



The Falcon Point Pirates Swim Team Parent Handbook - 2023

Team Goals and Values

Our team offers children an opportunity to participate in organized swimming with the primary emphasis on individual improvement, achievement, and FUN! Good sportsmanship, team spirit, and discipline are also values taught through positive coaching, practices, and team participation.

2023 Falcon Point Swim Team (FPST) Board Members

Director: Kesa Young

Treasurer/Technology: Chris Day

Volunteer Coordinator: Rachel Sommerfeldt

Equipment Manager: Matthew Hoxworth

Swim Team Eligibility

- A swimmer must be at least 4 years of age but not older than 18 years of age as of May 1, 2022. If required, you may be requested to provide proof of your swimmer's age.
- Club Members and returning families take priority over new swimmers when registering for our team. (Returning families must have completed the previous season and fulfilled all their volunteer requirements)
- To qualify for Swim Team all swimmers must be able to swim at least one length of the pool (25y) unassisted. If deemed unable to do this by the FPST Head Coach and/or FPST director, a full refund will be given based on the rules in the refund policy. **New swimmer evaluations will be held during the first 2 practices.**
- A swimmer must have competed in a minimum of two of the scheduled intra-league dual meets to be eligible to swim in the end of season Meet of Champs (MOC) swim meet.
- All swimmers must be eligible to participate in WHALe meets as outlined in the WHALe policies and procedures (found on the Swimwhale.com website)

The FPST reserves the right to limit age groups to a maximum of 25 swimmers per age group. If the group is filled, we will waitlist additional swimmers until the end of the second week of practice. Spaces will be filled based on the time of registration with Club Members and returning families taking precedence.

Minimum Volunteer Requirements

- Upon registration with our team, each family is committed to fulfill volunteer points at our regular season intra-league dual meets. In addition, each family that attends the Meet of Champs (MOC) and the All-Star Meet (ASM) must also fulfill a volunteer position at these meets.
 - Volunteer Requirements: 3 Points per FAMILY
- All volunteer positions for regular season dual meets will be available for online sign-up in May. All parents must ensure that they are able to log on to our team website in order to sign up for volunteer duties. **If you do not sign-up for a volunteer position, then one may be assigned.**
- As a condition of registration, you will be required to pre-authorize the charge of a \$200 penalty for any family failing to complete their volunteer requirements. ****NOTE: This fee will not be charged at registration, only the authorization for the charge. THIS IS NOT A BUYOUT OPTION.**
- If you sign-up to work at a meet that gets postponed, delayed, or only partially completed, you are required to work the balance of your commitment on the date the meet is rescheduled.
- Volunteer positions for the MOC and ASM are assigned to parents before the meets. These meets DO NOT count towards your family's 3 point requirement

- Failure to complete volunteer duties will result in the charge of the pre-approved volunteer fee and may prevent registration for future seasons (at board discretion).
- NO SHOWS for volunteer points will result in your swimmer being pulled from relays at the current meet and/or next meet.
- If you have any questions or concerns, please reach out to the FPST board.

Team Communication – Distribution of Important Information

FPST will utilize email, text (via Remind), Facebook, and our team website to communicate important team information. Information regarding swim practice, swim meets, and important dates will all be posted on our team website and will also be sent out in an email to the entire team.

It is the parents' responsibility to check our website/ email for changes and inform us immediately of any changes to your email address. Email address changes should be made via your profile on the team website and reported to:
piratedirector@yahoo.com.

Registration Fees

2023 Swim Team Registration fees:

\$145 first swimmer per family

\$140 second swimmer per family

\$135 for the third and all remaining swimmers

The registration fee covers: coaches' salaries, WHALe fees, team shirt, end of season party, and trophy. Registration fees do not include team suit, goggles, or additional team events.

****Swimmers 15-18 years old will only pay a \$50 registration fee and their parents will not be required to fulfill any volunteer commitments unless they have younger siblings on the team. We would appreciate any assistance the 15-18 year olds can give to the 6&U swim practice.****

2023 Refund Policy

Withdraw before April 30th: Full refund. A swimmer may withdraw from the team before May 3rd and receive a full refund of team fees minus a **\$25** administration fee. ***This includes any swimmer not able to meet the requirements for swim team during evaluations.***

Withdraw after May 1st but before May 31st: No refund, volunteer requirements will be cancelled if there are no other family members on the team.

Withdraw after June 1st: No refund, volunteer requirements will still be required, or the \$200 fee will apply.

All refund requests must be emailed to fpstdirector@gmail.com the 'contact us' link on the team website <https://falconpointpirates.swimtopia.com/>.

Safety Policies

- Parents are responsible for and are expected to monitor/supervise any child they bring to practice or meets. Club rules prohibit any child under 12 years of age being left unattended.
- No one is allowed in the pool or pool steps, except for the swimmers that are swimming at their designated practice time, or their scheduled event at a swim meet.
- No one is allowed to climb on any equipment including lifeguard stands, water slides, swim ladders leading in/out of the pool, chairs, lounge chairs, lampposts, gates or other furniture or fixtures.
- Tennis courts are off limits and to be used only by Club Members for tennis.
- The Pavilion is a designated "Quiet Zone" during all practices. Children may play in the field adjacent to the pool complex but horse-play and other activities are prohibited in and around the Pavilion.
- There will be absolutely no running, skateboards, scooters, bikes, roller blades/skates allowed on the pool deck or pavilion.
- Alcohol and smoking are prohibited inside the pool area /deck. WHALe rules prohibit alcohol in all areas during WHALe meets.
- Club Rules do not allow pets on Club property.

- Please return your pool deck chairs back to where you got them after your practice time. The pool needs to be ready for the members use after our practice.

Weather Delays / Cancellations

Practice - The coaches will make the decision to suspend or cancel practice due to thunder and lightning, rain or other weather. In the event of thunder & lightning, everyone will be removed from the pool deck and will wait 20 minutes before returning to the water. If the weather has not cleared by that time, the coaches will make the decision to cancel practice for that particular age group for the day. Practice may continue if it is raining as long as the coaches can see the bottom of the pool. Just because one practice group may be cancelled, it does not mean that the rest of the practices will be cancelled.

Dual Meets - At a dual meet it is the responsibility of the lifeguards on duty to make a call regarding weather conditions. If they see lightning or hear thunder, the meet will be suspended for 20 minutes. All swimmers, volunteers and their families must exit the water and clear the pool deck until the “all clear” signal is given. All events through 15-18 year old breaststroke must be completed for a meet to be determined ‘official’. If it is determined by the league reps for both teams that the meet cannot be continued that day then an announcement will be made to terminate the meet and if necessary a make-up date will be decided upon. All volunteers assigned to duties will be required to resume that duty on the day of the make-up meet.

Behavior / Discipline Policy

- The Club and League rules will be enforced at all times.
- Any swimmer whose behavior is disruptive, unsportsmanlike and/or dangerous will be asked to sit out of practice for the rest of the day, or will be sent home. This includes pushing others into the pool, bad language, making fun of others, not paying attention to coaches’ instructions, talking while the coach is talking, or doing anything that causes harm or ill feeling towards others in the pool. Depending on the severity / frequency of the misbehavior, the swimmer may be suspended for several days or expelled from the team with no refund. *Decision to suspend or expel a swimmer will be made by the head coach and the FPST board members. Appeals can be made in writing to the FPST Board.
- Parents must be respectful of others on the pool deck and not allow their comments or behavior to be disruptive or unsportsmanlike.
- Parents will not coach or instruct the team, coaches, or any athlete at a practice or meet.
- There will be no discussions concerning your swimmer(s) with coaches

while practice is occurring. If you have anything to discuss with the coach, please arrange a time after practice to discuss the matter or email them via the coaches' links on the team website.

- Anyone causing disruption of practice and or a meet, using bad language or not conducting themselves in a proper manner may not be allowed on the pool deck the rest of the season, including meets.

This parent policy will be enforced by the FPST board and/or Club Management. If the FPST board members/Club Management are not present at the time of the incident, but another parent witnesses the incident, a meeting will be held to determine the facts and course of action that will be taken. This may be appealed in writing to the FPST board/Club Management.

Team Swimsuit Policy

Swimmers must wear either the approved team suit or an all black swimsuit for all intra- league dual meets, team pictures, the MOC and ASM. Team suits may be purchased from D&J Sports of Katy. Violation of this policy may result in your swimmer's exclusion from participating at a swim meet. We do not require swimmers to wear the team suit for practice.

Attendance

Practice - Swimmers are expected to make an effort attend all practices. We realize that during May there are several other activities that conflict with swim team practice. By offering five practice sessions per week, it is hoped that swimmers will make the effort to attend as many as possible during this time. If your swimmer will miss practices due to other activities, please advise the head coach of what days your child will be absent. Also, swimmers are to only attend ONE practice per day.

Meets - A great deal of preparation is required to run a safe and efficient swim meet, for this reason we need to plan for a swim meet many days in advance. Both teams must submit their swimmer information to the opposing team at least 2 days in advance of a swim meet in order to seed the events and produce the heat sheets to use at the meet. **It is imperative that you logon to our website www.falconpointpirates.swimtopia.com and declare whether or not your swimmer will attend a meet. If you do not declare your child as 'attending' a swim meet, when we close swimmer declaration we will assume that your child is not swimming.** Your child will then not be included in our heat sheets and will not swim at the meet. There are no exceptions to this rule and the FPST board members and coaches will not call/email parents to confirm whether or not your

swimmer(s) will be attending the meet. If you have not declared your child as 'attending' but you still show up at a swim meet, your child will not swim. We realize that children do occasionally get sick the day before or on the day of a swim meet and on these occasions, you should email the head coach or the FPST board at piratedirector@yahoo.com as soon as possible.

Meet Information

This swim season our team has four (4) intra-league dual meets, some swimmers may also qualify for the Meet of Champs (MOC) and All Star Meet (ASM).

Intra-league Dual Meets - Our meets will take place either on a Saturday morning (8:00 am start time) or a weekday evening (6:00 pm start time). Check the team's site for this year's schedule and locations. Meet information (warm up times, volunteer report times, etc.) will be communicated by email and posted on our website. It is the parent's responsibility to keep up to date with any changes. There are no specific end times to our meets, they end when the last swimmers has swum the last event, usually around 5 hours depending on the number of swimmers.

Swimmers will sit with their teammates in assigned areas according to age groups. When the swimmers arrive at the pool they must check in with the assigned 'team parent'. Please talk to your child before the meet and make sure they understand that they must stay in their assigned tent at all times and if they need to leave they must first ask permission from the team parent(s).

There may be several heats for each event, swimmers are seeded according to their best times during the season and at the coach's discretion, with the fastest swimmers being in the first heat of an event. All swimmers can swim freestyle and backstroke. A limited number of swimmers will be asked to swim breaststroke and butterfly.

It is the coaching staff's decision as to which events each swimmer will be entered. It is also the coach's decision as to who swims on relay teams. Questions regarding meet entries should be addressed to the coaches via email and NOT during a swim meet. * Note: If a swimmer has a Texas Age Group Standards (TAGs) times in a particular event, it is a league requirement that they swim up an age group in that event. Please visit the WHALe website for more information regarding TAG's times.

What to bring to a swim meet:

- Towel(s), swimmers who are entered into multiple events may want to bring more than one.
- Folding chairs or blanket if desired.
- A book, quiet games, or coloring to keep the swimmer entertained between events. Though not recommended, if children want to bring portable electronic devices such as iPad's, or Kindles, they do so at their own risk. The

- Club and FPST board are not responsible for lost or damaged items.
- Water/Water bottle. It is important for our swimmers to stay hydrated.
- Healthy snacks.
- Sunscreen, Mosquito Spray.
- Flash light and warmer clothing (evening meets).
- Money (for concessions). Most meets will offer a selection of items.

Scoring and Awards - The FPST Pirates are members of WHALe and follow the Dual Meet Scoring system outlined in the WHALe Internal policies and Procedures, which are available at www.swimwhale.com. Ribbons are awarded to all swimmers in all heats of our intra-league dual meets. At MOC and ASM medals are awarded for the top 8 swimmers in each event. At the end of the swim season, participation trophies are distributed to each swimmer on the team at our end of season team party. Also distributed are special Coaches awards for categories such as MVP, Sportsmanship and Most Improved.

WHALe Meet of Champs (MOC)- All teams competing in the West Houston Aquatic League, participate in a divisional meet to culminate the season. This meet's specifics will be announced closer to the end of the swim season. Teams are allowed limited entries per event. A swimmer must have participated in 50% or more of our scheduled intra-league dual meets to be eligible to swim in the MOC. In addition, a swimmer's parents must have fulfilled their volunteer obligations to the team for their child to be able to compete. All parents of children participating in the MOC are required to volunteer at that meet. It is the coach's decision as to who swims each event.

WHALe All Star Meet (ASM)- The event winners from each of the divisional MOC will participate in the All Star meet. The remaining places are seeded with the fastest runner-ups out of all of the divisions combined. Unless your child comes in first place at our Divisional MOC, they will not have automatic entry into ASM. Runner-up entries are announced once all divisional meets are complete and all results are in. Results are then reported to the team's Head Coach who will contact parents directly via phone or email to ask if your child would like to participate. You will be given a set time to respond and if we have not heard from you, WHALe will move onto the next swimmer on their list. The Head Coach does not have any control over All Star Meet entries or deadlines. All parents of children participating in the ASM are required to volunteer at that meet.

Go Pirates!!