

# University City Swim Club

Heman Park Pool  
7210 Olive Blvd., University City, 63130

[www.universitycityswimclub.com](http://www.universitycityswimclub.com)

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Summer 2024  
Handbook

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## General Information

Thank you for signing up for the youth summer 2024 season with the University City Swim Club!

The summer season will start on Monday, June 10 and ends on Thursday, August 15, at [Heman Park Pool](#) (7210 Olive).

There are four practice days per week. Monday-Thursday. Practice attendance is flexible.

Levels	Monday - Thursday
Level 1	4:45 - 5:30 p.m.
Level 2	4:45 - 5:45 p.m.
Level 3 and 4	5:30 - 7 p.m.
Level 1 (group 2)	5:45 – 6:30 p.m.

### COACHES

Bri Buckle  
Emily Leong  
Ryan Lutker  
Julie Palmer  
Matt McGinnis  
Tomas Salazar

### BOARD

President: Ellen Howe  
Treasurer: Paul Granneman  
Secretary: Emily Leong  
Members: Mirella Barboza, Rachelle Dell, Jordan McCall, Andrew Wool  
Director of Operations: Doni Causey

### Heman Park Pool Passes

Membership to Heman Park Swimming Pool at Centennial Commons is required. Pricing is available here: [Heman Park Swimming Pool | University City, MO - Official Website \(ucitymo.org\)](#). UCSC swimmers can get the resident rates. It is highly encouraged to purchase passes before the season starts.



### **Weather/ Pool Closure Policy**

In case of inclement weather or lightning, practices may be delayed or canceled. In case of pool closures at Heman Park Pool due to events or pool service issues, practice may be canceled and or rescheduled. Last-minute practice changes will be communicated by email.

### **Download the On Deck App Today!**

Check your account balance, update medical information and more. The On Deck app is available on [iOS](#) and [Android](#).

### **Quick Links**

- [Link to Team Calendar](#)
- [Connect with Us](#)
- [Link to Team News](#)

### **Billing**

There is a one-time charge of \$250 for all swimmers. This covers the full summer season. Please note: a USA Swimming registration and Heman Park Pool registration is also required.



## Swim Levels

### LEVEL 1

Practice yardage: 1000 – 1500 yards

This group is designed for swimmers who can independently swim across the pool with any swim stroke. The focus of this group is fundamentals of swimming and good habit forming. The LEVEL 1 swimmer has complete proficiency in the freestyle and backstroke, and a beginning knowledge of the butterfly and breaststroke. This is an introduction to fundamentals such as streamline, under water pullouts, starts, turns, and proper technique regarding kicking, pulling and body positions. Participation at meets is encouraged.

### LEVEL 2

Practice yardage: 1500 – 2000 yards

This group is designed for the swimmers who have achieved the main goals of LEVEL 1 or who are already proficient in both freestyle and backstroke and have the basic understanding of breaststroke and butterfly. In LEVEL 2, swimmers will begin or improve on established drills and mechanics for all four strokes. Fundamentals are reinforced and encouraged. Practice attendance is emphasized and participation at swim meets is encouraged.

### LEVEL 3

Practice yardage: 2000 – 3000 yards

LEVEL 3 swimmers should exhibit legal strokes and turns in all four competitive strokes. At this stage, advanced drills and training are introduced and reinforced. This is an introduction to aerobic and anaerobic training, feel for the water, interval training and how to use the pace clock. Use of specific training equipment is encouraged. 75% practice attendance and participation at swim meets is encouraged.

### LEVEL 4

Practice yardage: 3500 – 4500 yards

LEVEL 4 swimmers have progressed into longer training sessions and exhibit the maturity to handle an increased demand of practice. These swimmers will have a working knowledge of all four strokes and are able to perform legal and proficient starts and turns, in addition to having good practice and training habits. Maximum utilization of equipment and training is emphasized. Understanding and implementation of advanced swimming techniques, goal setting, and team dynamics are essential. Intrinsic and extrinsic motivation as well as responsibility are essential. LEVEL 4 swimmers exhibit maturity, goal setting, and leadership qualities. 75% minimum practice attendance is expected to achieve both personal and team goals and participation at swim meets is encouraged.



## Registration Agreements

### Medical Release Waiver

Youth Team Swimmers: I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **University City Swim Club** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **University City Swim Club** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **University City Swim Club** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

I hereby waive, release and forever discharge **University City Swim Club** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **University City Swim Club** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

### Liability Waiver

By registering my child(ren) with the **University City Swim Club**, I agree to participate (or allow my child(ren) and family members to participate) in the **University City Swim Club**, and hereby release **University City Swim Club**, its directors, officers, agents, coaches, lifeguards, volunteers and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **University City Swim Club** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **University City Swim Club** program.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **University City Swim Club** program.



### **Photo Release**

I hereby authorize UCity Swim Club to publish the photographs taken of me and/or the undersigned minor children, and our names, for use in the UCity Swim Club printed publications and website. I release UCity Swim Club from any expectation of confidentiality for the undersigned minor children and myself and attest that I am the parent or legal guardian of the children listed below and that I have the authority to authorize UCity Swim Club to use their photographs and names. I acknowledge that since participation in publications and websites produced by UCity Swim Club is voluntary, neither the minor children nor I will receive financial compensation. I further agree that participation in any publication and website produced by UCity Swim Club confers no rights of ownership whatsoever. I release UCity Swim Club, directors, officers, agents, coaches, lifeguard, volunteers and employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned minor children.

### **UCSC Policies**

Parents should review policies with their child(ren).  
I have read the Bullying Policy and agree to abide by its rules.  
I have read the Locker Room Etiquette and agree to abide by its rules.  
I have read the Swimmer Code of Conduct and agree to abide by its rules.  
I have read the Parent Code of Conduct and agree to abide by its rules.

**Note:** Please refer to [UCSC Policies](#) on our website.

### **Video Analysis Feedback**

During swim practice, coaches may use a tablet to provide video feedback for athletes. This is beneficial for both the athletes and the coaches. Video analysis gives athletes the opportunity to see how they swim and helps with goal setting. The videos recorded on the devices are not shared and are deleted shortly after practice.

