



Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7960
swimcenter@scparks.com
scparks.com

Simpkins Sharks Swim Club

Program Overview and Parent Resource Guide

A. PROGRAM OVERVIEW

- i. Simpkins Sharks Swim Club is a recreational, non-competitive swim team that practices year-round. Our swim team aims to offer both fun and fitness to youth 5 to 15 years of age. The focus of our club is to create a sense of love for swimming through teamwork and sportsmanship, as well as building their endurance and skills.

B. PREREQUISITES

- i. **Age:** Youth ages 5 to 15 may join Simpkins Sharks Swim Club.
- ii. **Tryout:** Swimmers must be able to pass the minimum requirement to join the swim team. However, each level has a different tryout requirement as follows:

Beginners Sharks (Minimum Requirement)

- i. 25 yards freestyle
- ii. 25 yards backstroke
- iii. 30 seconds of treading water

Intermediate Sharks

- iv. 50 yards freestyle
- v. 50 yards backstroke
- vi. 50 yards breaststroke
- vii. 25 yards butterfly
- viii. 1 minute of treading water

Advanced Sharks

- ix. 100 yards freestyle
- x. 100 yards backstroke
- xi. 200 yards breaststroke
- xii. 50 yards butterfly
- xiii. 2 minutes of treading water

C. SESSIONS

- i. Simpkins Sharks Swim Club is a year-round swim team. Practice is held every Tuesday and Thursday. There will be no practice Thanksgiving week, the last two weeks of December, and the first week of January.
 - i. **Practice Times:** 4:30PM – 5:15PM (BEGINNER)
5:15PM – 6:15PM (INTERMEDIATE)
6:15PM – 7:30PM (ADVANCED)
 - ii. **Arrival:** Please arrive no more than 15 minutes prior to the start of your swimmers' practice time.
- ii. **Team Size:** As we are currently limited to 2 lanes, the Beginner Sharks will have a maximum of 5 swimmers per lane, and the Intermediate and Advanced Sharks will have a maximum of 6 swimmers



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per lane. As our team grows, we will have the ability to have more swimmers join. In the meantime, a maximum of 34 participants may be on the team at a time.

D. REGISTRATION

- i. Registration is available once your swimmer has passed the tryout. Please contact the Head Coach (Taylor – taylor.delacy@santacruzcountyca.gov) to register.

E. FEES

- i. **Seasonal:** Enrollment is season based (Fall, Winter/Spring, Summer). A total swim club fee is due at the beginning of each season in order to stay active on the team. Fees are subject to change.
- ii. **Cancellations Fee:** All cancellations must be communicated to the swim lesson line at 831-454-7953 and/or by emailing the swim center.
 - i. A \$5 cancellation fee will be applied for each withdrawal request.
 - ii. More than 3 weeks prior to the start of the program: a \$50.00 cancellation fee will apply
 - iii. Less than 3 weeks prior to the start of the program: a 50% cancellation fee will apply.
 - iv. * After the 2nd practice of the program, no refunds or credits will not be given. If two days are completed and you would like to withdraw, you will pay for the two days of practice, and 50% of the remainder.
 - v. No refunds or credit will be given for missed practices. No refunds or credits will be given for cancellations after the second day of the program. No refunds or credits will be given for participants suspended or removed from the program for disciplinary reasons.
 - vi. Account credits are valid for one year from date issued.
 - vii. Credit Card Refunds are subject to a \$10 processing fee.

F. BEHAVIORAL GUIDELINES

- i. Simpkins Sharks Swim Club has set behavioral guidelines that all team members, both athlete and parent, must follow. Our Team Handbook will be given and reviewed with families on their first day of practice.
- ii. **Disciplinary Actions:** Violating the code of conduct or any policy may result in suspension or dismissal from the team.

G. PHYSICAL HEALTH AND ABILITY

- i. If a medical condition or disability exists that might prevent participation in full swim workouts, or there are questions about fully participating on the swim team, please contact us to discuss it before the program begins.
- ii. All practices duration is 45 minutes. Please ensure that your child has goggles, an athletic swimsuit and maximum swim protection (i.e. rash guard and waterproof sunscreen) for these long swim sessions.

H. ATTENDANCE

- i. Regular attendance is encouraged!



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I. ATTIRE

- i. The swimmer's uniform consists of:
 - i. Athletic Swim Trunks/Shorts/Swimsuit- no color requirement
 - ii. Simpkins Shark Swim cap
 - iii. Participants will be given a Simpkins Sharks swim club sweatshirt as part of being on our team.

J. PARTICIPATION

- i. All participants are expected to be able to participate in all activities, unless they have notes from their parents/doctors saying otherwise. Participants should arrive on time, in uniform, and prepared for swimming activities.

K. DROP OFF AND PICK UP PROCEDURE

- i. **Location:** Participants will enter through the green gates and meet on the bleachers located near the last 3 lanes of the Lap pool. Please do not drop your child off more than 15 minutes before their scheduled practice time. Parents are not required to stay. If parents are not present 15 minutes after the end of the class, they will be brought to the front reception desk of the facility. If no one is present 45 minutes after the child is brought to the front, the Santa Cruz County Sheriff will be called.

L. LOST AND FOUND

- i. Santa Cruz County Parks is not responsible for items left, lost, or stolen. Overnight storage is not permitted.
- ii. The Lost and Found Bin is located on the pool deck near the lifeguard tubes. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be placed in the lost and found bin at the end of the day by one of the camp instructors.
- iii. All items left in the Lost and Found Bin are donated at the end of each session.

M. CONTACT INFORMATION

- i. Please contact us if you have any questions about the program or this document.
- ii. **Email:** swimcenter@scparks.com
- iii. **Phone:** 831-454-7960