



Club Handbook
Fall 2017
Through Spring 2018

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Introduction

The purpose of this handbook is two-fold: to explain to new members just what Second Sport Swimming (SSS) is and to outline various policies that affect all swimmers, year after year. It should be read by all families so that they may become familiar with important facts and rules of the club.

Who And What Is Second Sport Swimming?

Presently SSS is made up of Kristy Kellogg (Head Coach) and her husband Gregg Kellogg (Managing Director).

The club is governed by United States Swimming, Inc. and Potomac Valley Swimming (PVS) organizations. The club provides swim programs in the Northern Virginia Area.

Mission Statement

To empower young athletes with the tools and encouragement to excel not only in swimming but in other sports, academics and in life.

Coaching

SSS is committed to providing comprehensive, expert swim/stroke training by experienced and outstanding coaches only. SSS will only expand to the extent that the highest caliber coaches in the Northern Virginia can be recruited.

In addition to swim training, SSS coaches will uphold and embrace the concepts of the SSS Mission Statement.

The Swimmer

SSS believes that each swimmer is an individual with different backgrounds, needs, and goals. The club focuses on the development of positive self-esteem and individual goal setting. SSS believes that all members should model team spirit and sportsmanship.

Coaches Role

The coaches' main responsibility is to mold all of our swimmers into the best swimmers that they can be based on their individual goals. In addition, coaches mentor swimmers in life skills and positive values per the SSS Mission Statement.

Parent/Guardian's Role

As the Parent/Guardian of an athlete swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in the sport of swimming.

Parents/guardians are not participants on their child's team but contribute and share in the success experienced by the swimmer and his or her team.

Parents/guardians serve as role models, and children frequently emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a Parent of a Second Sport Swimming athlete, I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meet (from the stands or any other area) or interfere with coaches on the pool deck.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets and practices.
4. Maintain self-control at all times & know my role.
 - a. Swimmers –swim
 - b. Coaches – coach
 - c. Officials –officiate
 - d. Parents –parent.
5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

I understand and agree to the above terms and conditions of Second Sport Swimming in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of Second Sport Swimming swim club..

Should I conduct myself in such a way that brings discredit or discord to SSS, or USA Swimming I voluntarily subject myself to disciplinary action. **Second Sport Swimming maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.**

Swimmer Code of Conduct

As a swimmer and member of Second Sport Swimming swim club, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets
3. I will comply with all team rules.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, janitorial staff members and swimmers, I will leave the SSS team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.

5. I will practice and teach good sportsmanship
6. I will promote positive team spirit and morale.
7. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of SSS spirit.
8. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.

Prohibited Behavior

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.
8. Any other behavior deemed inappropriate by SSS coaches or staff.

Consequences for Violation of the Code of Conduct

Disciplinary actions can range from reprimands to expulsion from the club at the sole discretion of Second Sport Swimming.

Release of Liability

Parent/Guardian hereby releases SSS, its employees, officers, directors and volunteers and any facility used by SSS from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the SSS swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by SSS.

Swimmer's Role

The swimmers role is to come to practice on time and to be prepared to work hard and have fun. SSS's practice guidelines are developed by the coach to maximize the growth and development of swim techniques for its swimmers based on their swimming skill level in an encouraging and supportive environment regardless of skill level. As SSS grows the assignment of swimmers to various skill level groups shall be the decision of the coaching staff.

Eligibility

At the minimum, a basic understanding of all competitive swimming strokes and the ability to legally swim at least 2 strokes is required (Breast, Butterfly, Back and Freestyle).

Equipment

Every swimmer is required to come to practice prepared with Goggles, Cap and Swimsuit.

SSS Fall 2017 Through Spring 2018 Practice Schedule

SSS has a Fall Season that runs from **Sep 10, 2017 through Dec 17, 2017** and a Winter/Spring Season that runs from **Jan 21, 2018 through May 20, 2018**. Practices are once a week on Sunday from 1pm to 2pm at Audrey Moore RECenter (see calendar below).

Fall 2017 Season

(Yellow indicates practice will be held, black indicates no practice will be held)

July						
Su	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August						
Su	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
Su	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
Su	M	T	W	Th	F	S
1	2	3	4	5	6	7
	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	30	31				

November						
Su	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	27	28	29	30		

December						
Su	M	T	W	Th	F	S
					1	2
	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	25	26	27	28	29	30

See next page for
Winter/Spring 2018 Season calendar

Winter/Spring 2018 Season
(Yellow indicates practice will be held, black indicates no practice will be held)

January						
Su	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	22	23	24	25	26	27
28	29	30	31			

February						
Su	M	T	W	Th	F	S
				1	2	3
	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
Su	M	T	W	Th	F	S
				1	2	3
	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
Su	M	T	W	Th	F	S
1	2	3	4	5	6	7
	9	10	11	12	13	14
15	16	17	18	19	20	21
	23	24	25	26	27	28
29	30					

May						
Su	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
Su	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Club Membership and Fees

In consideration of the participation of the swimmer(s) in the SSS's swim club program, the Parent/Guardian agrees to pay the following fees as set forth below.

All swimmers must be registered with Potomac Valley Swimming (PVS), our local USA Swimming organization. Tuition for either or both the Fall and Winter/Spring Season includes all fees associated with this membership.

- **Tuition for the 2017 Fall Season is \$281.00.**
- **Tuition for the 2018 Winter/Spring Season is \$315.**

All fees must be paid in advance of each Season for the swimmer to participate.

At this time SSS only accepts checks. All checks should be made payable to:
 Second Sport Swimming
 and may be mailed to:

Second Sport Swimming
 9322 Elk Drive
 Springfield, VA 22153

There will be no refunds given due to pool closures or any other event beyond the control of SSS. Tuition is based on membership in SSS swim club for that Season and not individual practices therefore no refunds will be given for missed practices.

Trial Memberships

Trial Memberships are available to new members only. The purpose of trial memberships is to give families an opportunity to see if SSS is the “right fit” for their swimmer/athlete prior to making a substantial financial commitment. Trial memberships last for two consecutive swim practices and cost \$40 per swimmer.

Club Communication

Web site

SSS’s primary method of communication is through the team website, www.SecondSportSwimming.com

Just click on the “Contact” tab at the top of the site and you’ll be directed to a contact form for any questions or communication you may have for Coach Kellogg or administrative questions.

Coach Kellogg would also be happy to meet with you before or after practice. This is the time for a very brief conversations only as other parents may like to meet with Coach Kellogg also. For longer conversations, please use the contact form on the website to schedule a mutually agreed upon time and place.

Email

Please insure SSS has an up to date email address to contact you if needed. You can use the “Contact” form on the website to update your email address.

Text Messaging

Communication through text messaging will be limited to only time sensitive matters such as pool closings, unexpected cancelation of practice and emergencies.

Media

As a parent/guardian of a Second Sport Swimmer I hereby authorize the use of still photography and video images taken at swim practices, meets or other swim club functions of my swimmer. I recognize that this media may be posted on the team website, Facebook, or other social media outlet or used by news media in covering swim club functions.

I understand that no personal demographic information will be posted on the club website in conjunction with these photos/videos.

I understand that neither my swimmer nor I will receive payment or other compensation for the use of such photos/videos.

I hereby release SSS, the LSC or USA Swimming from any and all liability in connection with the above said uses and purposes.