

HANDBOOK

Welcome to South Shore Synchro

Volunteers

At times during the season, coaches may need assistance for certain activities.

Volunteers may be asked to submit a CORI and complete a SafeSport training.

If you would like to volunteer for any of these positions, please email the coaches.

- On deck to provide support to a coach during a practice when other staff are absent (CPR/1st Aid preferred)
- To plan and coordinate fundraising opportunities; work in coordination with board of directors
- Help plan and coordinate holiday celebrations, end of year party/team bonding events
- Help with end of year show set up/take-down
- Help coordinate and organize swimmers and parents during competitions (experience as a competitive parent helpful)



Mission

The goal of South Shore Synchro is to raise awareness and participation in Synchronized Swimming. We aim to keep our athletes involved in a healthy, active lifestyle by participating in recreational and competitive programming. Our hope is, that in the future, swimmers will apply the value of maintaining a healthy and active lifestyle and maximize the qualities of teamwork and focused group effort to achieve lifelong goals.

Purpose

The purpose of South Shore Synchro is to provide facilities and trained personnel for the development of recreational and competitive synchronized swimmers.



Required Equipment

All swimmers are required to have:

- Two nose clips
- Goggles
- Swim cap
- Girls: a one-piece bathing suit (no bikinis, tankinis, or boardshorts)
- Boys: a racing style suit (no trunks or boardshorts)

It is the swimmer's responsibility to come prepared for each practice. Swimmers may borrow missing items from the "lost & found" bin but must return equipment after practice. Some items may be available for sale by the coaches. If items need to be purchased, please consider using our affiliate - SwimOutlet -

swimoutlet.com/southshoresynchro

Video & Photos

Coaches frequently use videos and photos as a coaching technique. At times, coaches, parents or volunteers will take photos for personal and team use that may be used in team social and/or print media.

Code of Ethics

For Coaches

- To motivate each swimmer to his/her fullest potential
- To promote healthy lifestyles and team camaraderie
- To develop the poise, grace, sportsmanship and leadership qualities of each swimmer
- To treat each swimmer with respect and dignity
- To engage swimmers at their instructional level while encouraging growth of skills

For Swimmers

- Respect and cooperate with your coaches and teammates at all times
- Work hard for yourself and your team
- Use positive language towards yourself and others
- Make a commitment for the entire year - Your commitment includes attending all practices, meetings, dress rehearsals, shows and competitions (as appropriate)
- Always be on time and ready to begin
- Follow the suggestions, rules and instructions of your coaches

For Parents

(modified from <http://changingthegameproject.com/redefining-success-8-tips-for-being-a-great-sports-parent/>)

- Model positive behavior
- Encourage growth but find joy in your swimmer's effort
- Celebrate perseverance above outcome
- Foster independence by allowing your swimmer to take ownership of success and failure
- Work with the coaches to build success of the team
- JUST LOVE WATCHING YOUR SWIMMER PERFORM

On Deck

Due to the compact schedule at practices, we are asking that all parents remain OFF of the pool deck during weekly practices. Coaches will be available for quick questions at scheduled times which will be communicated at the start of each season. Conversations that require more time can be requested via email and the coaches will plan to step out of practice to meet with you. The coaches will plan open practices throughout the season that will allow you to remain on deck and observe the full practice.



Team Placement & Routines

All swimmers in the Recreational and Competitive programs will be learning a team routine. Swimmers will be placed in routines based on skill and as appropriate, competitive level. Competitive and Advanced Recreational swimmers may be eligible to participate in small routines (e.g. solos, duets, or trios). These swimmers will be notified of their eligibility at the start of the season. Eligible swimmers may then choose to participate. Eligibility is determined by the coaches and is based on skill level, experience, participation in practice and overall effort. Coaches may rescind eligibility during the season due to poor attendance or lack of effort during practice. The team routine will remain the priority!

Competition Team

Being a member of the competition team requires a more intense level of commitment from each swimmer and family. Our goal for all competition team members is to learn to work as a team, build confidence and set and meet individual and team goals. This requires the swimmer to commit to attendance at all Wednesday and Saturday practices. While practices are mandatory, we also understand there may be conflicts/illness that arise. However, we insist that swimmers make at least 80% of all practices.



Attendance Policy

Synchronized swimming requires swimmers to learn, practice and work together under the guidance of the coaches to achieve individual and team goals. Consistent attendance and participation in practice is required for optimal individual and team learning. Each time a team member is missing from a scheduled practice the team is unable to fully complete the team training activities planned for that session. This requires time from the subsequent practice in order to instruct the missing swimmer and integrate him/her into the team with the new

Therefore, attendance and participation at practice is mandatory unless an absence has been cleared with a coach. Please be sure to call, text or email the coaches if your swimmer is sick and will not be attending. If at all possible, the swimmer should attend practice and remain on deck so they are not behind in learning routine elements.

**A swimmer who misses more than 5 unexcused practices
is at risk for not participating in the show and/or competition**

Practice Cancellation

Practice may be cancelled due to weather and other unexpected situations. Coaches will make every effort to contact swimmers and families regarding cancellations. Please make sure the coaches have updated contact information. If you are unsure about a practice, please contact a coach.



Payment Information

Refund Policy

At this time, refunds are only given to swimmers who need to leave the team due to medical reasons. A doctor's note is needed to obtain a refund.

Payment Plans

Payments may be made on a monthly or biannual plan. Monthly payments must be made by the first practice of each month. Payments made biannually are due by October and January.

As of September 2017, payments may be made through PayPal. A processing fee may apply.

Scholarships

Families may apply for scholarships for tuition and fees which are awarded based on need. Please contact the coaches for an application.

Promotions

Enrollment in team promotions are available to all swimmers.

Multi-Family Discount

If a family has two or more swimmers participating in any of our team programs, a 10% discount will be taken off the family's total amount due.

Build Our Team

If the team has at least 15 swimmers enrolled on the fundamental, recreational and/or competitive team by January 1st, then all swimmers will be given a credit equal to 10% of their total yearly tuition.

Biannual Payment Plan

If a family decides to pay on a biannual basis (payments due October & January), then a credit equal to \$50 will be taken off the final payment.

Contact Information

Kerri Moran

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Aimee Sears-Sutton

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Handbook Sign-off

I have read and understand the information contained in the handbook.

Swimmer's Name: _____

Parent/Guardian Signature: _____

Date: _____