



VICTOR SWIM CLUB PARENT HANDBOOK

2025-2026

MISSION

The Victor Swim Club is dedicated to empowering young athletes to reach their full potential, while fostering goal-oriented team values and inspiring a passion for lifelong fitness and leadership.

CORE VALUES

TRUST, COMMITMENT, BELIEF

TABLE OF CONTENTS

1. Club Structure & Contact Information.....	3
2. Facility locations.....	3
3. Important websites, apps, and social media pages.....	4
4. Victor Swim Club Training Groups.....	5
5. Registration.....	7
6. Competitive Swim Seasons.....	7
7. Swim Meet Structure.....	8
8. Meet Participation.....	8
9. Team Uniform and Apparel.....	11
10. Achievement Awards.....	11
11. Volunteering.....	12
12. Officials.....	12
13. Volunteer Lifeguard Program.....	13
14. Fundraising.....	13
15. Financial Policies.....	13
16. Competitive Swimming Governing Organizations.....	14
17. Time Standards.....	14
18. USA Swimming's Power Point & IMX Programs.....	15
19. Victor Swim Club Parent Code of Conduct.....	17
20. Additional Team Policies.....	17
21. Team Communication Policy.....	17

1. Club Structure & Contact Information

The Victor Swim Club is a 501(c)(3) charitable organization, governed by a volunteer board of directors. We employ a full-time head coach, an executive director and a high-quality staff of part-time coaches. Information about our coaches and board members can be found [here](#).

Important contact information

Dan Burke Head Coach & Senior Group Coach	coachdanburke@gmail.com
Karen Senglaub Executive Director & Lead Developmental Coach	executivedirector@victorswimclub.org
Scott Wisner Associate Head Coach/Senior Prep Group Coach	swisner@mac.com
Amy Wisner Performance Group Coach	amywisner@icloud.com
Kristy Shields Intermediate Group Coach	klshields22@gmail.com
Katarina Sherry Assistant Developmental Group Coach	katarina-sherry@gmail.com
Cristina Caldwell Assistant Developmental Group Coach	cristina.l.caldwell@gmail.com
Ben & Christy Prezyna Club Co-Presidents/Treasurers	christinaprezyna@gmail.com bprez13@gmail.com

2. Facility locations

Our primary practice facility is the Victor Aquatic Center, located in the Victor Jr/Sr High School at 953 High St, Victor, NY 14564. We also occasionally use the Perinton Community Center for training, located at 1350 Turk Hill Rd, Fairport, NY 14450.

3. Important websites, apps, and social media pages

❖ Websites:

- **Victor Swim Club:** www.victorswimclub.org
This is where you can find our team registration information, calendar of events, practice schedule, meet signups, volunteer signups, and apparel ordering.
- **Niagara Swimming:** (the local swimming committee (LSC) for our club):
<https://www.teamunify.com/team/eznslsc/page/home>
- **USA Swimming:** <https://www.usaswimming.org/>
- **VSC YouTube:** <https://www.youtube.com/@victorswimclub4751>

❖ Apps:



OnDeck

SportsEngineMotion is an app version of your team account where you can find information about your account, your swimmer's meet entries for upcoming meets etc. Your login for this app is the same login you use for the Victor Swim Club registration. A parent quick start guide can be found at this link:
<https://forms.gle/hUTncGpszHGwVBtx5>



Meet Mobile

Meet Mobile is a separate paid service not affiliated with the Victor Swim Club. This app is often used at meets to give people real time results of racing. These are not official results but a quick and easy way to follow your swimmer at most swim meets. Psych sheets containing your swimmer's Events, Heat and Lane assignments can be found here if the meet's host team makes them available. (Please note that sometimes at pools if the internet is unstable results can be slightly delayed).

❖ **Social Media:**

Facebook; Victor Swim Club (private)

Facebook: [Victor Swim Club](#), Western NY's Premier USA
Swimming Team (public)

Instagram: [victor.swim.club](#)

4. Victor Swim Club Training Groups

The Victor Swim Club offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Victor Swim Club to offer age/performance specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of their abilities.

We use the swimmer's age to establish an initial group in which they swim. Based on performance and evaluations the swimmer will then be placed in the appropriate group. If a swimmer changes groups, this will be communicated to the swimmer and parents and the appropriate fee structure changes will be made. As always, if you have questions please contact your group coach.

It will be at the discretion of Head Coach Dan Burke if a swimmer is to advance from one group to another during the course of the season. Each swimmer will be evaluated on an ongoing basis and placed in a group based on performance. **It is typical for athletes to stay in one group for multiple years, as it takes time to develop the necessary skills to advance. Please do not expect your child to change groups annually.**

Developmental Program:

This program is designed for beginning competitive swimmers. Swimmers will be taught the four competitive strokes, work on developing racing skills, and increase their endurance. A minimum of two practices per week is recommended.

❖ **Developmental Group:**

Swimmers just beginning their club swimming careers participate in practices that focus on developing the four legal strokes (Backstroke, Breaststroke, Butterfly, and Freestyle), as well as include introductions to stretching and flexibility. Legal competitive starts and turns are also introduced. Subsequently, swimmers getting ready to move to the Intermediate program participate in practices that focus on improving the four competitive strokes, as well as perfecting starts and turns. There is a light focus on aerobic development.

Intermediate Program:

This program includes the Intermediate Group and Performance Group.

❖ **Intermediate Group:**

For swimmers transitioning to higher levels of competition. Practices focus more heavily on aerobic development, as well as technique improvement for swimmers who already have a solid base in all four competitive strokes. Practice commitment is based on the swimmer's and family's goals, but a minimum of two practices per week is recommended.

❖ **Performance Group:**

Geared to swimmers interested in more challenging workouts. Practices focus more heavily on aerobic development, as well as continued technique improvement for swimmers who already have a solid base in all four competitive strokes. Swimmers begin to participate in weekly test sets and will be able to complete all 12&U IMX events legally. A minimum of four practices per week is recommended.

Senior Program:

This program is composed of the Senior Prep Group and the Senior Group.

❖ **Senior Prep Group:**

For swimmers transitioning to the Senior competitive program. Practices focus on heavy aerobic development in accordance with a seasonal plan designed by the coaching staff. Swimmers participate in the full complement of weekly test sets alongside the Senior group. Swimmers begin to learn about specific race strategy and mental training for higher level competitions. Swimmers will be able to complete all 13&O IMX events legally.

❖ **Senior Group:**

The highest level of training offered. Swimmers train heavily in all four competitive strokes and focus on becoming the most competitive well-rounded swimmer they can be.

Swimmers participate in multiple weekly test sets. Swimmers enter the Senior group at the discretion of the Head Coach.

Collegiate Program:

❖ **Collegiate Group: College students**

Training available to college swimmers home during breaks

**In addition to the above groups, we have training groups that practice with the Dolphins Swim Team in Ontario, Canada.*

5. Registration

We encourage all swimmers new to the club to take advantage of our two-week trial program. This will allow an athlete to attend as many practices as they would like for two weeks to see if the program is a good fit for them. To register for the trial, please click on the following link:

[*Trial Registration - Victor Swim Club*](#)

After the 2-week period, you can choose to register for the season by clicking on the following link:

[*Team Registration - Victor Swim Club*](#)

Our annual season runs from September 1st-August 31st. We offer 3 registration options for our Developmental and Intermediate swimmers:

- ❖ Short Course - September through March
- ❖ School-Year: September through June
- ❖ Full Year: September through August

For our Performance, Senior Prep and Senior swimmers we offer only a full-year registration. Please click [here](#) for group pricing.

IMPORTANT - After you have registered with Victor, you will receive an email with instructions for registering with USA Swimming. **All Victor Swim Club athletes must be registered with USA Swimming to be able to train and compete.**

6. Competitive Swim Seasons

Swimming is a year-round sport that is divided into two seasons, the short course and long course seasons, with championship meets occurring at the end of each season.

-The short course season (SCY) runs from September through March, with competitions held in 25-yard pools. The United States is the only country that competes in 25-yard pools.

-The long course season runs from April through August, with competitions held in 50-meter pools. All international competition takes place in 25-meter or 50-meter pools. The US Open, USA Swimming National Championships, and the Olympic Games are all held in 50-meter pools.

Short course and long course training are equally important in the development of a swimmer throughout their career. We strongly encourage all of our athletes to train and compete year-round.

7. Swim Meet Structure

One of the most exciting aspects of competitive swimming is participation in meets. We prepare all of our swimmers, even our youngest, to begin competing as soon as they join our program. There are two basic types of swim meets:

- ❖ **Invitational Meets** - Throughout the year, individual clubs in the Niagara LSC (NI) and United States Swimming (USA) sponsor invitational meets. Invitationals are meets with multiple teams competing with each other. Some of the meets will be local and others will be travel meets. Certain meets will also require that athletes achieve qualifying times to be eligible to swim. Your child's coach will recommend the most appropriate meets for your swimmer. **There are additional fees (Deck Fees, Event Fees, Meet Fees) for these meets. To find information about these fees, please refer to the meet announcement for each individual meet. Information about VSC travel surcharges and Niagara-reimbursed meets can be found [here](#).**
 - **Team-hosted Meets** - The Victor Swim Club hosts 4 invitational meets per year. We expect all of our swimmers to attend our home meets.
 - Victor Halloween Classic (October 25th, 2025)
 - Victor New Year's Invitational (January 3rd & 4th, 2026)
 - Victor Winter Classic (February 14th, 2026)
 - Victor Summer Invite (TBD, typically June)
- ❖ **Combo/Dual Meets** - There are typically 2-3 dual meets from mid-October to early March. The dual meets are held against one or two other clubs from the Genesee Valley Swim League.

8. Meet Participation

- ❖ **Meet Sign-ups** - The list of upcoming meets can be found on the Victor Swim Club website by scrolling down on the homepage to "Upcoming Events". You must be signed into the website to see the meet schedule. Please reach out to your child's coach if you are unsure which meets your child should attend. Click on a meet name and you will find the meet announcement under Forms/Documents. The meet announcement will have all of the information you need to know: location, start time, qualifying times, etc. To attend the meet, follow these instructions:
 - Click on "Edit Commitment"
 - Click on your child's name
 - Click on "select" under the sign-up record and choose to attend/decline
 - Choose the day or session you would like to attend
 - Add any messages to the coaches in the notes box (events your child would like to swim, etc)

❖ Preparing for a Meet

- What to bring to a meet:
 - 2-3 towels
 - Goggles, plus an extra pair
 - 2 Swim caps
 - Something to keep warm - parka, robe, sweatshirt
 - Nutritious snacks
 - Water bottle
 - Positive attitude
- What to wear: If you don't have a team suit yet, please wear a full/one piece suit for girls that is not too big, solid navy if possible. For boys, please wear jammers or board shorts only, no swim shirts, preferably navy blue. All athletes must wear a Victor Swim Club cap.
- Conduct during a meet: All athletes are expected to display good sportsmanship at all times. Athletes should cheer for and encourage their teammates. Your child is responsible for their belongings and their trash. Please remind them to keep their items together. Have them put their garbage in a garbage can or back in the bag they brought it in. At Championship meet finals, all athletes are expected to remain on deck until the session has concluded. At all other meets, swimmers may leave the deck after their last event, but must speak with a coach before leaving.
- How to label your child's arm/hand: For our 12-and-under swimmers, we ask that you please write your swimmer's events on their arm or hand prior to the meet. We recommend that you look up your swimmer's event #s/names prior to leaving for the meet, and place that information on your child's arm BEFORE you arrive. This will prevent you from missing any events by just looking through the program. You can find this information in 2 ways:
 - Go to the team website, log in, scroll to the meet under the Event heading, click on "edit commitment"
 - Log into the OnDeck app, click on "Events" then "Events & Meet Entries", click on "Declare" and then your child's name.

When you get the meet, you can purchase a program before warm-ups begin. Then you can fill in the heat and lane for each event. Below you will find pictures of how to read the program and write the event (E), heat (H), lane (L), and event name on your swimmer. *Please note if your swimmer is entered into any relays in the program, as these do not always show up on the commitment section for your swimmer.*

The diagram shows a hand-drawn table on a forearm. The table has three columns and three rows. The first row contains the letters 'E', 'H', and 'L'. The second row contains the numbers '1', '4', and '2'. The third row contains the numbers '11', '2', and '1'. The first column is labeled 'Event #' with a red box and arrow. The second column is labeled 'Heat #' with a blue box and arrow. The third column is labeled 'Lane #' with a green box and arrow. The letters 'E', 'H', and 'L' are circled in red, blue, and green respectively, corresponding to the column headers.

Their next event will be event #11, heat # 2 and lane # 1

E	H	L	S
7	3	6	FREE
*27	1	3	MR-BREAST
37	2	4	BREAST
67	1	4	IM
*67	1	3	FR-(2)

9. Team Uniform and Apparel

❖ Team competition suits:

These are available through our TYR representative. If you are unable to purchase a team suit, athletes may wear a solid navy blue suit for competitions. For ordering information, click [here](#). It is mandatory that all swimmers wear the Victor Swim Club Cap during all practices and events. A latex cap will be provided by the Victor Swim Club for all new swimmers. Additional caps may be purchased for \$7(latex) or \$14(silicone).

❖ Additional apparel options:

1. Go to teams.tyr.com

- Click "Create an account"
- Victor access code: 22641

We are a TYR-sponsored club, and they have created a Victor team store that gives VSC members 25% off TYR at all times (you will receive additional discount codes from time to time via email) and 10% off the custom section with logoed Victor apparel.

2. There is a Victor Swim Club team store at SwimOutlet.com

3. We hold additional apparel sales periodically with a wide assortment of Victor clothing, as well as an opportunity to purchase personalized swim caps each winter.

10. Achievement Awards

- ★ Best Time Ribbons - All swimmers in our Developmental, Intermediate & Performance groups will receive a best time ribbon every time they achieve a best time at a meet
- ★ GVSL Championship Qualifiers - All swimmers qualifying for the GVSL Championship meet will receive a bag tag (unless the swimmer is also attending Golds)
- ★ "Silver" Meet Qualifiers - All swimmers qualifying for the Niagara Championship Qualifier Meet (Silvers) will receive a Victor Swim Club Silver Team bag tag (unless the swimmer is also attending Golds)
- ★ Niagara LSC Championship Qualifiers - All swimmers qualifying for and attending the Niagara Championship Meet (Golds) will receive a Victor Swim Club Championship Team T-shirt and a bag tag
- ★ Eastern Zone Qualifiers - All swimmers qualifying for the Eastern Zone Championship Meet will receive a Victor Swim Club Zone Team cap
- ★ Speedo Sectionals, Futures, Juniors, US Open, Olympic Trials - All swimmers qualifying for one of these events will receive a Victor Swim Club National Team cap

11. Volunteering

The Victor Swim Club hosts and participates in many swim meets during the swim season. We rely on our membership to volunteer at these meets to ensure their success. During the registration process, each family is required to agree to a volunteer commitment. We require a minimum of 12 hours of volunteer time to complete your obligation for the short-course and long-course seasons. (Members who donate a crockpot of food to our meet hospitality area will receive credit for 1 hour). If you do not complete your 12-hour obligation, your account will be billed \$25 per hour missed.

One to two weeks before a swim meet, the Job Sign-Up will be posted on the meet event page. Jobs listed for a swim meet typically include:

- ❖ [Awards](#)
- ❖ [Check-in](#)
- ❖ [Clean-Up Crew](#)
- ❖ [Clerk of Course](#)
- ❖ [Concessions](#)
- ❖ [Head Timer](#)
- ❖ [Hospitality](#)
- ❖ [Lane Timer](#)
- ❖ [Meet Marshal](#)
- ❖ [Pool Deck Sentinel](#)
- ❖ [Program Sales](#)
- ❖ [Runner/Heat Winner Ribbons](#)

We also welcome volunteers to help with tasks such as fundraising, social activities, best time awards, etc. There are many ways for you to help enrich the club experience for your swimmer and family! Please fill out the following Google form so we can match your interests/talents with a job:

<https://forms.gle/UMZwuhBEqeVD6VqT9>

12. Officials

USA Swimming meets could not be run without the help of volunteer officials. The Victor Swim Club is proud to have many certified officials, and we encourage parents to get involved in the club and the sport by starting the certification process. Please click the following link to go to our officials page, or reach out to our official's chair, Shawn Baldwin (shawnb@rochester.rr.com) for more information.

<https://www.niagaraswim.org/page/officials-updated>

13. Volunteer Lifeguard Program

The goal of our Parent Lifeguarding Program is to offset lifeguarding expenses associated with the use of the Victor Aquatic Center while still providing a safe environment for practices. It provides an opportunity for parents to get involved in our swim club by volunteering as lifeguards during practices and hosted swim meets. As an added benefit, we have created an incentive package for our parent lifeguards. Please click [here](#) for more information about this important program.

14. Fundraising

The Victor Swim Club conducts two fundraisers per swim season. One takes place in October (Finger Lakes Coffee Roasters) and one in February (Swim-A-Thon). These fundraisers are significant revenue generators and are an important part of our operating budget. The funds generated help to ensure that we have the best resources available for our swimmers. Information regarding each fundraiser will be sent to the membership via email. There is a \$300 buyout option if a family chooses to not participate in fundraising. The fee may be prorated based on partial participation.

15. Financial Policies

Registration fees, either full payment or 50% payment, are due at the time of registration. If paying by check, members are responsible for mailing their check in a timely manner to the Victor Swim Club, PO Box 293, Victor, NY 14564. Meet fees and meet travel surcharges will be billed monthly. We strongly advise that families keep a credit card on file with the club to pay these fees. A credit card surcharge of 2.95 % will be added to all credit card payments.

The Victor Swim Club refund policy in regard to registrations is that refunds are not issued once registration fees are paid. Like any organization, the Victor Swim Club establishes annual budgets that account for personnel, facilities, resource planning, and USA Swimming fees, all requiring financial commitments. As a result, the Victor Swim Club cannot provide refunds of registration fees for swimmers. This being said, if you feel there is a circumstance where a swimmer must leave the club, beyond your control, you can submit a request to the Victor Swim Club board for review. This review does not guarantee a refund will be made.

We offer a member referral credit program for any families who refer a new member to our club. Please click [here](#) for more information.

16. Competitive Swimming Governing Organizations

USA Swimming

USA Swimming is the National Governing Body for the sport of swimming in the United States. It promotes the culture of swimming by creating safe and healthy opportunities for athletes and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Their membership is composed of swimmers of every age and ability, all the way up to the Olympic Team, as well as coaches, officials and volunteers. USA Swimming is responsible for selecting and training teams for international competition, including the Olympic Games, and administering competitive swimming in accordance with the Ted Stevens Olympic & Amateur Sports Act. Their headquarters are located at 1750 East Boulder Street, Colorado Springs, Colorado 80909.

Niagara Local Swimming Committee (LSC)

This is our USA Local Swimming Committee (LSC). Our LSC consists of 76 clubs with approximately 4500 swimmers. The geographical area covered by our LSC is the portion of New York State west of and including the counties of Oswego, Onondaga, Cortland and Broome. We are the sixth largest LSC in the country by the number of registered swimmers. Additionally, USA Swimming groups LSC's into four zones. Niagara LSC is grouped into the Eastern Zone along with Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Potomac Valley and Virginia LSC's.

Genesee Valley Swim League

The Victor Swim Club (VICT) is a member of the Genesee Valley Swim League which is comprised of 5 swim teams around the Rochester, NY area, including the Marlins Swim Club (GRSC), Hilton Area Swim Team (HAST), Rochester Rapids Swim Team (RRST), and Sea Dragons Swim Club (SDSC). The league sponsors a dual meet season and at the end of the season, the league holds championship meets.

17. Time Standards

USA Swimming establishes motivational time standards for each age group every four years. The current standards will be in place until 2024 and are available [here](#). Time standards and age determine the type of meet in which a swimmer may participate. Age group standards progress from (slower to faster) B, BB, A, AA, AAA, and AAAA.

There are also time standards attached to the Championship meets that we attend. These are often referred to as “cut times”, and an athlete must achieve these times within a predetermined qualifying period to be eligible to compete in these meets. Please click [here](#) for a list of the current qualifying times.

18. USA Swimming's Power Point & IMX Programs

USA Swimming's Power Point Program

Every swim listed in the USA Swimming times database includes a Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups. The power point scale ranges from 1 to 1100 points. The higher the points, the stronger the athletes are in that event. USA Swimming uses these points to rank athletes and their clubs in their IM Ready, IMX and Virtual Club Championships programs.

USA Swimming's IMX Program

IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yes, even across the USA! Not ready for IMX? IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much? Then start getting "IM Ready" by swimming shorter distances, and keeping track of your improvements.

An IMR or IMX score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMR/IMX purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.

IM READY EVENTS

Age Group	Events
9 and under, 10-year olds	100 Free, 50 Back, 50 Breast, 50 Fly and 100 IM (SCY) or 200 IM (LCM)
11-year olds; 12-year olds	200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

13,14,15,16,17 & 18-year olds	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
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The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club.

IMX EVENTS

Age Group	Events
9 and Under, 10-year olds	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11-year olds; 12-year olds	400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM
13,14,15,16,17 & 18-year olds	400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Calculating Your Power Point and/or IMX Scores

Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club. A swimmer can calculate their power point score instantly by using [USA Swimming's Power Point Calculator](#). A swimmer selects their event and age, enters their time into the calculator and then clicks on the Calculate button. A swimmer also has the option of looking at and printing the chart of all point values from 2 to 1,100 with corresponding times for the selected event. These tables make it possible to look at specific events and research the point value assigned to various times for that event. Note: All 8-under athletes use the 9 yr old scores.

To calculate your athlete's IMX score, simply add up the power point values for the 5 or 6 IMX events for their age group. The total is their IMX score.

USA Swimming's Virtual Club Championship(VCC)

The purpose of the VCC program is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program. Click [here](#) for more information.

to help enrich the club experience for your swimmer and family!

19. Victor Swim Club Parent Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. It is essential to provide the coaching staff with respect and the authority to coach the team. As part of club membership, we ask parents to abide by the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns first to my child's coach; then, if not satisfied, to the appropriate supervisor, or Mike Murray, directly.
- I understand the above expectations and that my failure to adhere to them may result in disciplinary action or removal from the Victor Swim Club.

20. Additional Team Policies

VSC Locker Room & Cell Phone Policy	VSC Team Photography Policy
VSC Team Policy for Coaching Athletes with Disabilities	VSC Team Policy on Bullying
VSC Team Policy on Athlete Conduct	VSC Team Travel Policies
VSC Team Policy on Coach Conduct	VSC Parental Consent Forms
VSC Team Policy for Inclusion of Gender Diverse Minors	VSC Grievance Policy

21. Team Communication Policy

The primary means of communication with our membership will be via email. It is important that families read all emails thoroughly to ensure that they do not miss critical information. We may also use social media at times to convey important messages.

Victor Swim Club Parent/Staff Communication Policy

Open and honest communication between coaches and parents is critically important to the success of our athletes at the Victor Swim Club. We encourage our parents to reach out to the coaching staff with questions and concerns. It's also important to remember that our coaches have families of their own, as well as other jobs and responsibilities outside of the Victor Swim Club. As part of an ongoing focus on helping our staff to achieve a better work/life balance, we are implementing the following communication guidelines.

1. We ask that all communication with coaches be done via email. Our coaching staff will respond to all emails within 72 hours, typically much sooner.
2. If you would like to speak with a coach by phone, please email first to set up a mutually convenient time to speak. Coach Dan will be available during normal business hours, Monday-Friday from 8:00 AM-5:00 PM, and Saturdays for one hour after practice.
3. Please DO NOT contact our staff via text/Messenger. The ONLY exception to this rule will be when we are away at travel meets and an urgent message needs to be communicated.

We thank you in advance for working with us to create opportunities for communication, while respecting our coaches' time away from the pool,