



Salt Lake  
Tennis &  
Health Club

## 2023 Swimming & Diving Team

### **Aquatics Program Mission Statement**

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

### **Swim & Dive Team Overview**

#### **Swimming Team Registration-- (opens March 1 to returning athletes and March 15 to NEW participants)**

Swim Team invites swimmers of all ability levels, beginner to 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 in multiple ways: individual improvement, stroke and skill development, speed, enjoyment of the sport, and achievement of an athlete's personal goals. Swim Team is organized into four 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 March 1 to returning athletes and March 15 to NEW participants)**

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 measure success in terms of a diver's progress in relationship to personal goals and aspirations. Dive Team is organized into three sections to allow children to participate at levels congruent with their age, ability, and skill level. We also have a pre-Competitive Team for newer divers who hope to acquire the skills needed to participate on the team.

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

ALL Divers must pass off a skills checklist to be granted a spot on the Dive Team.

**\*In accordance with the Utah Country Club Swim & Dive League By-Laws, ALL athletes participating on the Swim and Dive Teams must have Family Annual or Summer Memberships.**

### **2023 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 30<sup>th</sup>, or until full. 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 **2023 Registration Form** (one per family)
- Salt Lake Tennis & Health Club Family Volunteer Contract

### **2023 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.

Families are required to provide a volunteer for ONE MEET per athlete participating in the program. There are additional volunteer opportunities throughout the season. 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\***

Swimming OR Diving Team Individual	\$365
Swim or Dive Team Family (3+ from same family)	\$1045
Individual Combination Swim AND Dive Team	\$465
Family Combination Swim AND Dive Team (3+)	\$1245

## **2023 Swim Team Practice Schedule**

### **Swimming Schedule:**

#### **Pre-Season (begins May 15)**

4:15-5:15pm Gold (ages 12&up)  
5:15-6:00pm Silver (ages 9-12)  
6:00-6:30pm Bronze (ages 9 & under)  
6:30-7:00 pm 7&U Team (NEW swimmers)

#### **Morning Schedule (June 5-July 28):**

7:00-8:30am Gold (ages 12 & older)  
8:30-9:30am Silver (ages 9-12)  
9:30-10:15am Bronze (ages 9 & under)  
10:15-10:45am 7&U Team

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## **2022 Diving Practice Schedule:**

### **Pre-Season(begins May 15):**

4:15-5:00pm ages 12 & under  
5:00-5:45pm ages 12 & older  
6:00-6:30pm pre-comp team

### **Morning Schedule (June 5-July 28):**

8:00-8:30 am ages Silver 1 (ages 9-12)  
8:30-9:15 am Gold (ages 12&Older)  
9:30-10:05 am Silver 2 (ages 9-12)  
10:15-10:45 am Bronze (9&U)  
10:45-11:15 7&U Team/pre-competitive team

## **2023 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\***

3:00-3:30pm Diver Check-In with Coach  
3:30-4:00pm Dive tank open for Warm-Up  
4:00-5:00pm Dive Competition

### **Swim Meet Schedule\***

4:30-5:00pm Swimmer Check-In with Coach  
5:00-5:25pm Swimmer Warm-Up  
5:30-8:30pm Swim Competition

### **Club Time Trial Meet Schedule\*\***

Saturday Morning:

8:30-9:00am Swimmer Warm-Up  
9:00-11:00am Competition

## **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. All major competitive suit retailers (Speedo, Tyr, Arena, Dolfin, etc) make suits in polyester fibers that last much longer than lycra.

**We will place an order for Team Suits during April.**

**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 \$25 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 in various sizes, but the only way to ensure that your swimmer has a pair in the right size to use is to provide 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 for \$25.

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

**COMMUNICATION:** Our team has an Administrative Assistant who handles Team Communication. Please Add [tennisclubaquatics@gmail.com](mailto:tennisclubaquatics@gmail.com) and [tennisclubswimteam@gmail.com](mailto:tennisclubswimteam@gmail.com) to your Inbox. If at any time you suspect you are not receiving team emails, feel free to send an email to this inbox and request to be added. We do our best to update and add new email addresses, and often the emails show up in the Spam folder when people go searching!

## **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 the 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 four competitive strokes and are ready to work on the more advanced skills used in competitive swimming. These skills include underwaters, diving from blocks, IM transitions, and flip turns, among other skills. This class is highly encouraged for all advanced swimmers at least one session.

**Swim team enrichment lessons will only be offered through June 30.**

# UTAH COUNTRY CLUB SWIM & DIVE LEAGUE

## 2023 REGISTRATION FORM

PLEASE PRINT. THIS FORM MUST BE FILLED OUT COMPLETELY!

Member

Name: \_\_\_\_\_

Club

Name: Salt Lake Tennis & Health Club

Membership # \_\_\_\_\_

Type of Membership (*circle one*)

Family

Relationship to Member: Child

Participants (*one form/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 terms

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/2023

# 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: Julie Tate

Date: \_\_\_\_\_

Dive Coach: \_\_\_\_\_

Date: \_\_\_\_\_

Parent: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

