information below.

P.O. Box 2102
Hudson, Ohio 44236
Email: David@CompetitionSwimming.com
Toll Free: (877) 794-6327

Other Apparel. The USC Booster Club also sells team T-Shirts, Polo Shirts, Shorts, Sweatpants & Sweatshirt throughout the year. The beginning of Short Course season (September) is typically when information and order forms are distributed.