



CSP Tideriders Parent Handbook

1938 - 2019





CSP Tideriders Parent Handbook

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CSP Tideriders Parent Handbook

GENERAL INFORMATION

Dear CSP Parent,

Welcome! As a member of the CSP Tideriders, your child is training with a well-educated, highly experienced coaching staff, in some of St. Louis' finest swimming facilities. Furthermore, your child is training with other dedicated athletes and is associating with other inspired families.

Primarily, your child's swimming horizon is influenced by his/her individual desire, dedication and commitment. Guiding and developing these personal attributes has a marked impact on your child's quality of involvement and performance in swimming. It is the CSP philosophy that it takes the coordinated effort of athlete, parent and professional to help your child be the best he/she wants to be.

To facilitate your child's development in the sport, the CSP coaching staff attends to the following aspects of training. "In water training" which consists of all warm-ups, drills, intervals, stroke techniques and competitions, "Dry land training" which consist of stretching, calisthenics and other strength enhancing exercise done out of water, "Psychological training" which consists of positive attitudes toward self and others, practice and race strategies, goal setting and team meetings and activities. All three aspects work in concert and are important factors in a successful swimming career.

CSP provides for coaches continuing education and professional involvement. CSP also offers parent education, parent mentoring and a variety of parent volunteer options.

If at any time, you should have questions or experience problems, please contact you child's coach. Good communication is essential to performance improvement and to issues being resolved fully and quickly. Each coach has published office hours, is available by phone and email and generally has a few minutes before and after practice to schedule meetings. I am also available to discuss any aspect of your child's swimming and/or our program in general.

With everyone's cooperation and hard work, I feel certain your swimmer will enjoy a successful and fulfilling season. Remember luck has nothing to do with swimming will and the only place success comes before work is in the dictionary.

Again, welcome and enjoy!

David McCrary
Executive Director/Head Coach



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What is USA Swimming?

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes represent the United States in international competition.

How is USA Swimming Organized?

International – The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of four aquatic sports – swimming, synchronized swimming, diving, and water polo.

National – USA Swimming is a Group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

Zone – We are divided into four separate zones – central, eastern, southern and western. Each zone elects two representatives to the national Board of Directors.

Local – Within the United States, there are fifty-nine (59) Local Swimming Committees (LSC's). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

How USA Swimming Operates

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are 50 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming.

USA Swimming Headquarters

USA Swimming Headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, resources and general information about swimming and related activities. USA Swimming staff is available to assist you in answering questions or providing additional information about USA Swimming:

USA Swimming
1 Olympic Plaza Colorado Springs, Colorado 80909-5707
Phone: 719-866-4578 Fax: 719-866-4669
Website: <http://www.usa-swimming.org>



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History and Philosophy

The CSP TIDERIDERS (Clayton Shaw Park Swimming), founded in 1938, is a tradition in St. Louis swimming. We pride ourselves in developing the skill levels of swimmers, while providing an atmosphere which allows each individual to attain their highest potential. Many of our swimmers who train in our top groups go on to college earning swimming scholarships. CSP has had Olympic Trial qualifiers and currently has swimmers competing for various Division I, Division II, and Division III Colleges and Universities.

Participation in the CSP TIDERIDERS promises to be a rewarding experience. The program emphasizes individual developmental of potential in an atmosphere that is both supportive and fun.

Our Mission

Coaching athletes to be champions in life through excellence in competitive swimming.

Our Vision

Delivering championship results with character and integrity in a healthy and fun environment.

Our Values

Respect
Honesty
Education
Participation
Cooperation
Consistency
Reliability
Balance
Wellness

Goals

- Promote health and fitness for life.
- Maximize individual peak swimming performance.
- Encourage and teach life skills such as self-discipline, goal setting, time management, work ethic and sportsmanship.
- Provide experienced and well-educated coaching staff.
- Offer activities that encourage involvement with our community.



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Organizational Flow Chart



Board of Directors

- Policy
- Fundraising
- Finances
- Promotion/Outreach

Executive Director/Head Coach

- Oversee Staff
- Employment
- Budget/Payroll
- Long Range Planning
- Education
- Financial reporting
- Promotion/Outreach
- Receivables/Payables
- Travel

Administrative Director/Head Age Group Coach

- Office Manager
- Assist Meet Directors
- Web Maintenance
- Registration
- Meet entries

Assistant Coaches/Administrative Assistants

- CSP Splash
- Mailings
- Organize and Coordinate Team Reps
- Web Maintenance
- Registration



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Office Information

Monday – Thursday: 9:00 AM – 12:00 PM
2627 Hope Avenue
St. Louis, MO 314-727-7946
www.cpswim.com

Inclement Weather

Changes in practice schedules due to inclement weather will be posted on all group calendars, posted on Twitter, emailed out, and posted on KSDK School Closings on both the app and Channel 5.

CSP Board Meetings

CSP Swim Team has an open board meeting policy. Meetings are held on the first Wednesday of the month. Call the office for any changes to the published schedule.

Communications

- ***CSP Splash*** is sent out via email on Tuesdays.
- Practice Schedule changes emailed, posted on Group Calendar, tweeted out, as well as push notifications and text messaging if available.
- Monthly calendars are on the website under Group Calendars



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The Sport of Swimming

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly. In addition, there is the individual medley which features all four strokes; fly, back, breast and free, in that order. Relay events are comprised of four swimmers per relay team, each swimming $\frac{1}{4}$ of the total distance of the event. There are two types of relays: freestyle relay and medley relay; back, breast, fly and free, in that order.

A swim team is composed of any number of swimmers. Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Nationally recognized age groups are 10 & under, 11-12, 13-14, 15-16, 17-18 and 15-18, Senior or Open competition has no upper or lower age limitations. Local meets may also provide events for 8 & under swimmers.

Each swim meet offers a variety of events and distances, depending on the age group and classification. USA rules and regulations allow each swimmer to enter up to five (5) individual events per day in a timed final meet, or up to three (3) individual events at prelims and finals meet. Local Ozark meets usually limit events to four (4) per day at timed finals meets.

Competition pools may be short course (25 yards or meters) or long course (50 meters). Then international standard used in the Olympics is 50 meters. All world records are accomplished in 50-meter pools and recently in 25-meter pools.

USA Swimming maintains records for 25 yards, 25 meters, and 50 meters. 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. The technical rules for each stroke may be found in the publication, "USA Swimming Rules and Regulations."

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, he/she will be disqualified from that event, which means he/she will not receive an official time nor be eligible for an award in that event. Additionally, disqualifications result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off the bottom of the pool, pulling on the lane lines, or unsportsmanlike conduct.

If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork. The disqualification is necessary to keep the competition fair and equitable for all other competitors. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the disqualified swimmer.

Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating. Training and clinics can be found on the Ozark Swimming website at www.ozarkswimming.com.



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Usual Individual Events, Strokes and Distances by Age Group

Short Course Yards

	Free	Back	Breast	Fly	Ind. Medley
8 & under	25, 50, 100, 200	25, 50, 100	25, 50, 100	25, 50 100	100, 200
10 & under	50, 100, 200, 500	50, 100	50, 100	50, 100	100, 200
11-12	50, 100, 200 500, 1000, 1650	50, 100, 200	50, 100, 200	50, 100, 200	100, 200, 400
13 & Over	50, 100, 200 500, 1000, 1650	50, 100, 200	50, 100, 200	50,100, 200	100, 200, 400
1650					

Relay Events

	Freestyle	Medley
8 & under	100, 200	100, 200
10 & under	100, 200	100, 200
11-12	200, 400	200, 400
13 & Over	200, 400, 800	200, 400

Usual Individual Events, Strokes and Distances by Age Group

Long Course Meters

	Free	Back	Breast	Fly	Ind. Medley
8 & under	50, 100, 200	50, 100	50, 100	50, 100	200
10 & under	50, 100, 200, 400	50, 100	50, 100	50, 100	200
11-12	50, 100, 200 400, 800, 1500	50, 100, 200	50, 100, 200	50, 100, 200	200, 400
13 & Over	50, 100, 200 400, 800, 1500	50, 100, 200	50, 100, 200	50, 100, 200	200, 400

Relay Events

	Freestyle	Medley
8 & under	200	200
10 & under	200	200
11-12	200, 400	200, 400
13 & Over	200, 400, 800	200, 400



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Glossary of Common Swimming Terms

Block	The starting block.
Cap	A latex or lycra swim cap used during race or workout to protect swimmer's hair from the effects of chlorine in the water as well as help cut down water resistance from the swimmer's hair. CSP swimmers should wear either a black or a white cap for timed finals and white cap for prelim events and the black cap for all finals.
False Start	Occurs when a swimmer leaves the starting block, or is moving on the block before the starter official starts the race. In USA Swimming, one false start will result in an automatic disqualification from the race.
FINA	Federation Internationale di Natation de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.
Final	The championship final of an event in which the fastest eight, sixteen, or twenty-four swimmers from the morning preliminaries compete.
Goggles	Eyewear worn by swimmers in the pool to protect the swimmers' eyes from the effects of chlorine in the water.
Gravity Wave	Wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool and return to the surface in the form of turbulence.
Gutter	The area at the edge of the pool in which water overflows during a race and is recirculated into the pool. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.
Official	A judge on the deck of the pool. Various judges watch the swimmer's strokes, turns, and finishes or are timers.
IM	Slang for the individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke, freestyle.
Lane Lines	The dividers used to delineate the individual lanes. These are made of individual finned disks strung on cable which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.
Long Course	A pool configured for swimming with a 50-meter-long racing course. World records may be set in long course and short course competition. The main USA Swimming Long Course season is during the summer months. The Olympic Games as well as most major international competitions are conducted long course.
Negative Split	A race strategy in the distance freestyle events in which a swimmer covers the second half of the race faster than the first half.



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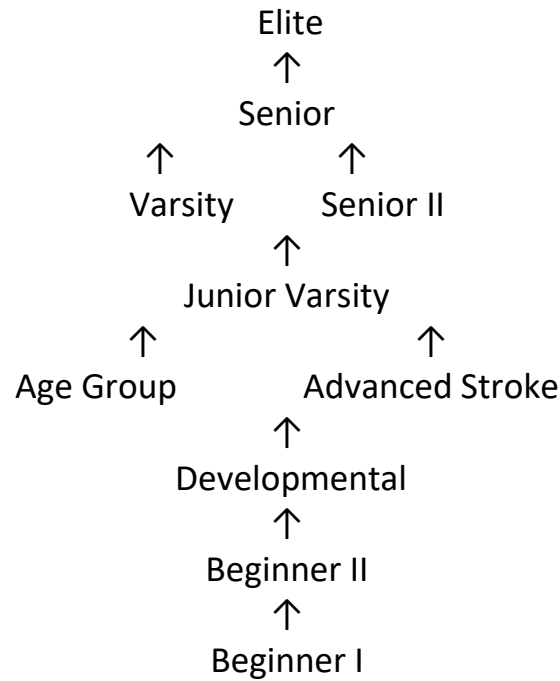
Prelim	Races in which swimmers qualify for the championship and consolation finals in the events.
Relay Exchange	The exchange between the swimmer in the water and the next swimmer on the relay team.
Shave	Prior to major competition a swimmer will shave his/her entire body. The removal of hair provides less resistance between skin and water and heightens a swimmer's sensations in the water.
Short Course	A pool configured in 25 yard or 25-meter lengths.
Split	A swimmer's intermediate time in a race. Splits are registered every 50 meters or 25 yards depending on the pool and are used to determine a swimmer's pace.
Sports Medicine & Science	A comprehensive use of science and technology to develop better training methods for athletes. In USA Swimming, the sports medicine and science Program deals with everything from blood and respiratory conditions to the biomechanics of the swimmer to proper nutrition.
Taper	The resting process in training for swimming competition.
Touch	The finish of the race.
Touchpad	The area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system and the scoreboard.
Trainer	In the US an athletic trainer; in Europe the term is used for coach.
Turnover	The number of times a swimmer's arms turn over in a given distance or time during a race.
Uniform	Team apparel worn to practices and meets.
USA Swimming	The National governing body for amateur competitive swimming in the United States.
Warm Down	Used by the swimmer to rid the body of excess lactic acid generated during a race.
Warm Up	Used by the swimmer before the race to get their muscles loose and ready to race.



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Training Squads

Swimmer Progression Flow Chart



All Group placement decisions are made by the coaching staff and are in the best interest of the swimmer and their long-term development.

Many group promotions are done with consideration of the athlete's past history of times and work ethic, not what is promised in the future.

Each athlete is different with different physical needs. Please keep this in mind.

Swimmers will be moved from group to group at the beginning of the short course season (September).



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CSP Tideriders Move-Up Criteria

All Group placement decisions are made by the coaching staff and are in the best interest of the swimmer and their long-term development. Many group promotions are done with consideration of the athlete's past history of times and work ethic, not what is promised in the future. Each athlete is different, with different physical needs. Please keep this in mind. Swimmers will be moved from group to group one time per year at the beginning of the short course season in late August.

- I. Attendance
 - Athlete is meeting or exceeding the required number of practices for the group on a consistent basis.
 - Athlete is attending USA swim meets per training group recommendation.
- II. Effort in Workout
 - Athlete is working very hard on a consistent basis to reach his or her potential.
 - This is determined by the coaches involved with the group.
 - Working hard is not just out swimming everyone in the group, but rather leading while doing strokes, drills, kicks, starts, turns, etc. exactly as instructed.
- III. Showing Initiative and Enthusiasm toward Meets and Practice
 - Leading the lane and being at the top of the entire group.
 - Being positive and showing support for team mates.
- IV. Swimming Meets
 - Performing in meet suggested in group criteria and performing at or near the level of swimmers in the next group.
 - Times are somewhere in relation to the athletes in the next group.
 - Strokes, turns and starts are also meeting the level of the next group.
- V. Approval of the Head Coach
 - Communication with head coach to move athlete into next group.
 - The main part of this communication is to go over the above criteria and assure consistency in the move up process. Also, to make sure that there is room in the next group.



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Training Squads

Beginner I

The Beginner I group is designed for swimmers ages 5 – 6 years old, who can already get themselves across 25 yards in some fashion. Goals for this group include complete proficiency for freestyle and backstroke and a working knowledge of breaststroke and butterfly. Starts and turns are introduced as well. Practice is offered three (3) times per week and children are encouraged to attend at least two (2) of the practices and to compete in 3 – 4 USA sanctioned swim meets per season.

Beginner II

The Beginner II group is designed for swimmers ages 6 – 8 years old, who can already show proficiency for freestyle and backstroke and a working knowledge of breaststroke and butterfly. Starts and turns are introduced as well. Practice is offered three (3) times per week and children are encouraged to attend at least two (2) of the practices and to compete in 3 – 4 USA sanctioned swim meets per season.

Developmental

The Developmental group is available for swimmers who have achieved the main goals of the Beginner Groups, or who begin with complete knowledge of freestyle and backstroke as well as the introductory techniques of breaststroke and butterfly. Swimmers ages will be 7 – 10 years of age to enter this group. Complete breaststroke and butterfly are taught along with stroke drills for all competitive strokes. Correct breathing patterns, legal finishes, starts, and turns are taught and reinforced. Swimmers should be able to compete in at least three of the four strokes at meets to move forward in the program. Practice is offered three (3) times per week, and children are encouraged to attend at least two (2) of these practices and compete in 3 – 4 USA sanctioned swim meets per season.

Advance Stroke

Swimmers who move into Advance Stroke should exhibit legal strokes in all four competitive strokes and perform legal turns in all strokes as well. Swimmers in this group will be from 10 – 14 years old. Advanced drills are introduced and basic stroke drills are reinforced. Stroke correction methods are taught; in addition, stroke lengthening and the importance of stroke technique are taught. Building and refining the swimmers' strokes and the start of developing an aerobic base and increasing swimming power are objectives for swimmers in this group. Practice is offered five (5) times per week, and swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet every 2 months.

Age Group:

Swimmers who move into Age Group should exhibit legal strokes in all four competitive strokes and perform legal turns in all strokes as well. Swimmers in this group will be from 7 – 10 years old. Advanced drills are introduced and basic stroke drills are reinforced. Stroke correction methods are taught; in addition, stroke lengthening and the importance of stroke technique are taught. Building and refining the swimmers' strokes and the start of developing an aerobic base and increasing swimming power are objectives for swimmers in this group. Use of certain equipment is introduced in this group. Practice is offered four (4) times per week and swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet once a month, as well as championship meets that they may qualify to swim.



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Junior Varsity

Swimmers in the Junior Varsity group have moved into longer training sessions and exhibit a maturity level to handle increased length of practices. The minimum age for swimmers to enter this group is 8, with a USA Time Standard of at least B. The ability to modify strokes and utilize advanced starting, turning, and tempo techniques is expected. Cognitive learning of advanced swimming techniques, goal setting, and team dynamics are goals for this group's swimmers. Practice is offered five (5) times per week, and Junior Varsity swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet every month, as well as championship meets they have qualified to swim. A commitment to attend the required practices must be shown before moving to the Varsity Group.

Senior II

This program is competitive program for athletes ages 13 – 18. This program is tailored for athletes who have a working knowledge of all four strokes. These swimmers have either participated in summer swimming programs, swim high school, or have been a member of another CSP practice group. Practices are offered four (4) days per week for 1 ½ hours per session. The main purpose of this group is to give those swimmers who have swimming skills continued aerobic training along with emphasis on stroke technique that will allow them to advance into other CSP programs as well as high school swimming. This group has no competitive requirements, although if a swimmer wishes to compete, they may.

Varsity

Swimmers in the Varsity group have gained experience in the CSP training program and have adapted to more intense physical training. A minimum age of 10, by the February Championship Meet, is required for entrance into this group. Varsity swimmers should be making more of a commitment to swimming or accept that their improvements could be compromised. Swimmers begin to understand the cycling of training methods. Race strategy and stroke technique are continually refined and improved. Psychological training is emphasized as well as communication with team coaches concerning training. Nutrition and strength improvements are an increased concern. Test swims and knowledge of training paces are stressed. Practices are offered six (6) times per week, and Varsity swimmers are encouraged to attend at least five (5) of these practices, attend a minimum a USA sanctioned meet a month and the season ending Championship meet swimmer is qualified for competition.

Senior

Swimmers must be a minimum of 12 years of age by the February Championship Meet and are ready to make that next step to more intense physical training. Senior swimmers are making more of a commitment to swimming while increasing their knowledge of the training cycles. Swimmers need to have more communication with the coach concerning their training. Nutrition and Strength will be taught with greater emphasis. There are six (6) practices offered and Senior swimmers are encouraged to make at least five (5) of those practices. Swimmers must attend the Championship Meets and any meet identified as Senior on the meet calendar. If the swimmers meet these qualifications and has achieved an "A" time standard for the 11 – 12-year-old age group they will be considered for this group.



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Elite

Swimmers must be at least 13 years of age, must have met a AAA 13-14 National Time Standard in at least 1 event, and show the commitment and responsibility to their individual and team performances before moving into the Elite group. Intrinsic motivation and personal responsibility are two main emphases for swimmers in this group. Following coach's recommendations for dry-land, weights, and practice attendance are necessary for benefits from the program. Elite group swimmers are required to attend a minimum of 80% of practices to achieve the maximum benefits of this group. Maturity, goal setting, and leadership qualities are emphasized for swimmers in this group. Swimmers are expected to attend all team meets and championship meets qualified for and identified as Elite group competitions. Knowledge of training paces and race times are necessary. Psychological maturity and physical conditioning are vital.

Masters

The only requirement for the Masters group is to enjoy the sport and to be a minimum of 18 years old. Some members of the Masters Group train for Masters Competitions and Triathlons, while others only practice in order to get a daily work out. Practices are 7 times per week, Monday thru Saturday, very early in the morning.



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Pool Locations

Short Course Pools

Brentwood Swim & Tennis Club 2100 S Central St, St Louis, MO 63144

Center of Clayton 50 Gay Ave, Clayton MO 63105

Kirkwood High School (Walker Natatorium) 801 West Essex Ave, Kirkwood MO 63122

Ladue High School Pool Ladue High School 1201 Warson Rd, St Louis, MO 63124

Mary Institute Country Day School (MICDS) 101 N Warson Rd, St Louis, MO 63124

Villa Duchesne High School 801 S Spoede Road, St. Louis, MO 63131

Westminster Christian Academy 800 Maryville Centre Drive, Town and Country, MO 63017

Long Course Pools

Maplewood Family Aquatic Center 7550 Loymeyer, Maplewood Mo 63143

Shaw Park Aquatic Center 111 Brentwood Blvd. Clayton, MO 63105



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Fee Payment Schedule

At registration the following fees are due:

Any outstanding balance from previous year

50% of Training Fees (Specific to each squad – see attached training fees)

USA Registration Fee \$66.00

Hospitality/Gathering Fee \$40.00

Meet Entry Fees will be billed monthly. Please pay meet entry fees when billed.

November 1st the following fees are due:

25% of Total Training Fees

February 1st the following fees are due:

Remaining 25% of Total Training Fees

Payment Policy

Please communicate with the Executive Director any special circumstances regarding fees and payment. Absent approval by the Executive Director, we expect the family to make payments per the fee payment schedule. If monies are due and a family wants to become inactive, the family is responsible to pay those funds and settle their account.

The following policy has been adopted by the Board of Directors pertaining to non-payment of training fees and team travel fees:

Payment plan must be approved by the Executive Director

If Delinquent after Registration – the family must make payment arrangements by November 1st. The swimmer(s) will not be able to practice or attend meets until a payment plan is in place. A late fee may be applied.

If Delinquent after February 1st – the family will be considered not in good standing. The swimmer(s) will not be able to practice or attend meets until a payment plan is in place. A late fee may be applied.

USA Swimming Registration

This is your liability and secondary medical insurance for participation in our program. You also receive an annual subscription to Splash Magazine, the official magazine of USA Swimming and certain access to various parts of the USA Swimming website. The USA Swimming registration fee is nonrefundable and is valid from September of the current year – December 31, of the following year.

Meet Entry Fees

Each month, swimmer's entry fees will be billed and families are expected to pay these fees as they are invoiced. Invoices will be sent out via email on the first of each month. For each meet an additional \$3.00 will be added to each swimmer's entry fees to help pay for team relays. For travel meets an additional \$5.00 will be added to each swimmer's entry fee to help defray travel expenses for the staff. For all Championship Meets an additional \$5.00 will be added to each swimmer's entry fee to help defray the cost of Championship Uniforms. For all intra-squad meets, a \$10.00 entry fee will be charged, these funds help defray the cost of Championship Shirts and incentives for the swimmers.



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Payment Policies

Fees from the previous year must be paid in full before registration for the next season may take place, absent approval by the Executive Director.

All fees except USA registration may be prorated when a family becomes inactive with CSP.

Please communicate with the Executive Director any special circumstances regarding fees and payment. Absent approval by the Executive Director, we expect the family to make payments per the fee payment schedule.

If monies are due when family becomes inactive and there are funds in escrow those funds will be transferred to cover dues, travel, USA registration or fundraising.

The following policy has been adopted by the Board of Directors pertaining to nonpayment of training fees, meet escrow and team travel fees:

Payment plan must be approved by the Executive Director

Delinquent after Registration – the family will be contacted and payment arrangements must be made by November 15th. A letter will be sent to CSP from the family stating the payment plan. The family will not be able to practice, attend meets until a payment plan is in place.

Delinquent after February 15th – the family will be considered not in good standing. The family will not be able to practice, attend meets until a payment plan is in place.



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TVF Fund

In 1994, a committee of dedicated CSP parents established the Terry Varney Freerks, Ph.D. Honor Award. This annual award recognizes an individual who has demonstrated commitment, loyalty, and outstanding contribution to the Clayton Shaw Park Swim Team. Each year at the CSP banquet the recipient is recognized and awarded a commemorative plaque. The honoree is also listed on a permanent plaque displayed in the team office.

In connection with the TVF Honor Award a Contribution Fund was established to enable the team to provide educational opportunities for swimmers, coaches and parents or to offset team travel expenses when necessary.

We would like to extend an invitation to all CSP Families and Friends to participate in this endeavor. Your donation to the TVF Fund in honor of Terry Varney Freerks will enable CSP to continue to provide the excellence in leadership and training for our athletes initiated by Terry more than twenty-five years ago! Contributions in the past have ranged from \$5.00 to \$500.00. No gift is too small, and all gifts are welcomed and appreciated.

Please make your check payable to CSP TVF Fund and send it to CSP 2627 Hope Avenue St. Louis, MO 63143.

CSP qualifies as a charitable organization under Section 501© 3 of the Internal Revenue code of 1986, as amended. Contributions made to CSP are deductible for income tax purposes to the extent as allowed by law.

Thank you for your continuing support of our team.

CSP Board of Directors



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Parent Role

Volunteer Responsibilities for CSP Families at CSP Sponsored Meets

CSP hosts two meets per year. The Sprint Your Own Age meet in October and the Summer Invitational meet in June. A great number of volunteers are needed to ensure that these events are run in an efficient and successful manner. We expect each family to participate.

If your child swims in a CSP hosted meet, it is your responsibility to work each session your child swims. Those families with more than one swimmer will be responsible for working only one session per day.

Job Descriptions for Meets

AWARDS: In awards the workers place labels on the proper award for the swimmer and place them in the box provided for each team attending the meet.

TIMERS: Timers are back up for our electrical touch pad system. There are ideally three timers per lane. Your job is to time the swimmer in your lane and record that time on the timer sheet or card.

BULLPEN/CLERK OF COURSE: The bullpen is where all swimmers wait for their event to be called (we only have this at the SYOA meet). The bullpen workers are responsible for checking in the swimmers before the meet, calling swimmers to the bullpen area when it is time for them to swim, making sure all swimmers are in the correct order by heat and lane, and escorting the swimmers to the pool deck. At the summer invitational the clerk of course handles swimmer scratches for finals.

COMPUTER: After each heat the computer worker enters swimmers time and print results to be posted, produce labels for awards.

TIMING TABLE: Set the timing system at the start of each race.

HOSPITALITY: The hospitality is for coaches and officials working at the meet.

RUNNERS: Bring information to computer and timing system. Also post results as they are available.

OFFICIALS: Training is required for this position. Go to ozarkswimming.com for more information.

Your Role as a Parent

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards those goals. Be careful not to impose your own standards and goals on your child.

Do not over burden your child with winning or achieving best times. The most important part of your child's swimming experience is that he/she learn about themselves while enjoying the sport. This healthy environment encourages learning and fun which will develop a positive self-image for your child.

The best way to help a child achieve his/her goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make mistakes. If your child does make one, remember he/she is still learning. Encourage his/her efforts and point out the things done well. As long as he/she gave his/her best effort, you should make him/her feel like a WINNER.



CSP Tideriders Parent Handbook

Guidelines for Supportive Parents

1. Supportive parents focus on mastering sport skills and strategies rather than competitive ranking.
2. Supportive parents decrease the pressure to win.
3. Supportive parents believe that sport's primary value is the opportunity for self-development.
4. Supportive parents understand the risks.
5. Supportive parents communicate their true concerns directly with the coach.
6. Supportive parents understand and respect the differences between parental roles and coaching roles.
7. Supportive parents control negative emotions and think positively.
8. Supportive parents avoid the use of fear.
9. Supportive parents avoid criticizing
10. Supportive parents recognize and understand expressions of insecurity.
11. Supportive parents avoid the use of guilt.
12. Supportive parents show empathy for the young athlete.

10 Great Swimming Commandments

1. Everyone on the team is a teammate, and no matter how fast or slow, big or little, intelligent or not, should be treated as you would want to be treated.
2. Drink plenty of water before, during and after practice. If you are thirsty, it is too late, so don't wait.
3. Compliment your teammates daily. A sincere compliment is worth all the medals in the world.
4. Listen to your coaches. Every coach you have can teach you something you will use for the rest of your life.
5. Work hard. There are no easy ways out, no substitute for hard work. If you want to be the best you have to take the long hard road. When you come to the end, no matter where you are, you will be on top.
6. Have fun! When the time comes to swim fast, relax and have a good time. The times you swim the fastest, will be times you have had the most fun.
7. Eat right. Your body will thank you for it now and later.
8. Study hard. Your mind needs to be as quick as your body.
9. Be honest and fair. You do not always make the best first impression, so do not judge others on theirs. Everyone deserves a second chance.
10. Do not make up excuses. Excuses have no correlation with results.



CSP Tideriders Parent Handbook

Partners in Competitive Swimming

Swimmer Responsibilities

- Make a commitment to development of individual swimming skills.
- Assume responsibility for being on time to practices and meets.
- Understand and fulfill role as a member of a competitive swim team, e.g., fulfill commitment to coach and teammates.
- Be attentive and follow instructional direction of coaches.
- Arrive ten minutes before practice starts.
- Help with pool set up and clean up.
- Be ready for meet and practice instructions at starting time.
- Do all assigned practice sets.
- Notify coach if you are ill or will be absent for an extended period of time.
- Stay for the entire practice
- Bring necessary equipment to practice and meets.
- Come to practice with appropriate attitude
- Report to coach for warm-ups and after each event at swim meets.
- Keep an up-to-date best time book.
- Behave appropriately at meets. Remember, you represent our team.
- Have Fun!

Parent Responsibilities

- Pay fees on time.
- Sign up for worker assignments and fundraisers.
- Get swimmer(s) to practice and meet warm ups before starting time.
- Return meet registration form before deadline.
- Read Board Meeting minutes, newsletter, and bulletin boards for updated information.
- Pick swimmer(s) up immediately after practice.
- Talk to coaches before or after (never during) practice, as necessary.
- Refrain from interfering with coaches' responsibilities, both during swim practice and swim meets.
- Refrain from coaching your swimmer, but provide lots of encouragement!
- Notify coach when swimmer is ill or will be absent for an extended period of time.

Coaches Responsibilities

- Organize and supervise practices to provide swimming instruction consistent with the philosophy and objectives of the CSP Tideriders™
- Work with swimmers at all age group levels to assist in development and achievement of individual swimming goals.
- Establish effective channels of communication with swimmers, parents and CSP officers.
- Work with CSP officers to assure effective club administration.
- Serve as team representative at swimming meets and be responsible for behavior of swimmers during meets.
- Fulfill responsibility as a professional role model.



CSP Tideriders Parent Handbook

CSP Tideriders Parent Volunteer Form

(one per family)

Parent Name _____
Swimmer(s) Name _____
Parent email _____

Phone (_____) _____
Training Group(s) _____

CSP has two distinct parent volunteer requirements: Meet Volunteer Requirement & Team Volunteer Requirement.

Meet Volunteer Requirement

The success of our team depends on the team hosting meets. In order to have a well-run, successful meet, we must have enough volunteers so that things are done in a timely, organized manner. It takes the help of all our families to make this happen.

All CSP parents are required to work at any CSP-hosted meet in which their swimmer is participating.

Sign up for jobs at meets is done via team website. Jobs are first come, first serve and include: setup, timers, hospitality, awards, etc. Please refer to the "CSP Parent Volunteer Worker Policy" in Section II, item 15, of this registration packet. *It is your responsibility to read and understand this policy.*

Team Volunteer Requirement

In addition to the Meet Volunteer Requirement, each family is also required to help the team with at least one of the following:

_____ Training Squad Parent Representative: Be responsible for arranging dates for parties and celebrations for the group. Encourage participation in events, welcome new families; provide snacks and any other great ideas you may have that would be fun for the team. The coaching staff will determine the Lead Parent Reps.

_____ USA Swim Meet Official: Training is required to officiate at USA Swimming sanctioned swim meets. Meet officials include Stroke and Turn Judge, Start, Deck Referee and Admin. Referee.

_____ Touch Pad & Scoreboard Maintenance: Must be able to attend the 2019 CSP Summer Invitational and learn & coordinate the storage, transportation, setup & takedown of the CSP touch pads & scoreboard used at the CSP Summer Invitational.

_____ Team Event Food & Beverage Donations: Donate specific items for team events throughout the year. An online sign up tool will be used to coordinate food, beverages, paper products, and help with cleanup.

_____ As a Year-Round member, I agree to donate for SYOA, Swim-A-Thon, and CSP Summer Invite

_____ As a 9-month member, I agree to donate for SYOA and Swim-A-Thon

_____ As a 3-month member, I agree to donate for SYOA or Swim-A-Thon

_____ Swim-A-Thon Prize Assembly: Help assemble Swim-A-Thon prizes for participants. Involves coming to the office or other specified location during normal business hours - usually in late March/early April.

_____ Meet Committee Chair or actively participate on a committee for the 2018 Sprint Your Own Age Meet. The Meet Director must approve committee chairs and members. If not chosen, you will be asked to volunteer for another position.

_____ Meet Committee (12-Month Members Only) Chair or actively participate on a committee for the CSP Tideriders Summer Invitational in June 2019. The Meet Director must approve committee chairs and members. If not chosen, you will be asked to volunteer for another position.

_____ Financial Donation Options* which fulfill the Team Volunteer Requirement

_____ Year-Round members, I choose to donate. Please bill my account the tax-deductible donation of \$225 to help the team.

_____ Or my check for \$225 is included.

_____ As a 9-month member, I choose to donate. Please bill my account the tax-deductible donation of \$125 to help the team.

_____ Or my check for \$125 is included.

_____ As a 3-month member, I choose to donate. Please bill my account the tax-deductible donation of \$25 to help the team.\

_____ Or my check for \$25 is included.

**These financial donation options ARE NOT A BUYOUT OR A SUBSTITUTION for the Meet Volunteer Requirement - i.e. working at CSP-hosted meets in which your child is swimming.*

Elected Board Members have fulfilled their Team Volunteer Requirement.

Non-participation in the Team Volunteer Requirement will result in your account being billed the donation amount of \$125 for 9-month or \$225 for 12-month swimmers.

Late registrations (after October 1, of the current year) should contact the office for available options.

Signature _____

Date _____



CSP Tideriders Parent Handbook

CSP Parent Volunteer Worker Policy

CSP hosted swim meets are one of the team's sources of fundraising. We host a minimum of two (2) swim meets per year. To run the meets effectively, we must have all CSP parents of swimmers competing in the meet volunteer to work. **A parent is responsible for working one session for each session in which they have a child competing. The worker must stay for the entire session to get credit for working. All workers must sign in at the start of each session and sign out at the end of each session. Failure to work the required number of sessions or leaving early from a session will result in a \$100 assessment per session missed.**

- If a family has two (2) or more swimmers competing in the meet. We ask that they only work 1 session per day. We do reserve the right to reassign the parent volunteer to a session in which we are short, if necessary.
- There are a few worker assignments that do not take place at the meet itself, but that occur in the days leading to the meet or the night the meet ends. Working one of these assignments can be in lieu of working one of the sessions during the meet itself. These assignments only count as one session each, not all three (3).
- Parents who can't work a session can ask a friend, older teenage sibling or babysitter, or nanny to work in their place. Parents need to notify the office and meet directors in advance if this will take place.

The Sprint Your Own Age Meet is a one-day meet, with a morning session and an afternoon session, typically held on a Saturday. If a parent has a child swimming in the morning session, then that family must provide one volunteer for either the morning or afternoon session. It does not have to be the session in which the child is swimming.

The CSP Summer Invitational is a three (3) day meet, held in late June. 13 and over swimmers compete in prelims in the morning and 12 and under swimmers compete in timed finals in the afternoon Friday, Saturday and Sunday. The Top 16 (Top 24 for Open) swimmers in the 13 and over group come back each night for finals. If a child is competing all 3 days (1 session per day) then a parent is required to work each day your child competes.

Finals do not count as a session. Finals volunteers will come from the parents of those swimmers who qualify for finals. There will be a signup sheet at the sign out table at the end of each morning session. All parents who have a swimmer in finals are asked to volunteer to work at finals.



CSP Tideriders Parent Handbook

Competition

Conduct at Meets

The CSP Tideriders™ will be known by its action in and out of the water. Remember you are representing the CSP Tideriders™.

1. Bring suit, goggles, cap and other CSP apparel/team uniform
2. Arrive on time – report to coach
3. Complete the warm-up
4. Help with the team cheer
5. Be ready for your event
6. Check with the coach before and after each event
7. Be supportive of your teammates – CHEER!

Unsportsmanlike conduct on the part of any CSP Tideriders™ member (swimmer, parent and/or coach) may result in suspension from the team. See our Discipline Policy.



CSP Tideriders Parent Handbook

Procedures for Swim Meets

1. Swimmers will have meet data sheets, with their events listed, in their file folders approximately one week prior to the meet. It is the responsibility of the swimmer to check for this information. Meet warm up times along with location and general information is also available on this sheet and will be on the CSP voice recorder the first day of the meet.

2. Packing: Swimmer warm ups, towels, suits, and t-shirts look like other members on your team, so make sure that names are on tags and labels. Be sure to bring towels (if you can, pack a towel for each event). Bring cap and goggles (you might want to bring two of each of those items, just in case). The average length of a swim meet is approximately four hours per session, so bring plenty of things to do in between races: homework, games, cards, books, etc. Some swimmers bring sleeping bags or mats to lie on between swims. Parents might want to bring a chair, seat cushions or something to sit on if watching. Usually there's a snack bar, but if swimmers are picky eaters, you might want to bring something from home to eat or drink. No glass containers are allowed.

3. All swimmers are responsible for their own transportation to and from meets. Each swimmer should arrive at the facility 15 minutes prior to the scheduled warm up. This will help you locate where the team will be sitting, allow you to find the bull pen and check in areas, and purchase heat sheets. The heat sheets cost anywhere from \$3.00-\$10.00 apiece. All swimmers must report to the CSP coaching staff upon arrival. This is particularly important when relays are to be swum at the start of the meet. Any swimmer selected for a relay must participate in that relay. Any swimmer selected for a relay at the conclusion of the meet must stay for the relays. Selection of relay swimmers will be done as quickly as possible.

4. Find the check in area and let the official know that you are swimming. This usually entails just scratching your name of the list. The check in sheets is divided into girls and boys and by age group. **IF CHECK IN IS REQUIRED, AND THE SWIMMER IS NOT CHECKED IN, THE SWIMMER MAY NOT SWIM THE EVENT!** This is very important.

5. Once checked in, write each event number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen.

6. Prior to the announcement for warm-ups, swimmers should do stretching and flexibility exercises on the deck. Upon commencement of water warm ups, swimmers should loosen up by swimming warm ups based upon the strokes and the distances they will swim in that session. Warm up is the time the swimmers acquaint themselves with a new pool, count strokes for turns, loosen muscles to avoid cramping while racing, and work away pre-race jitters. In addition, it is important that the swimmers practice starts and turns because each facility and their equipment are different.

7. Swimmers need to respect the coach's responsibility to watch all swimmers, therefore after pre and post swim instructions, swimmers need to return to the bullpen.

8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving as an official or timer. All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.



CSP Tideriders Parent Handbook

Meet Starts

1. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the clerk of course or bullpen. Swimmers should report with his/her cap and goggles. Generally, girl's events are odd numbered and boy's events are even numbered.
2. The clerk of course or bullpen area is generally in the area where all swimmers checked in prior to warm up. The bullpen workers will either give swimmers a card telling them their heat and lane number, or they will line them up and take them down to the pool in the correct swimming order.
3. Upon completion of each event, the swimmer should ask timers in his/her lane for their time, then report that time immediately to the coaching staff. At this time, feedback concerning the race will be made.
4. Before leaving the facility please clean up your area, team area, and make sure you have all your belongings.
5. All awards will be collected by a designated CSP representative and distributed at practice the following week.

What happens if your child has a disappointing swim?

If your child has a poor race and come out of it feeling bad, talk about the good things. Never dwell on the negative things. There is nothing wrong with a swimmer negatively evaluating a race. The important thing is to move the swimmer on to something good. For example, a parent might say "All right, you had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things. **IMPORTANT:** If a swimmer is unable to attend a meet because of illness or an emergency situation, particularly if relays are to be swum, the coaching staff must be notified by telephone that morning. If you are unable to contact a coach by phone, contact another swimmer participating in the meet so that the message can be relayed.



CSP Tideriders Parent Handbook

CSP Tideriders Discipline Policy

In dealing with discipline problems that arise with our swimmers, the following policy has been approved by the coaching staff and the Board of Directors:

Behavior that destroys, disfigures, or damages the physical facility will result in suspension for a week with any incurred costs passed on to the violator.

Pushing, fighting, swearing, and other rough behavior will result in the participants being removed from practice for the evening. At that time the swimmer will be required to stay on the pool deck and will not be released to the locker room until the end of practice.

Repeated violations will result in a week suspension.

Disruptive behavior during practice may cause injury. Due to this potential hazard, the parents of repeat offenders will be asked to attend practice sessions for a week. If this disciplinary procedure proves unsuccessful, team membership for offenders may be terminated. According to the CSP Team Bylaws, this may be done without refund of fees.

It is not our intention to remove anyone from the program; however, the behavior of a small group cannot monopolize the attention of the coach and jeopardize the safety of others.

Should you have any questions or concerns regarding this policy, please contact Executive Director, David McCrary, or your swimmer's coach.



CSP Tideriders Parent Handbook

Athlete Travel Code

As a member of the CSP Tideriders, I understand and comply with the following guidelines set forth by the Coaching Staff and Board of Directors:

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete or staff member of the CSP Tideriders is prohibited.
2. Curfews established by the staff will be adhered to at all times.
3. Team members and staff will attend all team functions including meetings, practices, warm up, competitions unless otherwise excused.
4. After curfew to insure propriety of the athletes and to protect staff, there will be no male athletes in female athlete's room and no female athletes in male athlete's rooms.
5. Team members will comply with CSP Tideriders uniform requirements.
6. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the CSP Tideriders.
7. Team members and staff will refrain from any use of social media that would detract from a positive image of the CSP Tideriders.
8. Team members and staff will display proper respect and sportsperson ship towards coaches, officials, administrators, fellow competitors. Signature of the document constitutes agreement to comply with the Honor Code of the CSP Tideriders.

Failure to comply with the Code as set forth may result in disciplinary action. Such action may include, but is not limited to:

1. Dismissal from competition and immediate return home.
2. Disqualification from one or more events.
3. Disqualification from future travel with the team

Criteria for Swimmer Participation

1. Swimmers must be in good standing with CSP.
2. Swimmers must have signed and will adhere to the CSP honor code.
3. Swimmers meet qualifying standards for the particular meet or have the approval from his/her coach.
4. The coach believes that participation in the meet would be a positive growth experience in the swimmer's career.



CSP Tideriders Parent Handbook

CSP Tideriders Drug & Alcohol Policy

As members of the CSP Tideriders at either a practice or sponsored activity/meet representing CSP, athletes are expected to make a strong personal commitment to rules of training and conduct in order to maintain a strong, healthy body and represent CSP in an exemplary fashion. To that end, the following rules apply to all members participating in CSP athletics/activities or attending a team related activity. These rules will apply at all times an athlete is a member of CSP.

1st Violation:

A CSP Athlete/member in possession and/or use of a controlled substance or alcohol shall be immediately sent home from practice or competition at the parents' expense. In addition, the athlete/member will be disciplined as follows:

1. Athlete/member shall be suspended from CSP for practice, competition or team activity for a period of one full month.
2. Athlete/member will be placed on probation from team travel for a period of 6 months. Athlete will travel with a parent during probation period and will not participate in any team travel activities.
3. Athlete/member will make a formal apology to the team/group/coach(s) on the first day of their return from suspension.

In order to be eligible to participate in the next practice or competition, following the suspension period, the swimmer and parent(s) shall meet with the CSP Head Coach, CSP Executive Director, & CSP Board President.

2nd Violation:

A CSP Athlete/member who violates for a second time shall be permanently expelled from membership to the CSP Tideriders Swimming Team.

Sale and/or Distribution

Per CSP Drug and Alcohol Policy the sale and/or distribution of alcohol or illegal drugs will result in the student automatically being placed on 2nd Violation and expelled from membership to the CSP Tideriders Team.



CSP Tideriders Parent Handbook

Staffing for Team Travel

The coach will decide based on numbers attending a particular meet what the staffing requirements will be. If the coach feels that chaperones are needed, the cost of taking chaperones will be included in each individual swimmers' cost. If females are attending the trip, the coach will make every attempt to include a female coach or chaperone. The chaperones will be responsible for helping with transportation to and from the meet, planning and delivering of meals, overseeing the swimmers while in the hotel, and will help in any special situation or emergency that may arise.

Mode of Transportation and Accommodations

1. Trips of four hours or less we will drive unless it cost effective to fly.
2. Trips of greater than four hours we will either fly or take buses.
3. It is assumed that those traveling with the team will do so for the duration of the trip. Any swimmer that wishes to leave early must be signed off by one of the parents in writing to the head coach before the trip begins. A swimmer may sign off at the end of a meet to travel home with their parents only after the team has finished competing.
4. Swimmers wishing to make their own travel arrangements must make all their own arrangements for the meet. The club will only be responsible for coaching at the meet.
5. All airline tickets purchased are the property of the person named on the ticket. Once purchased they are yours to use, refund when necessary, apply to frequent flyer programs, etc.
6. Only swimmers that will be swimming and have completed all team travel criteria may travel with the team.
7. Hotel accommodations are chosen based on proximity to pool, safety, cleanliness, comfort and affordability.

Travel Expenses

1. For all meets below the National level, the full cost of each trip (airfare, ground transportation, and lodging for swimmers and chaperones will be divided equally by participants in each meet on a meet by meet basis.
2. Travel meets will require that the swimmers pay in advance. Costs will be **estimated**, and adjustments may be made at the end of the trip when all expenses are known.
3. Athletes are always responsible for meal money.



CSP Tideriders Parent Handbook

Swimmer Responsibilities

1. Every swimmer must have read, understand, and signed the CSP honor code. Failure to follow these rules while representing CSP will result in strict disciplinary penalties based on what the coach and chaperone decide is appropriate. After returning from the trip, there will be a meeting with the coach, the team director, the swimmer, and the family to discuss further team travel.
2. Politeness and neat appearances are impressions which are very important. If the team attends a special function, or travels by air, a designated team uniform is required. Each swimmer should wear their CSP jacket to travel.
3. Punctuality is essential. Please do not be late for departures to warm-ups or meetings.
4. After prelims, swimmers should eat lunch and return to their rooms to rest. Anyone who does not make finals
5. must be considerate of those who are competing and resting.
6. All swimmers will return to finals. After dinner each night, all swimmers must be in a room. If there is mixed company in a room the door must remain open.
7. Curfew is to be strictly obeyed. Once you are in your rooms, lights are out.
8. Restaurant behavior:
 - Be polite to waiters and waitresses.
 - Do not leave with any "souvenirs" unless you pay for them.
 - A tip in the amount of 15% must be paid with your bill.
 - Use responsible table manners.
9. Motel behavior:
 - Any damages or thievery incurred by the motel will be at the expense of the swimmer and further disciplinary action will be taken.
 - Any loud behavior will not be tolerated. You must be respectful of the other guests in the hotel.
 - All room charges not previously collected for in travel arrangements, such as phone calls, movies, or room service must be paid by the swimmers.
 - Refer all motel staff calls to a coach or chaperone. Do not allow motel staff to enter the room without a coach or chaperone present.
 - No drinking of alcoholic beverages, smoking or consumption of any illegal drug will be tolerated. The strictest of punishments will be imposed for these infractions and further travel with the team will be disallowed.
 - No one is allowed to leave the hotel premises without the permission of a coach or chaperone.
 - All decisions made for team travel are designed for the team as a whole.
 - Safety, performance, and costs are our primary concern. If special circumstances arise which impact a swimmer, please notify the coach.
 - Anyone who conducts himself/herself in a manner not covered by the rules but, in the opinion of the coach or chaperone, is considered inappropriate to the best interest of the team will also be subject to disciplinary action. It is the responsibility of the swimmer to consult with the coach on matters that are not covered in the rules but which might be construed negatively by the coach.
 - Remember when you travel, you are not only representing yourself, but representing CSP.



CSP Tideriders Parent Handbook

Types of Meets

Following are the major classifications of swimming meets in which CSP will participate:

Senior Class Meets

1. **Olympic Trials Meet** Open to all U.S. citizens who meet the time standard.
2. **Senior Nationals** Held twice a year, in the spring and summer. This meet is long course meters. Open to all swimmers who meet the time standard.
3. **CSRVIII Speedo Champion Series** Sectional Championship meet for teams in Missouri, Kansas, Arkansas, Oklahoma, Southern Illinois and Nebraska. Held short course yards in March and long course meters in July.

Age Group Class Meets

1. **Central Zones** Held once a year in August, long course meters. Swimmers compete as members of their Local Swimming Committee (LSC); for CSP it is Ozark. Swimmers compete by age group: 10 & under, 11-12, & 13-14. Open to all swimmers who achieve the AAA qualifying time for their age group.
2. **Ozark Long Course Championships** Held once a year in July, long course meters.
3. **Ozark Short Course Championship** Held once a year usually in February, short course yards. Open to all 14 & Under swimmers who achieve Ozark Q1 times.
4. **Ozark A Championships** Held once a year in November for all swimmers achieving an A Time in their age group.
5. **ABC Meet** Age group meet in which awards are divided according to time standard divisions within each age group.
6. **BC Meet** Limited to swimmers with events in which they have not equaled or bettered the "A" time for that event.
7. **Pentathlon Meet** Each swimmer swims one event in each stroke: fly, back, breast, free and IM. Times are summed to determine placing and awards.
8. **Distance Meet** Special meet where only distance events are offered (500 Free, 1000 Free, 1650 Free, 400 IM and 400 Free, 800 Free and 1500 Free Long Course)
9. **Dual Meet** Meet between two teams
10. **Intra-Squad Meet** Competition among CSP Team members.

USA Swimming

Zones & Local Swimming Committees (LSC)

Western Zone

Alaska, Hawaii, Washington, Montana, Oregon, Idaho, Wyoming, Northwestern Nebraska, Colorado, New Mexico, Arizona, California, Nevada, Utah

Central Zone

North Dakota, South Dakota, Nebraska (Midwestern), Kansas, Oklahoma, Arkansas, Missouri, Illinois, Iowa, Wisconsin, Michigan, Indiana, Ohio, Minnesota

Southern Zone

Texas, Louisiana, Mississippi, Tennessee, Kentucky, West Virginia, North Carolina, South Carolina, Georgia, Alabama, Florida

Eastern Zone

Virginia, Maryland, Delaware, Pennsylvania, New York, Connecticut, New Hampshire, Vermont, Maine, Rhode Island, Massachusetts, New Jersey



CSP Tideriders Parent Handbook

Senior Nationals

All 50 states

Central Section Region VIII

Nebraska, Kansas, Oklahoma, Missouri, Arkansas, and Southern Illinois

Ozark

Eastern Missouri and Southern Illinois



CSP Tideriders Parent Handbook

Codes of Conduct

CSP Tideriders Swimming Parent's Ethical Code

Team Mission Statement: *Coaching athletes to be champions in life through excellence in competitive swimming.*

As a CSP parent I will:

- ✓ Provide support, care and encouragement for my child and all the members of the team.
- ✓ Encourage sportsmanship by behaving in a respectful, kind and supportive way to all athletes, coaches, officials and parents.
- ✓ Place the emotional and physical well-being of all the membership ahead of my personal desire to win.
- ✓ Support the coaches and officials working with my swimmer and consider the feeling of others so that a positive and enjoyable experience is had by all.
- ✓ Follow the proper chain of command when seeking insight and/or expressing concerns.
- ✓ Participate in an environment that is free of alcohol and drug use and will refrain from any use at all events.
- ✓ Promote a positive image of CSP, by not engaging in any use of social media that would detract from the positive image of CSP, its staff or its athletes.
- ✓ Adhere to all policies and procedures



CSP Tideriders Parent Handbook

CSP Tideriders Athlete Code of Conduct

Competitive swimming at CSP is intended to be fun and to embody standards of ethics and sportsmanship while developing good character and valuable life skills. Responsibility, respect, trustworthiness, caring and good citizenship are core values that contribute to character development and the pursuit of personal success with honor. At CSP we believe that good faith efforts to adhere to the words and spirit of this Code will improve the quality of our program and the well-being of all our participants. *

Responsibility: I will

- ✓ Comply and conform to all federal, state and local laws and to all team rules and regulations.
- ✓ Exercise self-control: not resort to fighting or excessive displays of anger and frustration.
- ✓ Live a healthy lifestyle: safeguard my health and those of others, not use any illegal or unhealthy substances.
- ✓ Be a good role model: consistently exhibit good character and remember participation in CSP is a privilege and not a right.
- ✓ Protect the integrity of the sport.

Respect: I will

- ✓ Treat all people with respect at all times and behave appropriately toward myself and others in and out of the pool.
- ✓ Be a good sport: gracious in victory and defeat. Help my opponents, compliment performances and be sincerely mindful of others feelings.
- ✓ Not engage in profanity, obscene gestures, offensive remarks, trash talking, bullying, harassment, taunting, boastfulness or any other actions that demean individuals or the sport.
- ✓ Not engage in any use of social media that would detract from the positive image of CSP, its staff or its athletes.
- ✓ Abide by officials' rulings.

Trustworthiness: I will

- ✓ Demonstrate integrity: live up to high ideals of ethics and sportsmanship and do what is right.
- ✓ Be honest.
- ✓ Be reliable: fulfill commitments and do what I say I will do. Be on time to meets, competitions and meetings.
- ✓ Be loyal: put the team above my personal glory.
- ✓ Be fair: live up to high standards of fair play and be willing to listen and learn.

Caring: I will

- ✓ Be concerned for others: never intentionally injure or engage in reckless behavior that may cause harm to me or others.
- ✓ Help promote my teammates, coaches and program through positive talk, feedback and encouragement and by reporting any unhealthy or dangerous situations or conduct.

Citizenship: I will

- ✓ Know, honor, abide and enforce the spirit and letter of the rules of practice and competition.

Failure to comply with this code may result in penalties which might include, but are not limited to, any of the following actions:

- The member will not be allowed to participate in team activities; including practices, meets and travel.
- The member will be sent home at parents' expense from training sessions, competitions or any other team activity.
- The member suspension or expulsion from the team.



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Team Attire and Equipment

Please wear CSP uniform to all meets. This includes, caps, shirts, warm ups, parkas, etc.

Prior to each meet, coaches will email the groups what shirts are to be worn on each specific day. Swimmers are expected to be in uniform with CSP apparel at all times.

Apparel for Championship Meets

The following meets CSP will have a special-order form for team uniforms:

Short Course

Ozark A Championships
Ozark Championships
Ozark 8 & Under Championships
Speedo Sectionals

Long Course

Speedo Sectionals
Ozark Long Course Championships



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Equipment List by Groups

Swimmers name should be marked clearly on each item they bring to practice.

Supplies are available at:

[B & B Aquatics](#)

1163 Colonnade Center

Des Peres, MO 63131

314-821-7946

or

1747 Clarkson Road

Chesterfield, MO 63017

636-519-7946

Beginner, Stroke Development and Developmental

Kickboard, Fins, Goggles, Mesh Bag, Team Swim Suit and Cap

Age Group

Kickboard, Fins, Stroke Maker Paddles, Pull Buoy, Snorkels, Nose Clip, Goggles, Mesh Bag, Team Swim Suit and Cap

Advanced Stroke

Kickboard, Fins, Stroke Maker Paddles, Pull Buoy, Snorkels, Nose Clip, Goggles, Mesh Bag, Team Swim Suit, Cap

Junior Varsity

Kickboard, Fins, Pull Buoy, Stroke Maker Paddles, Snorkels, Nose Clip, Goggles, Water Bottle, Mesh Bag, Team Swim Suit, and Cap

Senior II

Kickboard, Fins, Pull Buoy, Goggles, Stroke Maker Paddles, Mesh Bag, Team Swim Suit, Cap

Varsity

Kickboard, Fins, Pull Buoy, Stroke Maker Paddles, Goggles, Nose Clip, Snorkel, water bottle, Mesh Bag, Team Swim Suit and Swim Cap

Senior and Elite

Kickboard, Short Fins and Long Fins, Pull Buoy, Stroke Maker Paddles, Snorkel, Goggles, Water Bottle, Mesh Bag, Team Swim Suit and Cap.

Masters

Kickboard, Fins, Goggles, Mesh Bag, Team Swim Suit and Cap.

Each year, each swimmer will receive a team t-shirt, new swimmers to the team will receive the current shirt and previous years shirt, if still available.

Replacement shirts, or extra shirts are available at the office for \$10.



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CSP By-Laws

Our team by-laws are on file at the CSP Office and available upon request.

Annual Report

This can be found in the “News” drop down bar, when logged in to the CSP Website. This is updated every September.

Time Standards and Records

Click on the links to which records you are wanting to view:

[USA Time Standards](#)

[CSP Team Records](#)

[CSP Short Course Record Board](#)

[CSP Long Course Record Board](#)

[Ozark Records](#)



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