



**STOIC**

*aquatics*

**TEAM  
HANDBOOK**

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# **WELCOME MESSAGE**

**Welcome to the STOIC AQUATICS Swim Team Family! We are excited to have you on board!**

**This handbook will serve as a reference for you as a member of our program and is a resource for you to find information regarding our philosophy, structure, and policies.**

**While this handbook contains a large amount of information, there will inevitably be questions not answered within its pages. Please contact our Swim Team Registrar and/or Head Coach if you have a question concerning the program.**

# **MISSION**

## **Swim with Purpose**

**Our program is dedicated to cultivating exceptional swimmers who aspire to achieve excellence at all levels of competitive swimming. Through a comprehensive approach emphasizing proper technique, a structured dryland regimen, and mental conditioning, we empower our athletes to reach their full potential.**

**By fostering a competitive spirit and providing opportunities to compete against top-tier talent throughout the state and nationally, we create a platform for swimmers to thrive and excel.**

# CORE VALUES

## THE STOIC WAY

### PROPER SWIM TECHNIQUE

- Our training focuses on refining swimming techniques to enhance performance and prevent injury, ensuring that swimmers reach their peak abilities.

### Strength & Conditioning

- We offer dryland training to build strength, agility, and endurance, providing a well-rounded approach to swimming development.

### Mindset

- Mental conditioning is a key component of our program, helping swimmers develop focus, resilience, and a winning attitude for success in and out of the pool.

### POSITIVE TEAM ATMOSPHERE

- Swim teams are renowned for their supportive and encouraging atmosphere. Swimmers often describe the team as a close-knit family, where everyone cheers on each other's successes and offers support during challenges. This positive camaraderie fosters a competitive yet collaborative environment, allowing athletes to push their limits while feeling valued and motivated.

### COMPETITIVE SWIM EXPERIENCES

- Joining Stoic offers a competitive experience for swimmers of all levels. From local meets to national championships, swimmers have opportunities to test their skills against others, set personal goals, and experience the thrill of competition. This competitive environment can motivate swimmers to train harder, improve their technique, and build confidence in their abilities.

# **STOIC AQUATICS**

## **Membership Information**

### **USA SWIM Membership Requirement**

**All swimmers must be current USA SWIMMERS. Your child or family must continue to maintain a USA SWIM membership to be eligible to swim in meets, invitationals as well as regional & national level competitions.**

**Financial Assistance (Payment options) Our club membership and programs are designed to be readily available to the public. Our financial assistance policy enables us to assist individuals who would like to participate but cannot afford the entire fee. Please contact a STOIC AQUATICS representative to find out more about the payment options that are available to our families or visit the web at [www.stoicaquatics.com](http://www.stoicaquatics.com) for more info.**

#### **Equal Opportunity Provider**

**STOIC AQUATICS is an equal opportunity provider. Program enrollment is accepted without regard to race, color, national origin, gender, age, sex, pregnancy, marital status, sexual orientation, gender identity or expression, religion, creed, disability, veteran's status, or other protected class. We celebrate diversity and understand our children benefit through an enriched and diverse learning environment.**

# Program & Associated Fees

## Registration Fee

- The swim team registration fee covers all administrative costs associated with program registration.

## Program Fees

- Program fees are group dependent. Current fees are available on the team website.
- Each Stoic Aquatics season—Fall Clinic, Winter, Spring Clinic, and Summer—is billed separately. All payments are processed through the Stoic Aquatics website
- Program Fees do not include Swim Meet Entry Fees, USA Swimming Membership, STOIC AQUATICS Membership, or additional offerings announced once the season begins (unless referenced otherwise in communication).
- Payment for the first month of practice is due at the time of registration. When applicable monthly billing is scheduled for the first of each month.
- Household accounts that accumulate late payments may result in the dismissal of the child(ren) from the program. Anyone who is disenrolled from the program for any reason, re-enrollment will be based on availability and is not guaranteed. STOIC AQUATICS does not offer payment agreements for past due balances.

## Swim Meet Fees

- Fees for registered swimmers will be collected by the coaches during the weeks prior to the scheduled swim meet.
- Once our team entry deadline has passed and entries have been submitted to the host club, our families are committed to paying the meet entry fees.

# Cancelation Policy

In order to cancel a STOIC AQUATICS Swim Team and not be charged additional monthly fees, families must contact the Swim Team Registrar by the 20th of the month to ensure cancellation of the following monthly fee. Notice of cancellation received after the 20th of the month will be subject to the following month's program fees.

If for some reason, you would like to cancel your participation with the Swim Team, please fill out the Swim Team Withdrawal Request Form. The form must be completed in full:

- Fill out and submit the [Swim Team Withdrawal Request Form here](#).

Please note that cancelling your Swim Team registration WILL NOT cancel your STOIC AQUATICS Membership.

# Practice Group Assignment

## Practice Group Assignment

To provide our athletes the best opportunity for personal and athletic growth, swimmers are assigned to practice groups based on age, ability, and level of development. Coaches use the same criteria when considering the best time to progress a swimmer from one group to the next. Group size is also taken into consideration to ensure high quality coaching and safety during practices.

### Notes On Practice Group Assignments

- Group assignments are made by the coaching staff.
- Each child develops at a different rate.
- A child's group placement is selected because the coaches have determined that it is the best place for them in their swimming development.
- Proper group placement is imperative to a swimmer's long-term success. Comparing your child to others on your team or another is not constructive, productive, or healthy for you or your child.
- The STOIC AQUATICS staff make group assignments and group moves based on what is best for the swimmer, what is best for the group, and what is best for the team.

# Practice Group Movement

## Practice Group Movement and Progression

Coaches will consider moving a swimmer to the next highest practice group when they feel that an athlete is **MORE THAN** ready to succeed in the next highest practice group.

If changes appear beneficial for an athlete once the season begins, the coaching staff will evaluate what changes are best and consult with the Head Coach. Our coaching staff will then connect with a swimmer's family to ensure the best recommendation is brought forward for the success and happiness of the athlete. Although group changes are a decision made by the coaching staff, coaches will communicate with parents prior to initiating the move so that parents can prepare for schedule and fee adjustments and address any concerns they may have.

### Notes On Practice Group Assignments

- Paramount in the consideration of a move is the swimmer's age, physical and cognitive maturation to handle the group, and the commitment required to be in the group. In addition, it is important to consider the appropriate development of an athlete versus what they may be capable of (it is not about what they **CAN** handle but where they **SHOULD** be to thrive and develop).
- Consistency in attendance, work ethic, attitude, training ability, and performance, as well as actual age, physical maturation, and cognitive capacity are all factors considered in determining level placement.
- Setting them up for long-term success is the primary goal of group movement. Not being fully prepared for a group can be more detrimental to future success than being in a group for which they are overqualified.
- Being placed in a group that may not fully match their age or ability can also be dangerous both physically and mentally.
- Once an athlete is placed in a different group, it is with the desire that the decision not need to be reversed.

# Rules and Responsibilities

## Rules and Responsibilities- Swimmers

STOIC AQUATIC swimmers strive to be positive team members in and out of the pool. Swimmers should always remember that they represent STOIC AQUATICS, their team, themselves, and their family. Their words and actions reflect not only on themselves but also on their teammates, parents, coaches, and STOIC AQUATICS.

## Rules and Responsibilities- Swimmer, Coach, and Parent

The relationship between swimmer, coach, and parent is an important aspect of swimming. We strive for a mutually supportive partnership, but sometimes it can become strained and, ultimately, harmful to a swimmer's experience in the sport. Regular and open communication is necessary to avoid misunderstandings. Please communicate directly to your individual coach or Head Coach regarding any issues and follow the chain of command. The swimmer, the coach, and the parent must each understand and respect his or her role so that conflicting or negative signals are not sent. Swimmers, parents, and coaches may not always agree, but respectful and open communication will help maintain a positive relationship. The collective goal of the swimmer-coach-parent triad should be the maintenance of an environment most conducive to the development of the swimmer - both as an athlete and as a person.

# Practice

## Practice Philosophy

Swimming is a sport that requires a consistent training commitment for the swimmer to improve. The more consistent you are with practice attendance, the faster you will improve.

Our practices follow the guidelines recommended by USA Swimming, our country's foremost authority on the sport. These guidelines have been established so the programs can develop their athletes in a way that will enable each swimmer to reach his or her potential with less risk of physical injury or "burn-out". Our workouts adhere to these guidelines with regards to length, composition, intensity, and frequency of practice. These are the same basic guidelines used by the most successful swimming programs in USA Swimming.

## Practice Conduct

All team members are expected to arrive on time and to remain until the end of practice. If there is an exception to this, we ask that there is communication with the coach before practice begins.

Swimmers should arrive properly attired and with the proper equipment for their practice group.

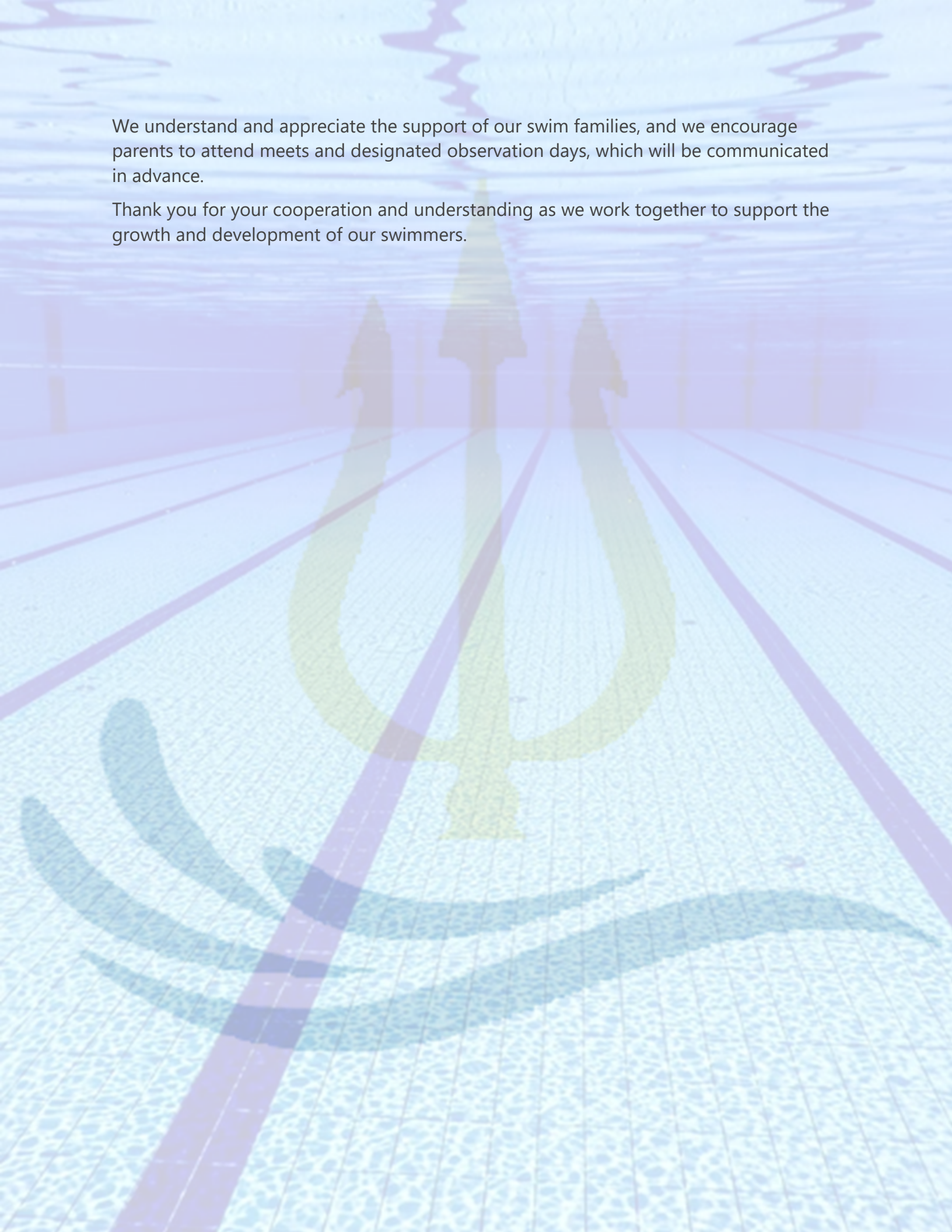
Important information and coaching instruction is often given to the swimmers at the beginning of practice. All team members should be on the pool deck or dry-land area ten minutes before practice starts.

Practices begin with a warm-up period (or dry land) which helps prevent injury and increases strength and flexibility.

## Practice Attendance Policy

To ensure a focused and productive training environment for all athletes, **swim practices are closed to parents and spectators**. This policy is in place to:

- Promote athlete independence and confidence.
- Minimize distractions for swimmers and coaches.
- Maintain a safe and consistent training atmosphere.

The background of the page is a photograph of a swimming pool. The pool has several lanes marked by blue lines. In the center of the pool, there is a large, stylized logo. The logo is primarily yellow and blue, with a central vertical element and two curved, wing-like shapes extending outwards. The text is overlaid on the upper left portion of the image.

We understand and appreciate the support of our swim families, and we encourage parents to attend meets and designated observation days, which will be communicated in advance.

Thank you for your cooperation and understanding as we work together to support the growth and development of our swimmers.

# Medical Emergency Information

## Medical and Emergency Information

The safety and well-being of our athletes and families is our top priority. There may be valuable information which STOIC AQUATIC staff members need to know in case of an emergency. The disclosure of any medical information is voluntary. If a family elects to share personal information, we ask that the information is stored in the swimmer's profile within our Team's database.

Connecting with family in case of emergency is only possible when accurate records are listed by families. It is the family's responsibility to ensure emergency contact information is up to date in their STOIC AQUATIC Account. Any family member who has questions on how to update this information should touch base with our Swim Team Registrar.

# Sharing Concerns

## Sharing of Concerns

In a partnership with parents, STOIC AQUATICS is committed to the well-being of each child in our care. Our policies and procedures reflect that commitment. Many problems are due to simple misunderstandings or miscommunication and can be easily resolved. If allowed to fester, however, problems grow out of proportion and can be harmful to swimmers, parents, coaches, and the program. This can be prevented by addressing grievances immediately and with the individual whom this involves. If a team member or parent has a grievance concerning any aspect of the program, they should go directly to the source. If we do not know there is a problem, we cannot resolve it.

STOIC AQUATICS wants to provide parents with simple, risk-free ways to anonymously and confidentially report activities that may involve criminal conduct or violations of the STOIC AQUATICS Code of Conduct. All reports submitted through our Ethics Officer will be handled promptly and discreetly with the objective of correcting the situation being reported. A link to the Ethics Officer reporting site can be found on the STOIC AQUATIC's website, [www.stoicaquatics.com](http://www.stoicaquatics.com). No retaliatory action will be taken against anyone for reporting or inquiring in good faith about potential breaches of STOIC AQUATIC policies or for seeking guidance on how to handle suspected breaches.

## Chain of Command - Who to Contact When

- An issue that is group-specific or swimmer-specific: Practice Group Coach
- An issue that is with the group coach or swimmer-specific issue that did not get resolved by the group coach: Head Coach
- Financial, or administrative concerns: Swim Team Registrar – Aquatics Director, President of Board and Ethics Officer
- Overall Swim Team – Head Coach, Aquatics Director

# Guidelines and Policies

At **Stoic Aquatics**, our mission is to provide a healthy, safe, and secure environment where athletes can grow both in and out of the water. We are committed to teaching and modeling the core values of **discipline, integrity, respect, and accountability**—principles that guide our team culture and athlete development.

All participants are expected to follow the policies and guidelines established by **Stoic Aquatics, USA Swimming**, and any other governing bodies with which we are affiliated. Athletes are also expected to conduct themselves appropriately in all team settings, including practices, competitions, and online platforms or communities.

**Stoic Aquatics reserves the right to suspend or terminate participation** in the program at any time if an athlete or family member fails to uphold these standards.

## Behavior Guidelines

**People are responsible for their own actions.**

**We respect each other and the environment.**

**Honesty will be the basis for all relationships and interactions.**

**We will care for ourselves and those around us.**

## Steps Taken When A Child Does Not Follow Behavior Guidelines

- 1. Staff will redirect the child to more appropriate behavior.**
- 2. The child will be reminded of the behavior guidelines and program rules, and a discussion will take place.**
- 3. If the behavior persists, a parent will be notified of the problem.**
- 4. The staff will document the situation. This written documentation will include what the behavior problem is, what provoked the problem, and the corrective action taken.**
- 5. Staff may schedule a conference with the parent to determine the appropriate action to be taken.**
- 6. Staff may schedule a progress check or a follow-up conference.**

**7. If the problem continues, staff will schedule a conference that includes the parent, child, Coach and/or Head Coach and Director of Aquatic Operations. The Head Coach or Director of Aquatic Operations will have all documentation and the notes from the previous conferences for review. If subsequent conferences must be scheduled, a counselor may also be present.**

**8. If a child's behavior at any time threatens the immediate safety of that child, other children, or staff, the parent may be notified and expected to pick up the child immediately.**

**9. If a problem persists and a child continues to disrupt the program, STOIC AQUATICS reserves the right to suspend the child from the program. Expulsion from the program will be considered in extreme situations.**

**The following behaviors are not acceptable and may result in the immediate suspension of a child:**

- **Endangering the health and safety of children and/or staff, members, and volunteers**
- **Stealing or damaging STOIC AQUATIC or personal property**
- **Leaving the program without permission**
- **Continuing to disrupt the program**
- **Refusing to follow the behavior guidelines or program rules**
- **Using profanity, vulgarity, or obscenity**
- **Acting in a lewd manner**
- **Conduct that is considered detrimental to the reputation of the organization and team**

**If any of these behaviors persist, staff may suspend the child a second time before expulsion. Immediate expulsion may occur if a child is in possession of and/or using tobacco, alcohol, illegal drugs, firecrackers, weapons, or explosives.**

# Program Dismissal

While we work hard to ensure that each child in our program is successful, we reserve the right to disenroll any child at any time for any reason. Some of the reasons for involuntary dismissal might include:

**Failure to adapt** - Most children adapt to a new program within a few weeks. If a child fails to adapt to our program, even though an effort has been made by parents and staff to integrate him/her into the program, the child may be disenrolled so that his or her parents can find an alternative program for their child.

**Aggressive/disruptive behavior** - If a child's behavior is aggressive, hurtful to others, or disruptive to the program, the child may be disenrolled at the discretion of the program leader.

**Policy Violations** – STOIC AQUATIC policies are in place to ensure the safety and well-being of our members, employees, volunteers, and facilities. Individuals can be dismissed from programs should a policy violation occur.

**Failure to pay tuition** – Children shall be dismissed from the program should tuition not be paid per program policies. Please refer to specific information on our payment procedures.

**Abusive/disruptive behavior by parents** – We reserve the right to immediately disenroll any child whose parent behaves in a manner that violates YMCA policies or procedures, or is destructive, disruptive, abusive, or malicious through their statements or actions toward the staff, their own child, or other parents/children anywhere across our organization.

**Excessive late pick-ups** – All children must be picked up immediately following the conclusion of the program. Repeated late pick-ups will result in your child's dismissal from the program.

**Irreconcilable differences** – STOIC AQUATICS strives to partner with all parents to provide the highest quality service for children. If, at any time, mutually agreed upon expectations cannot be met, we reserve the right to disenroll the child to allow the parents to find an environment that better meets the needs of their child.

# Communication

## Communication

Communication is vital to any organization, and it must be done with respect.

Coaches will make every effort to convey information to swimmers and parents. They will make regular use of the Team Unify page for your swim team; please check this regularly. Likewise, team members and their parents need to communicate with coaches to avoid misunderstandings and to inform them of things that may affect a swimmer's training and competition.

## Website

The website contains meet information, practice schedules, and team calendars. Please be sure to check the website regularly. Email distribution lists – Team Unify This is the primary way information is communicated and distributed. In addition, reminders and last-minute information is sent to families via email. Please be sure we have your email address on file.

It is the Parents responsibility to keep an updated Team Unify account and checking it regularly for changes that may need to be made to phone numbers, emails, addresses, or swimmer information.

Coaches will communicate with you regarding any arising issues or injuries at practice or meets that may need immediate reconciling.

# Practice Cancellations

## Practice Cancellations and Inclement Weather

Practices may be cancelled occasionally for various reasons. Examples include inclement weather, pool closures, etc. Many times, we do not know about these cancellations until the last minute. We will communicate these changes by email and our TEAMREACH feed. If something occurs at the facility that forces practice to be cancelled at the last minute and swimmers have already been dropped off for practice, they will be instructed to call their parents to be picked up early. In such cases, a coach or STOIC AQUATICS COACH will always remain at the practice site until all swimmers have been picked up.

Practice continues when it is raining. If there is thunder and lightning in the area, practice could be suspended, but not necessarily cancelled. Lifeguards determine when we can and when we can't swim due to weather once practice starts. If parents are experiencing hazardous conditions (snow, ice, thunderstorm) while their children are at practice, they should come to the pool in case practice ends early. During these times, there may be occasions when STOIC AQUATICS is conducting practice, but the parent may not feel safe to bring their swimmer. In these instances, you have full support and understanding from the STOIC AQUATICS STAFF, and you are always encouraged to use your judgement in all matters of safety.

# Swim Meets

STOIC AQUATICS swimmers swim as a part of the USA MID-ATLANTIC REGION. USA SWIMMING has competitive swim teams, and STOIC AQUATICS has the expectation that our athletes will gain experience of competition. Swim meets are a fun and exciting opportunity for swimmers to measure progress, experience the thrill of competition, and strive for individual and team accomplishments. They provide a break in the practice routine, as well as a “test” of how well you are practicing. Competition brings about several opportunities for personal growth through both success and failure, adversity and challenges, and responsibility. Meets will emphasize race strategies and the long-term development for all swimmers by the coaches. The swimmers will be prepared to peak in their performance during the championship season. It is important for all to focus on the season-long journey of improvement and the process, not the outcome of any given race.

Fees for all swim meets are billed separately, and communication is provided as meets are available and of interest to attend by the Head Coach of the program.

## Age Group Designations (Swim Meets)

USA Swimming age groups are divided as follows: 10 & under, 11/12, 13/14, 15/16, 17/18 (Generally, 14 and under are considered age group swimmers and 15 and over Senior swimmers).

For USA Swimming meets, the swimmer’s age group is determined by the swimmer’s age the first day of the meet.

# USA Swimming

USA Swimming ([www.usaswimming.org](http://www.usaswimming.org)) is the National Governing Body (NGB) for amateur competitive swimming. USA swimming sets rules for competitions, implements policies, conducts national championship meets, and selects athletes to represent the United States in international competitions. USA Swimming requires coaches and officials to be certified according to its standards. USA Swimming is divided into Local Swimming Committees (LSC), which administer USA Swimming activities in smaller geographical areas.

USA Swimming memberships are optional for all STOIC AQUATIC SWIMMERS, however, it is **REQUIRED** if the swimmer plans to compete in scheduled meets.

Head Coaches may request specific swimmers to always retain an active membership.

USA Swimming Registration must be done yearly through the USA Swimming website. Payment will be made directly to USA Swimming.

A current USA Swimming membership is required for athletes to participate in USA Swimming sanctioned events.

**Time Standards** USA Swimming establishes national motivational standards by which its meets are classified (B, BB, A, AA, AAA, AAAA). These standards are based on a national average of performances with the goal of allowing swimmers to be grouped in competition with swimmers of the same general skill level.

# Swim Meet General Information

## Swim Meet General Information

- Meet schedules are posted on the Stoic Aquatics team website, communicated by coaches, and are subject to change. The coaching staff selects several meets each season to attend as a team or divide our team regionally to participate. In addition, there are meets that are age and ability restrictive.
- Information for interested swimmers will be posted online. Deadlines for meet commitments and any additional payments will be adhered to. Payments for travel trips will be paid prior to the specific meet.
- Be early! Every swimmer should arrive at a meet at least 15 minutes before the scheduled warm-up time and must say goodbye to their coach prior to leaving a meet (To ensure swimmers don't accidentally leave before an event or relay).
- Be sure to write down the warm-up times, start times, directions, and events so that you arrive at the meet on time and properly prepared. Relays will be determined by the coaching staff. All participating swimmers are expected to swim relays when needed. Relays are extremely important for our culture and are a privilege for the swimmers. Relays become very important to the athletes throughout their swimming journey. Anyone not available to swim relays should indicate this in the "optional comments" section when you sign up.
- The coaches have final say in which events a swimmer will swim in meets. They may have communication with the parents or swimmers on competition events but, much like practice, the coach's goal is the development of the whole swimmer. If you have questions or concerns about an event, we encourage you to communicate with your Head Coach.
- It is the policy of our program to only enter meets selected by the coaching staff. If a swimmer wants to attend any other meet, he/she must discuss it with their coach. If all parties agree, the Head Coach and Director of Aquatic Operations will provide the necessary directive.

# Parent Volunteer Opportunities

## Parent Volunteer Opportunities – Swim Meets

STOIC AQUATIC Swim Team may host swim meets throughout the year. Our organization has a reputation for the quality of hosted meets and that is because of our volunteers that make it all happen. We need all hands-on deck for the continued success of these meets, and it is our desire to maintain the amazing culture of volunteerism that our organization is well known for.

All volunteers must meet current USA SWIMMING vetting requirements which are updated annually and provided separately across the organization. Questions can be directed to our Aquatics Director.

### Volunteer Opportunities include:

- **Timers** – Time each heat in a specific lane using stopwatches that are provided by the host team. This job is very easy and keeps you right next to the action. No prior experience is necessary.
- **Officials\*** – These include the starter, referee, and stroke and turn judges. They conduct the meet and address rule infractions. Training is necessary (through USA swimming). There is always a demand for these volunteers. Training is technical but not lengthy or difficult.
- **Parents** are needed to become certified officials. If you are interested in becoming a certified official, please contact your Head Coach.
- **Runners** – After each heat, this person takes cards from timers to the computer operator. No prior experience necessary.
- **Set-Up and Clean-Up** – Before a meet can begin and after a meet ends, these volunteers help set up the pool/deck for the meet and return the pool/deck to its normal condition after the meet.

# **PAY IT FORWARD & Swim Team**

Each season STOIC AQUATICS Swim Team looks for opportunities to strengthen community as a team. As opportunities come forward, our Head Coach & Aquatics Director will identify volunteer opportunities in the community for the team to participate. When we make a difference for others, we strengthen community! Benefits of Togetherhood include:

- **Good for individuals | Volunteering improves people's well-being, helps them forge strong relationships, and gives them an outlet to explore their passions and discover their purpose. Research shows that volunteers experience wellness benefits including lower depression, improved mood and self-esteem, less stress, better heart health and lower mortality rates.**
- **Good for the community | PAY IT FORWARD leverages our cause driven mission to unlock people's potential to improve lives and contribute to a stronger and more connected society. A culture of volunteerism can yield social benefits that extend beyond individual projects, including lower unemployment, greater income equality, and youth that are more likely to stay in school and avoid risky behaviors. Volunteers donate ten times more money than people who don't volunteer and two out of three volunteers give their money where they give their time.**

# Minor Athlete Abuse Prevention Policy (MAAPP)

## Protection Policies and Procedures – Stoic Aquatics

The **Stoic Aquatics** experience is designed to create life-changing opportunities through a safe, fun, and competitive environment where we build honest, meaningful, and transparent relationships.

We maintain a **zero-tolerance policy for abuse**.

Stoic Aquatics adheres to the **USA Swimming Safe Sport requirements** and the **Safe Sport Act of 2018**, both of which are designed to protect athletes and ensure a secure environment for all participants. These standards help us maintain a culture where every athlete feels safe, supported, and respected.

In April 2019, the **U.S. Center for SafeSport** introduced the **Minor Athlete Abuse Prevention Policies (MAAPP)**, which establish clear boundaries and safety protocols to limit one-on-one interactions between adults and minor athletes. All Stoic Aquatics coaches, staff, and participants are required to implement and follow MAAPP guidelines.

**Stoic Aquatics coaches and staff are held to the highest standards** of selection and screening before working with athletes. This includes:

- National, state, and local background checks
- Screening through the DOJ Sex Offender Registry
- Completion of Child Sexual Abuse Prevention Training
- Ongoing education through the U.S. Center for SafeSport and USA Swimming

**Safety and abuse prevention are top priorities** for the leadership and coaching staff at Stoic Aquatics. We are committed to upholding these standards to ensure a positive and secure environment for every athlete.

# Minor Athlete Abuse Prevention Policy (MAAPP)

## Creating a Safe Environment – Stoic Aquatics

Creating a safe environment is a collaborative effort between staff, parents, and athletes. At **Stoic Aquatics**, we rely on our entire community to help reinforce a culture of safety, inclusion, and transparency. By working together, we can ensure a positive and secure environment that promotes healthy development and positive behaviors.

*Here's what we need from you:*

- **KNOW:** Understand what's appropriate, what to look for, and how to protect our athletes and families.
- **SEE:** Be engaged in your athlete's activities, communications, and interactions.
- **RESPOND:** Stop inappropriate behaviors and report concerns immediately to:
  - **Pennsylvania Child Abuse Hotline (ChildLine): 1-800-932-0313**
  - Your **Stoic Aquatics Coach** and/or **Program Director**

Mandated reporters in Pennsylvania are legally required to report suspected child abuse. Reports can be made by phone or online through the Child Welfare Information Solution (CWIS). Reports are handled 24/7 by trained specialists

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## Minor Athlete Abuse Prevention Policy (MAAPP)

### Swim Team Activities – Stoic Aquatics

Stoic Aquatics follows the **USA Swimming Safe Sport** guidelines and the **Minor Athlete Abuse Prevention Policy (MAAPP)**, which sets national standards for athlete safety. These policies apply to all Stoic Aquatics athletes, coaches, and events.

Key practices include:

- Coaches may only meet face-to-face with athletes in observable and interruptible settings, and only for Stoic Aquatics-related activities.
- Instructional physical contact must be minimal, explained beforehand, and conducted in open view.
- Coaches will notify parents of any bullying incidents.
- Parents may not directly communicate with another athlete without consent from that athlete's parent/guardian.
- Horseplay is strictly prohibited in locker rooms.
- No videos or photos may be taken at practices or meets without prior approval from Stoic Aquatics leadership.
- Coaches will **never**:
  - Massage an athlete.
  - Touch an athlete in areas covered by a swimsuit.
  - Engage in personal or romantic relationships with athletes.

Encouraged physical interactions include high fives, fist bumps, side hugs, and handshakes—always in appropriate contexts.

Violations of these policies may result in immediate removal from team activities at the family's expense and may affect future participation. **No refunds will be issued** in such cases.

# Minor Athlete Abuse Prevention Policy (MAAPP)

## Conduct for Team Travel – Stoic Aquatics

To ensure the safety and well-being of all athletes, **Stoic Aquatics** follows strict travel policies aligned with **USA Swimming's MAAPP** and **SafeSport** standards.

- **One-on-one travel between a coach and an athlete is strictly prohibited**, regardless of age or circumstance. This includes rides to and from practice, meets, or any team-related travel.
- All coach-athlete interactions must be **observable and interruptible**.
- When entering athletes' rooms for curfew or safety checks, **at least two coaches or approved chaperones** must be present.
- Athletes sharing rooms must be of the **same gender and similar age**.
- **No male athletes are permitted in female athletes' rooms**, and vice versa.
- Athletes are **not permitted in coaches' rooms** under any circumstances.
- Swimmers must remain with the team at all times during travel. They may not leave the hotel, competition venue, or team gathering locations without prior approval from a coach or chaperone.

Violations of these policies may result in removal from the trip and future team activities at the family's expense.

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## Electronic and Social Media Communication – Stoic Aquatics

**Stoic Aquatics** recognizes the importance of electronic communication and social media in today's world. However, to protect our athletes and maintain professional boundaries, we follow the **SafeSport MAAPP** standards for all digital interactions.

### *Conduct for Electronic Communication*

- All communication between a coach (or any adult participant) and an athlete must be **professional** and **related solely to Stoic Aquatics activities**.
- Communication must be:

- **Transparent:** Free of hidden meanings or inappropriate content.
- **Accessible:** Include a parent/guardian or another adult on all messages. Group messaging platforms are preferred.
- **Professional:** Language, tone, and content must reflect the standards of Stoic Aquatics and USA Swimming.

*Additional Guidelines:*

- Coaches and adult participants **must not engage in private one-on-one messaging** with minor athletes. A parent/guardian or another adult must be copied on all communications

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- Athletes and parents may request to discontinue electronic communication at any time.
- No direct messaging or private social media interactions are allowed between coaches and athletes.
- All team communications should be archived when possible and treated as part of official team records.

# Minor Athlete Abuse Prevention Policy (MAAPP)

## Social Media – Stoic Aquatics

To maintain professional boundaries and ensure athlete safety, **Stoic Aquatics** enforces the following social media policies:

- Coaches are **not permitted to add or accept friend requests** from athletes on personal social media accounts.
  - If an athlete receives a friend request from a coach, they should report it to a trusted **Stoic Aquatics coach, team leader, or family member**.
  - **Private messaging between coaches and athletes via social media is strictly prohibited.**
  - Stoic Aquatics maintains official team social media accounts (e.g., Facebook, Instagram, Twitter) where athletes and parents can follow for updates and team-related information.
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## Minor Athlete Abuse Prevention Policy (MAAPP)

### Other Communication Practices – Stoic Aquatics

- Coaches and athletes may communicate via email **only when a parent or another Stoic Aquatics coach is copied**.
- Coaches may send individual messages to athletes **only for team-related purposes**, and **must include a second adult** (preferably a parent or another coach).
- **Vulgar, bullying, or sexualized communication** of any kind is strictly prohibited between athletes, coaches, or parents via text, email, or social media.
- Athletes may not post or share **derogatory content** about the team, coaches, or teammates. This includes inappropriate language, images, or videos.
- At the start of each season, **athletes, parents, and staff will review proper social media usage** as part of team orientation.
- **No photos or videos may be taken behind the starting blocks or in locker rooms** at any time.

- **No personal information** about another team member may be posted online without their consent.

Violations of these policies may result in disciplinary action, including **removal from Stoic Aquatics and loss of team privileges.**

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### Locker Room and Changing Areas – Stoic Aquatics

- Athletes and coaches must use **designated locker rooms or changing areas** when changing into or out of swimsuits. **Deck changing is strictly prohibited.**
- Stoic Aquatics staff will **randomly and regularly monitor locker room use** through:
  - Pre-practice locker room sweeps
  - Intermittent supervision during use
  - Keeping doors open when privacy is still maintained
  - Gender-appropriate staff conducting checks (e.g., female staff for female locker rooms)

# Photo, Video, & Audio Release

## Stoic Aquatics – Consent & License

For my participation in activities conducted by **Stoic Aquatics** and any collaborating third parties, I hereby give my consent—now and for all time—for the creation, reproduction, editing, broadcasting, or rebroadcasting of:

- Video footage of me
- Audio recordings of me
- Photographic images of me
- Any narrative account of my experience

My consent includes a **perpetual license** to **Stoic Aquatics** and its collaborating third parties to use these materials for purposes including, but not limited to, publication, display, promotion, advertising, education, and commercial use. This license applies to all forms of media, whether currently existing or developed in the future, and is valid worldwide and in perpetuity.

I understand that I will receive **no additional compensation** for this license and waive any right to claim payment from **Stoic Aquatics** or its collaborators. While I may or may not be identified in these materials, I understand that my name will not be used to endorse any product or service.

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- All works created under this release shall be the sole property of **Stoic Aquatics**.
- **Stoic Aquatics** has no obligation of confidentiality regarding these materials.
- **Stoic Aquatics** shall exclusively own all rights, known or later developed, to the use of these materials worldwide.
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## Release from Liability

I acknowledge that this consent is **irrevocable**. I hereby release and discharge **Stoic Aquatics** and its collaborating third parties from any and all claims, actions, or demands arising out of or related to the use of the materials described above.