



**Salt Lake
Tennis &
Health Club**

2021 Swimming & Diving Team

Aquatics Program Mission Statement

The Salt Lake Tennis & Health Club is dedicated to providing a kind, safe, and child-friendly environment. Emphasis is placed on fun, sportsmanship, technique, and physical conditioning to promote character development and personal improvement.

Swim & Dive Team Overview

Swimming Team Registration-- (opens April 16)

Swim Team invites swimmers of all ability levels, from beginner through elite. It is designed to condition young swimmers, teach and refine stroke techniques, provide opportunities for competition, and build character in young athletes. Success is measured by individual improvement, stroke and skill development, speed, enjoyment of the sport, and achievement of a swimmer's personal goals. Swim Team is organized into three sections to provide for participation congruent with a swimmer's age, level of interest, ability, and technical level.

Prerequisites: Ages 5-17; capable of swimming 25-yards freestyle AND 25 yards backstroke.

Diving Team Registration--(opens April 16)

Diving Team is designed to provide the instruction, practice, and repetition required to master a range of competition-specific dives. Dive Team invites divers of all ability levels, as long as prerequisites are met. Coaches endeavor to enhance each diver's growth and skill development and measure their success in terms of their progress in relationship to their personal goals and aspirations. Diving Team is organized into three sections to allow children to participate at levels congruent with their age, ability, and skill level.

Prerequisites: Ages 5-17; capable of an unassisted forward dive and back dive.

***Registrations received after May 30th will be assessed a \$15 late fee**

***In accordance with the Utah Country Club Swim & Dive League By-Laws, ALL athletes participating on the Swim and Dive Teams must be Full Family or Summer Family members.**

2021 Swim Team Practice Schedule

Swimming Schedule:

Pre-Season (begins May 10)

4:15-5:15pm Gold (ages 12&up)

5:15-6:00pm Silver/Bronze (ages 9-12)

6:00-6:30pm Bronze (ages 9&under)

Morning Schedule (June 7-July 26):

7:00-8:30am Gold (ages 12 & older)

8:30-9:30am Silver/Bronze (ages 9-12)

9:30-10:15am Bronze (ages 9 & under)

2021 Diving Practice Schedule:

Pre-Season(begins May 10):

4:15-5:00pm ages 12 & under

5:00-5:45pm ages 12 & older

Morning Schedule (June 7-July 26):

8:30 am-9:15 am (ages 12 & older)

9:00-9:30 (ages 8&Under)

9:30-10:15 am (ages 9-12)

10:15-10:45 am (ages 8 & under)

2021 Swim & Dive Team Competition Times

All Country Club meets start at the same time. Please take care to arrive early and check in with coaches prior to warm-up.

Dive Meet Schedule*

2:30 PM–3:00 pm Diver Check-In with Coach
3:00PM–3:30 pm Dive tank open for Warm-Up
3:30 PM–4:30 pm Dive Competition

Swim Meet Schedule*

SESSION 1 (10&under)
4:00 PM–4:30 pm Swimmer Check-In with Coach
4:30 PM–4:55 pm Swimmer Warm-Up
5:00 PM–6:30 pm* Swim Competition
SESSION 2 (11&older)
6:15-6:30pm Swimmer Check-In with Coach
6:30-6:50pm Swimmer Warm-up
6:55-8:30pm Swim Competition

Club Time Trial Meet Schedule**

SESSION 1 (10&under)
5:00-5:15 PM Swimmer Warm-up
5:15 PM–6:30 PM* Swim Competition
SESSION 2 (11&Older)
6:30-6:45pm Swimmer Warm-Up
6:45-8:00pm Swimmer Competition

*Coaches and Officials do their best to keep the meet on schedule; parents and swimmers can help by showing up on time, being prepared for their events, and volunteering as timers and in other capacities to help the meet run smoothly. We appreciate your patience and enthusiasm!

Thank you in advance for being patient and flexible as we navigate hosting swim meets in unprecedented times! We are so grateful that the other teams in the League are excited to compete again and are willing to adjust our practices to accommodate the needs and the safety of swimmers and families.

2021 Swim & Dive Team Registration & Required Forms

It is recommended that swimmers and divers register early for Team. Registration will be accepted at the Front Desk until May 30th. Please contact Coach Julie Tate for registration after that date. Registration requires completion of the following forms:

- Utah Country Club Swim & Dive League **Code of Conduct Form** (one per family)
- Utah Country Club Swim & Dive League **2021 Registration Form** (one per family)

2021 Meet Participation and Meet Timing Contract:

Swimmers are required to participate in a minimum of three (3) dual meets and one (1) Time Trials meet. The nature of this team is to prepare swimmers for competition, and if a swimmer is not interested in competition, they may register for our lesson program. This is a League Eligibility requirement standard that is adhered to by all teams in the League.

Registration for meets is done on the TeamSnap App, and every swimmer in a family must be registered for a meet to be entered in a meet. Once the registration is closed, swimmers cannot be added. Registration for each meet closes several days prior to the event. It takes MANY hours to figure entries for the meets and set it up; asking last minute to adjust your entry status causes much unneeded stress.

Families are required to provide a volunteer for ONE MEET per athlete participating in the program. As we are dividing into sessions again this summer to reduce numbers, families will often need to provide more volunteer assistance than the required amount. Our volunteer Coordinator, Dominique Aragon, will be arranging the volunteer opportunities. We are so grateful to our many willing volunteers and could not run our swim meets without you!

Athletes who fail to show up for a meet or notify the coach in advance will be charged a \$25 fee by the Tennis & Health Club, and removed from relays in consecutive meets. Parents who fail to show up for a meet they are scheduled to volunteer must pay a \$25 service fee.

Swim & Dive Team Rates*

Swim or Dive Team Individual	\$325
Swim or Dive Team Family	\$825
Individual Combination Swim AND Dive Team	\$375
Family Combination Swim AND Dive Team	\$925

*** Registration received on or before April 26, 2021 will automatically be discounted \$25.00.**

SWIM TEAM REQUIRED EQUIPMENT

- 1. Competition swimsuit:** Swimmers can wear their team suit to practice OR another competitive-style suit. Leisure swimwear and swim trunks hinder the progress of competitive swimmers and are not acceptable for practice. Speedo and all major competitive suit retailers (Tyr, Arena, Dolfin, etc) make suits in polyester fibers that last much longer than lycra.
- 2. Goggles:** A good pair of goggles that do not leak is imperative. I recommend the Speedo brand. Smaller faces need smaller goggles; and typically a cheap price indicates a cheap goggle. One set can last the entire season. You can find a decent pair for around \$20 and we try to keep them stocked at the front desk in the summer also.
- 3. Swim Fins:** Competitive swim fins (not scuba fins) will be used this summer in training. The club has several sets, but the only way to guarantee your swimmer has a pair in the right size is to bring their own.
- 4. Swim Cap:** Swim caps protect hair, keep goggles in place, and keep hair from interfering with vision. Some swimmers who have very short hair may go without, but we recommend them for all swimmers. Team caps are available at the front desk.

Swimmers are to bring their gear with them to each practice, PLEASE LABEL EVERYTHING!

Our Team uses *TeamSnap* for its communication. Please download this App and you should receive a request to join our team. If you do not receive a request, please see Coach Julie Tate after May 15. Also, please make sure to check your junk mail to make sure they didn't get sent there.

SWIM TEAM ENRICHMENT LESSONS

All registrations for enrichment Swim Team Lessons can be completed at the Front Desk and are separate from Swim Team Registration. Swimmers new to swim team are STRONGLY ENCOURAGED to register for at least ONE session of Enrichment Lessons.

STROKE DEVELOPMENT: (10:15-10:45 am)

All Swimmers who have not mastered all four competitive strokes are required to enroll for at least ONE session of Stroke Development Lessons. These lessons are taught by the Team Coaches and enable more individualized instruction for swimmers to learn the specific skills needed to prepare and compete in each of the four competitive strokes.

COMPETITIVE TECHNIQUES: (10:15-10:45 am)

This class is offered to swimmers who have mastered the mechanics of the competitive strokes and are ready to work on the more advanced skills used in competitive swimming, such as underwaters, diving from blocks, IM transitions, and flip turns. This class is highly encouraged for all swimmers at least one session.

Salt Lake Tennis & Health Club
2021 Swim Team Schedule

5/10 Pre-Season Practices Begin

5/31 Memorial Day—no practices

6/5 Time Trials #1 (9:00 am)

6/7 Morning Practices Begin

6/9 THC @ Pepperwood (PW)

6/15 Time Trials #2

6/21 THC @ Salt Lake Country Club (SLCC)

6/25 Swim Team Breakfast (Team Picture)

6/29 THC (home) vs. Hidden Valley Country Club (HV)

7/7 THC @ Willow Creek Country Club (WC)

7/17 Time Trials #3

7/12 THC (home) vs Northcrest (NC)

7/19 THC (home) vs. Cottonwood Country Club (CW)

7/26 Dive Conference Championships

7/27 Swim Conference Championships (location TBD)

7/28 Swim Conference Championships (location TBD)

8/21 Awards Banquet 11:00 a.m.

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE

2021 REGISTRATION FORM

PLEASE PRINT. THIS FORM MUST BE FILLED OUT COMPLETELY!

Member's Name _____

Club Name Salt Lake Tennis & Health Club Membership # _____

Type of Membership (*circle one*) Family Relationship to Member (*circle one*): Child

Participants (*one form per family*)

Last Name	First Name	Date of Birth	Sex (M/F)	Category (<i>circle one</i>)	USA Swimmer? Team	T-shirt size
				swim dive both		
				swim dive both		
				swim dive both		
				swim dive both		

Parent/Guardian Name(s) _____

Phone (h) _____ Phone(c) _____ Phone (w) _____

Address _____ City _____ Zip _____

E-mail Address _____

Emergency Contact _____ Phone _____

Assumption of Risk/Liability Release

I/We certify that the above information is correct and give permission for those listed above to participate in this year's activities. In the event my children are photographed at a meet, the Utah Country Club Swim & Dive League may use the image in published formats for league purposes.

I/We agree to indemnify or hold harmless the League, its Officers, Board of Directors or Agents, of any claim, damages or responsibility for the health or safety of said participants, or for the damages or loss of any personal property of such while traveling to or from, or participating in any regularly scheduled meet.

I/We also agree to comply with the League By-Laws, Guidelines and Code of Conduct as set forth by the League.

I/We hereby authorize the League, its Officers, Coaches or Agents to act on my behalf in accordance with their best judgment in case of emergency.

I/We assume responsibility for all medical expenses that may arise there from.

By signing this Assumption of Risk/Liability Release statement, I/We acknowledge that I/We have read its contents and disclosure, that I/We understand its contents and disclosure and agree to its term

Parent/Guardian Signature _____ Date ____/____/2020

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE

CODE OF CONDUCT

REVISED AND EFFECTIVE AS OF APRIL 17, 2006

Though it is assumed that everyone participating in this league understands the necessity of modeling the highest in athletic and sportsmanship standards, in recent years there have been incidents of misconduct. The purpose of this Code of Conduct is: 1) to clearly state the standards which must be met by coaches, parents and athletes during all swim and/or dive meets and 2) to make clear the consequences of any misbehavior.

The atmosphere during a meet should not only be competitive, but remain a positive experience for all.

The following will not be tolerated:

1. Swearing or other foul language
2. Verbal abuse, taunting and any other behavior deemed inappropriate by meet officials
3. Any form of physical abuse
4. Interference with or disrespect of the director, judges, referees or lifeguards. Their decisions are final.

Protests should be done following the procedures outlined in Conference Championship Rules; Section V, Part 3 (for swimming), Part 5 (for diving). Discipline will be enforced at the discretion of the meet director, head referee or judge for the event.

Repercussions may include, but are not limited to, the following:

1. The meet may be stopped temporarily and the director, head referee or judge will politely ask the offending coach, parent or athlete to remove him or herself from the pool area in order to continue the meet.
2. If a coach is asked to remove him or herself, he or she can be replaced by another coach. The coach that has been ejected cannot participate in any subsequent coaches' meeting at that event. Only another coach, selected by that team, may attend the coaches' meeting.
3. If a parent or fan is involved, they will be instructed to leave the meet.
4. If an athlete is involved, the judge or referee will determine if the athlete will continue in the competition. If the athlete is ejected from the competition, he or she cannot be replaced by a teammate. The athlete will not be allowed back into the meet that day.

The team will not be punished with point deduction for inappropriate behavior.

This document must be signed by everyone listed below to affirm they have read and understand the Code of Conduct. Please attach to the athlete's registration.

Team: Salt Lake Tennis & Health Club

Team Rep: _____ Date: _____

Swim Coach: _____ Date: _____

Dive Coach: _____ Date: _____

Parent: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____