



Bluefish Swim Club

Team Handbook and Membership Information

September 2025-August 2026

“A continued tradition of excellence”



Please complete online registration at www.bluefishswimclub.com

Attleboro, MA

Windsor, CT

Cape Elizabeth, ME

Brunswick, ME



TABLE OF CONTENTS

- I. Team Information
 - a. Philosophy
 - b. Mission Statement
 - c. Vision Statement
- II. Bluefish Creed
- III. Coaching Staff
- IV. Pool Locations
- V. Membership Information
 - a. Registration
 - b. Membership Due
 - c. Leaving the Team
 - d. Group Fee Structures
- VI. Account Information
 - a. How to Sign into Your Account online at bluefishswimclub.com
 - b. Personal Dues Summary Information
 - c. Set Up Auto Payment
 - d. On Demand Payment
 - e. Online payment platform
- VII. Other Fees
 - a. Annual Bluefish Registration
 - b. Annual USA Swimming Registration Fee
 - c. Annual Attleboro YMCA Membership
 - d. Swim Meet Fees
 - e. Coaching Fees for Swim Meets
- VIII. Swim Meets
 - a. Signing up for Swim Meets
 - b. Home Swim Meets
 - c. Non-Team Hosted Swim Meets
 - d. Team Travel Swim Meets
- IX. Team Apparel
 - a. Bluefish apparel
 - b. Team Uniform Policy
 - c. Additional Team Apparel and Tech Suit Sales
- X. Bluefish Boosters
- XI. Waivers and Release



TEAM INFORMATION

Team Philosophy: Bluefish Swim Club believes in developing well-rounded athletes with proficiency in all four competitive strokes across all distances competed. ABF's development model starts with a foundation in technique that is consistently reinforced at all levels of the program aided with age-appropriate aerobic development and racing skills. Bluefish believes in setting up swimmers for long-term success looking at the athlete's full journey within the sport and will not sacrifice the long-term goal for short-term success.

Mission Statement: Bluefish Swim Club aims to inspire swimmers of all ages to reach their goals through consistent and deliberate effort, a positive attitude, and a passion for swimming based on sportsmanship and a commitment to excellence.

Vision Statement: Bluefish Swim Club aims to consistently perform at the highest levels in the sport while providing safe and encouraging environments for young people to thrive within the sport. Swimmers within the program will be challenged to excel and succeed at a local, regional, national, and international level.

Coaching Philosophy: Bluefish Swim Club's coaches believe in three key components to develop championship level swimmers: Advanced Stroke Technique, Proper Endurance Training, and Race Specific Training. Through specialized and focused practice sessions, swimmers learn how to excel in all disciplines of competitive swimming. Coaches will positively encourage swimmers daily, keeping them both physically engaged in challenging and progressive practice sessions and mentally engaged to further each athlete's understanding of their own physical tools along with the principles of competitive swimming. Coaches support the athletes throughout their journey within the sport of swimming and their personal development outside of the water.

BLUEFISH CREED

Excellence:

- A Bluefish will be committed to excellence.
- A Bluefish will have a burning desire to succeed.
- A Bluefish will believe that excellence is only achieved through commitment, self-discipline, and hard work. There is no easy road to excellence.
- A Bluefish will believe that excellence is a way of life. Swimming is one aspect of a life well and beautifully lived.
- A Bluefish will have high expectations of ourselves and those around us.
- A Bluefish will do anything we set our minds to.
- A Bluefish will trust in our own capabilities and refuse to limit ourselves by thinking small.
- A Bluefish will not be normal, or average, or mediocre, and we will not pretend to be.
- A Bluefish will rise above the crowd.
- A Bluefish will not be afraid to distinguish ourselves.
- A Bluefish will never settle for mediocrity.
- A Bluefish will never be satisfied. We know it can always be done just a little bit better. We are in quest for perfection.
- A Bluefish will improve every day, getting fitter, stronger, faster, tougher, smarter, and better.
- A Bluefish will enjoy our excellence, working hard, testing ourselves, improving, and excelling. We will push the envelope daily.
- A Bluefish will become worthy by striving after high and worthy goals.



Pride:

- A Bluefish will be proud to be a member of the Bluefish Swim Club.
- A Bluefish will work to make the Bluefish Swim Club a team we can be proud of.
- A Bluefish will be responsible for the success of the team.
- A Bluefish will be responsible for the reputation of the team, so we can carry ourselves with dignity, knowing our behavior and our words reflect our teammates.
- A Bluefish will treat one another the way we wish to be treated with respect.
- A Bluefish will behave like ladies and gentlemen.
- A Bluefish will not whine when we lose, and we don't gloat when we win.
- A Bluefish will embody quiet confidence.
- A Bluefish will be confident because we have done everything right, we have done more than was asked, and we are physically and mentally stronger than the rest.

Responsibility:

- A Bluefish will set a good example for others to follow.
- A Bluefish will make no excuses.
- A Bluefish will take responsibility for our actions. We don't look for someone else to blame.
- A Bluefish will make things happen. We are in control of our destinies.
- A Bluefish will not hope for miracles. We create them by hard work.
- A Bluefish will leave nothing to chance.

Persistence and Dedication:

- A Bluefish will be in for the long haul. We don't look for quick fixes or instant gratification. We know there is no substitute for hard work.
- A Bluefish will believe success is determined by thousands of daily decisions to excel.
- A Bluefish will believe anyone can set goals; we are special because we are willing to work to achieve our goals.
- A Bluefish will embody consistent persistence. We finish what we start.

Courage:

- A Bluefish will relish challenges.
- A Bluefish will see opportunities everywhere, and we take advantage of them.
- A Bluefish will know that succeeding means taking risks. We are not afraid of losing, because we learn volumes from every loss.
- A Bluefish will value the worthy opponent above all others; they alone push us to our limits and teach us our weaknesses. They bring out our best and help us become better.

Unity:

- A Bluefish will support our own and our teammates' excellence.
- A Bluefish will encourage positive peer pressure: We help our teammates to be their best.
- A Bluefish will respect themselves and their teammates.
- A Bluefish will value themselves and their teammates.
- A Bluefish will look for good in one another.
- A Bluefish will believe that a team only succeeds when their members pull for and care for one another. Champions hang around champions.



COACHING STAFF

Nick Rice, Head Coach Windsor Branch, nrice.swim@gmail.com, (413) 519-4739

- Coaching Staff for the USA Swimming National Junior Team 2014-2017, 2019-2023
- Head Coach for the 2024 USA Swimming Girls National Select Camp
- Coaching Staff Member USA Swimming Junior National Team Camp 2023
- Coaching Staff Member USA Swimming Girls National Select Camp 2018, 2019
- ASCA Top 50 Age Group Coach of the Year 2021, 2024, 2025
- New England Swimming Age Group Coach of the Year for the 2014-15, 2020-2021
- Certificate of Excellence Award from the American Swimming Coaches Association 2014, 2016, 2021

Brian Cameron, Head Coach Attleboro Branch, bluefishcoachbrian@gmail.com, (508) 284-4018

- Cape Verde Olympic Coach 2021
- Cape Verde World Championships Coach 2019
- Boston Globe MIAA Coach of the Year 2005

Ryan Yucka, Assistant Coach Attleboro Branch, ryucka@yahoo.com, (413) 250-2990

- Trinidad and Tobago Olympic Team Camp Staff 2024
- ASCA Top 50 Age Group Coach of the Year 2021
- New England Swimming Coach of the Year 2016

Jacob Wingfield, Assistant Coach Windsor Branch, jawbpr@gmail.com, (413) 320-3738

Andrea Ronan, Assistant Coach Attleboro Branch, andrearonan99@gmail.com

Colton Parkinson, Assistant Coach Attleboro Branch, coltonparkinson15@gmail.com, (508) 223-6612

POOL LOCATIONS

ATTLEBORO, MA	Attleboro YMCA Pleasant St Branch 537 Pleasant St. Attleboro. MA 02703	Attleboro YMCA Downtown Branch 63 N Main St. Attleboro, MA 02703
WINDSOR, CT	Loomis Chaffee School 4 Batchelder Rd Windsor, CT 06095	
MAINE	Bowdoin College - Farley Field House 35 Watson Dr Brunswick, ME 04011	Cape Elizabeth High School 345 Ocean House Rd Cape Elizabeth, ME 04107



MEMBERSHIP INFORMATION

Registration: Registration must be completed at www.bluefishswimclub.com. All swimmers are required to be accessed by a member of the coaching staff before completing team registration to ensure proper group placement. Please make sure that you fill out all required account and swimmer information including up to date apparel sizes.

Membership Dues: Dues are based on the group each swimmer is registered for after being assessed and assigned by a member of the coaching staff. There are two swimming seasons each full year: Short Course (September-March) and Long Course (April-August). There are three registration options with two payment options each:

1. Full Year Registration: With this option your swimmer(s) is registered and committed for the entire 2025-26 season. This registration option has two payment installments available:
 - Pay in full - the full cost of the program is paid for at the time of registration.
 - 12 Installments - the cost of the program will be broken down into 12 equal payments with the first payment made with registration. The following 11 payments will be billed on the 1st of each month, October-August.
2. Short Course Season Only: With this option your swimmer(s) is registered to participate for the duration of the Short Course Season (September-March) only. Additional registration for the Long Course Season is required. This registration option has two payment installments available.
 - Pay in full - the full cost of the program is paid for at the time of registration.
 - 7 Installments - the cost of the program will be broken down into 7 equal payments with the first payment made with registration. The following 6 payments will be billed on the 1st of each month October-March.
3. Long Course Season Only: With this option your swimmer(s) is registered to participate for the duration of the Long Course Season (April-August) only. This registration option has two payment installments available.
 - Pay in full - the full cost of the program is paid for at the time of registration.
 - 5 Installments - the cost of the program to be broken down into 5 equal payments with the first payment made with registration. The following 4 payments will be billed on the 1st of each month, May-August.

Leaving the Team: Families ending their involvement with Bluefish Swim Club should notify the team at least 30 days prior to leaving. If you are leaving for any reason of dissatisfaction, it is helpful to communicate this to your coaches and team administrators. Members leaving the team prior to the completion of the program that they registered for will still be obligated to pay the remaining balance of the program including any competition fees owed for meets members are signed up for. All account balances must be settled in full.



Group Fee Structures:

Year Round

Group	Full Year	Initial Payment + Registration Fee	12 Payment Option^ <i>Billed Monthly</i>
Green Group	\$2,520.00	\$460.00	\$210.00
Blue Group	\$3,300.00	\$525.00	\$275.00
Red Group	\$3,780.00	\$565.00	\$315.00
Black Group	\$4,500.00	\$625.00	\$375.00
Senior 1	\$5,400.00	\$700.00	\$450.00

Pay in Full Option is Full Year Cost + 250.00 Registration Fee

12 Payment Option Billed: Initial Payment & Registration, Oct, Nov, Dec, Jan, Feb, Mar, Apr, May, Jun, Jul, Aug

Short Course Season (September-March)

Group	SCY Season Only	Initial Payment + Registration Fee	7 Payment Option^ <i>Billed Monthly</i>
Green Group	\$1,505.00	\$465.00	\$215.00
Blue Group	\$1,995.00	\$535.00	\$285.00
Red Group	\$2,380.00	\$590.00	\$340.00
Black Group	\$2,800.00	\$650.00	\$400.00
Senior 1	\$3,325.00	\$725.00	\$475.00

Pay in Full Option is Full Season Cost + 250.00 Registration Fee

7 Payment Option Billed: Initial Payment & Registration, October, November, December, January, February, March

Long Course Season (April-August)

Minus \$250 from Registration Fee if you already paid the Reg Fee with Short Course enrollment

Group	LCM Season Only	Initial Payment + Registration Fee	5 Payment Option^ <i>Billed Monthly</i>
Green Group	\$1,125.00	\$475.00	\$225.00
Blue Group	\$1,475.00	\$545.00	\$295.00
Red Group	\$1,750.00	\$600.00	\$350.00
Black Group	\$2,000.00	\$650.00	\$400.00
Senior 1	\$2,375.00	\$725.00	\$475.00

Pay in Full Option is Full Season Cost + 250.00 Registration Fee (Unless paid during SCY Registration)

5 Payment Option Billed: Initial Payment & Registration, May, June, July, August

^This program is not a pay by month program. Payment structure options are offered to make the overall cost of the program easier to pay. The full cost of the program registered for must be paid regardless of time missed. No Refunds will be given after the first two weeks of swimming following the swimmer's practice. Swimmers who signed up for the full year and wish to leave the program prior to or at the conclusion of short course season will be charged the difference in price between the Full Year and Short Course Season fees for the full 7 months of the program + a penalty equal to a one month payment for the Full Season Fees. If leaving at any point prior to the conclusion of the short course season families are still financially obligated to pay the full Short Course Season Costs + the penalty fees.

Sibling Discount- Families with more than 1 swimmer enrolled in the program are eligible for a sibling discount of 10% for each additional swimmer after the 1st swimmer. The swimmer in the highest level will be charged at full price and the discount will be applied to the siblings in the lower groups. Swimmers in Senior 1 are not eligible for the sibling discount.

High School Swimming Discount- Swimmers in Black Group who are choosing to participate in their school sponsored swim team (not other sports) will receive the following discount (\$300) spread out in equal installments in Jan-Mar or individuals paying quarterly or in one payment will see a single credit applied to their account in March. Swimmers receiving this discount are limited to attending a maximum of three practices a week and team hosted meets during the high school season. Swimmers also receiving this discount are not eligible to attend the Senior Christmas Training Trip. Swimmers in the Senior 1 group are not eligible to receive this discount.



ACCOUNT INFORMATION

How to Sign into Your Account online at bluefishswimclub.com:

1. Sign into your Team Unify account through the Sign In button on the team website
2. My Account button
3. Review/Change the visible account information for accuracy then click Save Account Changes button in the lower right of this entry window
4. Review Members Under This Account box at the bottom of the General Info window. Clicking on the member's name will bring you to the Member Profile page where you can edit the information for changes.
5. If a change is made, please click on "Save Changes"

Personal Dues Summary Information:

1. Click on the "\$ My Invoice/Payment"
2. Click the "? Learn about your billing summary"
3. Click the "\$ Membership Dues Schedule" to view how your membership your dues are set-up
4. Please click on Feedback Zone to submit

Set Up Auto Payment: Once you are in your Account, navigate to "Setup Auto Pay". Go to the "Payment Setup" Tab. Here you can add credit card bank account information. Select your card and the setting "Use for Fees Associated with your Account"

On Demand Payment: Credit Card only payment. You can initiate a one-time payment in any amount you would like, whenever you would like. Just login to your account and access your invoice. Click on the payment tab and make a payment with your credit card. If you do attempt to do this, please let a team administrator know when the transaction is complete.

Online payment platform: Team Unify automatically processes accounts every month on the 1st of each month at 12am PT. Late fees of \$25.00 will be automatically added to the member account if the monthly balance is not paid in full by 12am PT on the 24th of the month. Members struggling with payments should contact Nick Rice immediately. If an account goes unpaid the following penalties will be enforced to all members on the account:

- 30 days past due: an email will be sent to the account holder requesting payment and that the account is on notice.
- 60 days past due: an email will be sent to the account holder notifying that the swimmer attached to the account will no longer be allowed to participate in competitions until the balance is paid or other arrangements have been made.
- 90 days past due: an email will be sent to the account holder notifying that the swimmers attached to the account are suspended from all team activities including practices until the account is paid or other arrangements have been made.



OTHER FEES

Annual Bluefish Registration Fee: A \$250 Registration Fee is incurred every year per swimmer. This fee is required of all swimmers before they begin practice. This fee covers administrative costs associated with registration, meet entry and other items. Each swimmer will receive 2 swim caps, 1 team shirt, and 1 team suit included in this fee. All Members must complete online registration each year to keep their account active.

Annual USA Swimming Registration Fee: Members are also required to complete the individual online registration process and payment with USA Swimming through SWIMS 3.0.

Annual Attleboro YMCA Membership: Bluefish members who practice out of this facility will be required to pay a membership fee of either the youth membership or the family YMCA membership and designate Attleboro as their swimmer's main branch. This fee is directly paid to the Attleboro YMCA. All YMCA's have reciprocity.

Swim Meet Fees: Meet entry fees are not included in your membership fees. Meet entry fees will be billed throughout the season. Typically meet entry fees range from \$5-10 per event. Some meets may have a swimmer participation fee ranging from \$10-\$30. National, Sectional and all Championship meets are generally more. The Coach has total authority over choosing what events their swimmers swim. USA Swimming rules do not allow a swimmer to exceed six events per day (excluding relays) Trials/Finals competitions are limited to three individual events per day (excluding relays). You will only be charged for the events that the swimmer is entered in. If your swimmer misses a race for whatever reason (illness, family emergencies etc.) the fees are non-refundable. A typical two-day meet (12 events plus a coaching fee) is approximately \$75-\$100 per swimmer.

Coaching Fees for Swim Meets: There will be a \$15.00 coaching fee per swimmer for team-hosted meets and a \$25.00-\$35.00 per swimmer fee for non-ABF hosted regular season meets that will be charged to your entry fees. This coaching fee helps defray the costs of food, hotel, and transportation for the club staff. This fee will be \$45.00 for Championship swim meets, including New England Seniors, Bronze, Silvers, Age Groups, the New England Cup and other meets that might be added.

SWIM MEETS

Signing Up for Swim Meets: Members will need to be fully registered to sign up for any swim meets. Swimmers and families should discuss which meets they plan to attend with their individual coaches. All families must select Attend or Decline for each athlete for all meets. If you will not be attending all days of a meet, please leave a note on the sign-up page as to which dates you will not be attending. Families may select events in which they wish to enter; however, coaches have the final say in event selection. Each swim meet will have a sign-up deadline. Once the deadline is passed, all swimmers not **DECLINED TO ATTEND** will be committed to the competition.



Home Swim Meets: Bluefish Swim Club hosts 2-5 swim meets a year. Hosting organized and profitable meets are the primary fundraisers for the team. Home meets provide our membership with some of the best opportunities for competition. You need to confirm attendance on the website, and only swimmers who decline entry will avoid entry fees. Our goal is to have 100% participation, motivated by an appreciation for Bluefish and the sport of Swimming. Due to the importance of successful fundraising, parents are expected to fulfill work requirements. Volunteers can choose their assignment/job, such as timing, by signing up on the website. Under each meet event is a link for job sign-ups. Work commitment policies are set by the team, as described below, and are tracked in Team Unify through job sign-ups.

Non-Team Hosted Swim Meets: Bluefish Swim Club will also travel to swim meets hosted by other swim clubs. These meets may require travel and overnight hotel stays. Families arrange their own travel for these meets. Entries for these meets are generally due 6 weeks before the start of the competition, requiring sign-ups to be done in advance through the team site. Once a sign-up deadline has closed, families are financially obligated for the entry regardless of participation. Some meets hosted by other teams require parent work assignments for lane timing. All families attending the meet are expected to help fill these positions. Any fines incurred to the team because of non-present timers will be passed along to all non-participatory members.

Team Travel Swim Meets: In addition to Team Hosted and Non-Team Hosted meets Bluefish will also have Team Travel Swim Meets where athletes will travel together as a team with coaches and chaperones. The team will arrange all the swimmers' travel, lodging, and in most cases, meals. Sign-ups for these will be available through online registration and a non-refundable deposit will be required at the time of registration. The remaining balance of the trip will be billed to the account with the next billing cycle. Finalized travel information will be communicated no later than 5 days prior to the departure date. Typically, Team Travel Meets are for the Senior Group; however, there are a few 11 and Over Travel Meets throughout the year. Accounts with any delinquent Bluefish fees will not be eligible to travel with the team until full payment is received. Some travel meets will include apparel and racing (tech) suits within the fee.

Swimmers who attend the meet, but do not travel with the team, will receive the team meet gear for an additional fee. These families will also be charged a portion of coaches' travel costs. Swimmers who scratch from the meet will still be responsible for covering additional travel costs and all fees associated with initial meet entry.

Please refer to the chart below for the anticipated Team Travel costs for the Bluefish Senior Team (for those with qualifying standards). This is just a guideline for family budgeting and to set expectations.:



	Winter Training Trip	In Season Team Travel	Sectionals & Futures	Summer Pro-Series Meets	Summer Juniors	International Team/Olympic Team Trials
Travel Costs:	\$1,200-\$1,600	\$600-\$1500 <i>Cost fluctuates with type of travel air vs ground.</i>	\$900-\$1,500	\$650-\$1,500	\$1,200 – \$2,200	\$1,500-\$2,500

*Meets like Futures, Junior Nationals, and Nationals are eligible to receive reimbursement from New England Swimming. Bluefish takes the reimbursement fees into account when billing for the travel/meet costs and deducts it from the amount charged. Bluefish Swim Club will submit all paperwork for reimbursement.

TEAM APPAREL

Bluefish apparel: Each account will be billed periodically for seasonal/championship team T-shirts, generally up to four per year. Families are responsible for picking up t-shirts at the designated locations. The T-shirts will be automatically billed to your account, and you are responsible for payment regardless of whether you pick up the T-shirt or not.

We have an online team store available with K&B Sportswear. Please visit and set up your account today. We will have two selected team ordering deadlines throughout the year (beginning of short course and long course seasons). If your order is placed within these deadlines, you will not be responsible for the shipping charges. If you place an order at any other time, you will be responsible for shipping charges. Please contact K&B Sports Swim Shop with any questions you might have at <http://www.kbswimandsports.com/> (508)-786-2998, M-F 9:00am-5:00pm

Team Uniform Policy: We are a SPEEDO sponsored team. Swimmers should be wearing SPEEDO suits and branded team apparel at all competitions. All team members are required to have all the apparel defined for each group. If a garment no longer fits, please order a new appropriately sized garment during the open team store periods. Please refer to the chart below for all required apparel and equipment

Training Group	Required Team Apparel	Required Equipment Bag Items
Black and Senior Group Approx Apparel Cost: \$475 Approx Equipment Cost: \$300	1. Team Warm-up Jacket 2. Team Warm-up Pants 3. Team Bag 4. Team Practice Suit* 5. Team Meet Suit 6. Team T-Shirts*# 7. Team Caps*	1. Speedo Deluxe Mesh Bag 2. Speedo Kickboard 3. Speedo DMC Elite Fins 4. Speedo Stroke Maker Paddles 5. Speedo Snorkel 6. Speedo Pull Buoy 7. Drag Sox Size 30
Blue and Red Group Approx Apparel Cost: \$350 Approx Equipment Cost: \$200	1. Team Warm-up Jacket or Parka 2. Team Bag	1. Speedo Deluxe Mesh Bag 2. Speedo Kickboard 3. Speedo Full Blade Fins



	3. Team Practice Suit* 4. Team Meet Suit 5. Team T-Shirts*# 6. Team Caps*	4. Speedo Snorkel 5. Speedo Pull Buoy
Green Group Approx Apparel Cost: \$200 Approx Equipment Cost: \$125	1. Team Bag 2. Team Practice Suit* 3. Team Meet Suit 4. Team Caps*	1. Speedo Deluxe Mesh Bag 2. Speedo Kickboard 3. Speedo Full Blade Fins

*A team practice suit, a team t-shirt, and (2) team caps are included with the team registration fee

(2) T-shirts are done per year that are required for all members to purchase (1) during the SCY season and (1) during the LCM season. Member accounts will be automatically billed for these.

Additional Team Apparel and Tech Suit Sales: Additional team apparel orders will be completed throughout the year by the team. Signups will typically be completed through an online sign-up through the team website. Costs associated with these will be billed to member accounts.

BLUEFISH BOOSTERS



BLUEFISH AGREEMENTS, POLICIES, WAIVERS AND RELEASES

Registration and Membership Agreement

New Members can register at any time. To be registered with the Bluefish Swim Club, New England Swimming, USA Swimming, new members must either complete the online registration through the team website or fill out and return the registration packet with completed documents: We offer a two-week trial period to new members. If after two weeks you decide not to stay on the team, we will refund any deposit except for the \$250 Registration Fee.

Returning Members are required to register by the start of the 3rd week of practice. Members must complete the online registration through the team website.

Membership Policies:

- You have read, understand and agree to all policies within the Team Handbook.
- You have read, understand and agree to all policies in the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”).
- All monies must be paid in full before swimmer(s) can register for the next season (including Bluefish Membership Dues, Outstanding Travel Expenses, and Bluefish Boosters Fundraising requirements).
- Refunds are not available unless approved by the Team Administrator.
- No Refunds for swimmers suspended by the Bluefish Swim Club for disciplinary reasons.
- No Refunds for swimmers asked to leave the Bluefish Swim Club for any reason.
- Any days missed are not subtracted from membership fees (including participation in High School Sports or choosing to leave the team)
- A \$35 charge will be assessed for all returned checks.
- We reserve the right to refuse admittance to practice due to excessively delinquent fees.
- We reserve the right to deny entrance to those athletes with outstanding balances into meets until their account has been paid in full.
- Member has reviewed, understands, and agrees our delinquent account policies
- Member has reviewed, understands, and agrees to uphold the anti-bullying policies
- Member has reviewed, understands, and agrees to uphold the electronic technology policies
- Member has reviewed, understands, and agrees our Membership Fees
- Member agrees to participate in the Bluefish Boosters Program Enrichment Requirement
- If a swimmer has to be sent home from a Travel trip for disciplinary reasons, parents agree to cover immediate transportation costs to send the athlete home.
- Bluefish Anti-Recruiting Policy: No Bluefish member shall INITIATE contact with another USA swimmer with the intent to recruit members to the Bluefish Swim Club.



Waiver of Liability Agreement: Parent's Consent & Waiver of Liability-Assumption of Risk-Indemnity Agreement

The undersigned parents or legal guardians (collectively referred to as "I", "We" or "Us") of (the "Child"), a member of the Bluefish Swim Club operated by SWIM NKE, Inc., ("Bluefish"), hereby request that the Child be permitted to participate on the Bluefish Swim Club. Participation includes dry land and swimming training, travel with the team to swim meets and training trips, coordinated by the Bluefish Swim Club ("ABF"). In consideration of the foregoing, We, on behalf of ourselves and of the Child, agree to the following:

1. **WAIVER OF LIABILITY:** We for ourselves, the Child, our heirs, personal representatives and assigns, forever release, remise, discharge and agree to save and hold harmless and indemnify Bluefish Swim Club and SWIM NKE, Inc., including, but not limited to, any directors, officers, agents, employees and volunteers of any of the Bluefish (the "Releasees") of and from any and all liability, claims, actions, and possible causes of action whatsoever, including the negligence of any of the Releasees that may accrue to Us, the Child, our heirs, and personal representatives and assigns from every and any loss, damage and injury (including death) that may be sustained by Us, the Child and/or our property while in, about, and en-route to and from the Event and any activities conducted during the course of the Event. (Please initial to indicate you have read this paragraph).

2. **ASSUMPTION OF RISK:** We for ourselves, the Child, our heirs, personal representatives and assigns, acknowledge and agree that the Child may be exposed to risks and dangers that may vary with the nature of the activities conducted during the course of the Event. We further acknowledge and agree that while ABF will endeavor to provide supervision during the course of the Event, that there may be occasions and/or activities where such supervision would be impossible, and that there may be occasions and/or activities where the Child may be under the control and/or supervision of individuals and/or entities that are not associated with the Bluefish or otherwise identified as Releasees herein. (Please initial to indicate you have read this paragraph).

3. **INDEMNITY AGREEMENT:** We for ourselves, the Child, our heirs, personal representatives and assigns, agree to indemnify and hold the Releasees harmless from any loss, liability, damage or cost, including reasonable attorneys' fees, that the Releasees may sustain or incur due, during or otherwise related to the Child's participation in the Event and specifically including any such loss, liability, damage or cost resulting from the negligence or other action, of the Releasees. (Please initial to indicate you have read this paragraph).

4. **MEDICAL RELEASE:** In the event that a medical emergency should arise, we for ourselves, the Child, our heirs, personal representatives and assigns acknowledge and agree that the Child may be taken to a hospital, clinic or similar entity providing emergency medical care in order to receive medical attention. (Please initial to indicate you have read this paragraph).

WE HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. WE ARE AWARE THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AN ASSUMPTION OF RISK AND AN AGREEMENT BY US TO INDEMNIFY THE RELEASEES.



Bluefish Codes of Conduct Acknowledgement

By accepting this waiver all team participants and family members attending any Bluefish sponsored practice, team event, team function, or competition agree to abide by the below Bluefish Codes of Conduct

Swimmer Code of Conduct

1. Coaching staff holds the final word on any rules, regulations, or disciplinary actions.
2. All Swimmers will be expected to adhere to the team creed posted on the team Bluefish Swim Club website.
3. All Swimmers are expected to follow the team uniform policy and must adhere to ABF apparel sponsor specifications.
4. In a prelim and final competition, swimmers who qualify for finals are expected to participate in the finals (even on Sundays).
5. Any swimmer or parent who has a question about a meet result, an officiating call, or the conduct of a meet should bring their concerns to a member of the ABF coaching staff. Our coaches, in turn, will pursue the matter through appropriate channels.
6. Swimmers will be punctual and prepared for every training session. Punctual means on time for practice, with suit, cap and goggles on and ready to swim (or, for dryland sessions, wearing appropriate clothing and ready to begin). It does not mean walking through the door as practice begins. Swimmers should have all necessary training accessories with them before the start of practice [flippers, dry land clothes (sneakers, t-shirt, possible wind breaker, hat and gloves), extra goggles & caps].
7. All members and families of the Bluefish Swim Club will be expected to follow all policies and procedures for each facility used for any team practice or meet.

Parent Code of Conduct

1. Parents will always be supportive of the team, its coaches, and members. Parents are expected to bring any concerns they have to the coaching staff, in an appropriate and respectful manner. They should refrain from airing their grievances publicly.
2. Parents will be expected to demonstrate a positive supporting atmosphere toward all swimmers, coaches, team representatives, and officials at every meet, team practice, and team sponsored activity.
3. Parents will not undermine the coaching staff or speak about a coach or team official in the presence of Bluefish Swimmers.
4. Parents will place the emotional and physical well-being of their child ahead of their own personal desires to win.
5. Parents will not interfere with or interrupt practice in any way, and they will adhere to all proper methods and guidelines of communication with their swimmers' group coach or the head coach.
6. Parents will not jeopardize the Bluefish Swim Club in any way through their own personal actions or statements.

I understand and acknowledge the aforementioned codes of conduct and understand that violation of these policies can result in punishments including but not limited to suspension from team activities and expulsion from the team.



Honor Code and Team Travel Agreement

The following code is always in effect.

1. Coaching staff holds the final word on any rules, regulations, or disciplinary actions.
2. All Swimmers are expected to follow the team uniform policy and must adhere to ABF apparel sponsor specifications.
3. In a prelim and final competition, swimmers who qualify for finals are expected to participate in the finals (even on Sundays).
4. Any questions swimmers or parents have concerning meet results, an officiating call or the conduct of a meet, should contact a member of the ABF coaching staff. Our coaches, in turn, will pursue the matter through appropriate channels.
5. Swimmers will be punctual and prepared for every training session. Punctual means on time for practice. This is defined as in your suit with your cap and goggles and ready to swim or if there is dry land this means you are in your appropriate clothing ready to go when practice begins. Punctuality is not walking through the door when practice begins. Prepared means that swimmers will have all necessary training accessories [flippers, dry land clothes (sneakers, t-shirt, possible wind breaker, hat and gloves) extra goggles & caps].

Items below refer specifically to team travel. Any swimmer attending a travel trip who the coach, coaches or chaperone feels acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishment including barring from future travel meets or other competitions or dismissal from the team.

1. The consumption or purchase of alcohol, smoking, or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. Any team member found or suspected to be in the presence of others (regardless of team affiliation) participating in any of the above activities will be subject to the same punishments and probable expulsion from ABF.
2. Male and female athletes are prohibited from being in the same room together with the door closed. This applies to ABF members or members of any other team. A chaperone/or coach must give permission for males and females (i.e.. for a small group to watch a movie) to be in the same room, but the door must always remain open in this situation.
3. No team meetings may be missed. Swimmers must be punctual to all meetings.
4. Swimmers must remain with the team at all times during a trip. Swimmers cannot leave the hotel, or pool without the permission of a chaperone and/or coaches.
5. No team member may be out of their room after the assigned lights out time (usually 10:15pm). Lights out means, lights out, all electronic devices off, in bed and ready to go to sleep.
6. Rooms and travel vehicles need to be kept neat, and all trash should be handled appropriately. Swimmers will clean up after themselves, coaches and chaperones are not your maids.
7. Any damage or thievery incurred at a motel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken.
8. No loud or boisterous behavior will be tolerated in hallways or public areas, and such behavior should be kept at a civil level in your rooms.
9. No calls from the room. Any movies or on-demand services must be paid at the front desk ahead of time with permission of a chaperone and/or coach.
10. All team members will be polite and quiet and leave a 20% tip in restaurants



Medical Release Waiver

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 **Bluefish Swim Club** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, or illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Bluefish 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 **Bluefish Swim Club** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participating in all Swim Team activities.

Photo Release Waiver

For value received, receipt of which is hereby acknowledged, I hereby irrevocably consent to and authorize the use by the Bluefish Swim Club and their assignees, customers, licensees, and those in contractual relationships with either of them, (collectively, the "Company") of any and all photographs or digital pictorial representations ("Pictures") taken of myself, and of any minors for whom I am responsible by Company, its agents and contractors, and any reproduction, modification, display, publication and distribution of them and any derivative works in any form and any media whatsoever throughout the world, in connection with the business of the Company, and to publicize, promote and advertise the business of the Company.

I hereby irrevocably waive any and all rights of privacy or publicity, or other rights of a similar nature in connection with the commercial exploitation of the Pictures, or any portion thereof, consistent with the terms of the foregoing consent or any advertising or publicity relating thereto. I also consent to the use of my own name and any such minor's name and any fictitious name which may be chosen in connection with the Pictures. I also consent to the use of my signature and any such minor's signature in connection with the above Pictures. I also waive any right to inspect and/or approve any such use of the Pictures. I expressly release and hold harmless the Company, its agents, employees, officers, directors and shareholders and those of its affiliates, customers, licensees, and those in contract with it of and from any and all claims, demands and liabilities by reason of their exercise of Company's rights. I agree that the Company may alter, modify or combine the Pictures with other works, and I hereby waive any claim that any version of the Pictures portrayed consistent with the terms of the foregoing consent constitutes a distortion, mutilation or disparagement or contains unauthorized variations of the Pictures. I shall not have the right to approve or enjoin the use of the Pictures or to rescind any right granted to the Company hereunder.

The Company will have no obligation to use the Pictures. I understand that Company will use the Pictures in reliance on the above consent and release.

This document is governed by the laws of the Commonwealth of Massachusetts. There are no other agreements between Company and me oral or written relating to the subject matter of this document. Any modification of the terms hereof must be in writing and signed by Company and me. If the Pictures depict a minor, I represent that I am authorized to sign on behalf of the minor who is identified below.



Required Facility Memberships Acknowledgment-Attleboro YMCA

By Acknowledging this waiver, you recognize that all athletes enrolled in the Bluefish Swim Club at the Attleboro location you agree to obtain and maintain a membership at the Attleboro YMCA for all Bluefish team participants. There are multiple membership options available at the YMCA that you can pick between those best suits your family. Failure to obtain or maintain your membership will result in your swimmer(s) not being able to participate in all team activities held at the YMCA locations until your membership is obtained or back in good standing. No refunds will be available for time missed due to a lapse in YMCA membership.

Online Payment and Delinquency of Payment

The Bluefish Swim Club handles all of its required dues and participation payments through an online bill-pay system. All families will be required to enroll in this and must either put a credit card on file or set up an automatic account withdrawal (ACH). Membership Dues are based on group placement as decided by the Coaching staff. There are two swimming seasons in each fiscal year: **Short Course** (September-March) and **Long Course** (April – August). There are 6 billing options: Full Season Registration (Including both SCY and LCM seasons) Pay in Full or Monthly Installments, Short Course Season Registration (September-March) Pay in Full or Monthly Installments, and Long Course Season Registration (April-August) Pay in Full or Monthly Installments

Dues are paid through the BluefishSwimClub.com website and are billed on the 1st of the month. Payments not received by the first will need to be reprocessed and paid by the 15th to avoid a \$25.00 late fee. Different payment installment options are available with different dues dates outlined in the pricing structure graph. All Registrants are responsible for the **FULL COST** of the program they register for regardless of installment option. No refunds or cancellations will be given. Swimmers joining late are still responsible for the full cost of the season program.

Registrants who sign up for the full year and wish to leave the program prior to or at the conclusion of short course season (September-March) will be charged the difference in price between the Full Year fees and Short Course Season fees for the full 7 months of the program in addition to a penalty equal to a one month payment for the Full Season Fees. If leaving at any point prior to the conclusion of the short course season Registrants are still financially obligated to pay the full Short Course Season Costs + the penalty fees.

Members on accounts delinquent for 60 days will no longer be able to register for swim meets until the balance is resolved; members of accounts delinquent for 90 days will no longer be able to practice until the account balance is resolved.

No refunds will be given for any missed days due to account delinquency.

For accounts which continue to be delinquent, and where no established payment plan is in effect and maintained, swimmers will be unable to renew registration for the next season and will not be allowed to practice.

All payment plans must be paid in full by the end of each swim year (September-August).

The Bluefish Swim Club and the reserve the right to collect all outstanding balances through the legal collection processes, including interest as stated above and legal fees incurred in the collection process.



Facility Usage Policies

Our ability to run successful swimming programs is 100% reliant on good relations with our facilities. Several facilities that we use have specific instructions for parking and utilizing the facility. Any infractions of these policies could result in swimmers and/or families banned from the facility or removal from the team.

The following policies are in effect for any facility that we utilize and should be always abided by at all of our Facilities:

1. Bluefish parents or swimmers shall NOT communicate with facility personnel.
2. Parents are NOT permitted on the pool deck. The coaches at the practice sites will determine and communicate the rules for watching practices.
3. Parents shall NOT converse with the coaches or swimmers during practice. This is disruptive and distracting to the coaches and swimmers. (Please schedule a meeting either via phone or e-mail with the coaches.)
4. All water bottles, trash and debris are the responsibility of the swimmers and shall be picked up and disposed of by swimmers at the end of practice.
5. Locker rooms are to be clean of debris, trash, etc. after practice.
6. Swim bags and equipment bags shall NOT be left on the pool deck overnight. Swimmers may be allowed to leave equipment bags at the facility in designated spots that will be communicated by the coaching staff. Equipment bags left on the pool deck or non-designated areas are considered public property for use by anyone using the pool facility. Neither Bluefish nor the pool facility is responsible for any lost items.
7. Every swimmer is expected to conduct themselves in a responsible manner, and refrain from loud outbursts, horse play, etc.
8. **Family members are required to supervise and control the behavior of their non-swimming children.** Siblings must remain in the pool area with parents at all times. In addition, siblings are not permitted to use bathroom facilities unattended.
9. If we are responsible for putting in and/or taking out lane lines, ALL swimmers will stay to help with this procedure.



Electronic Technology Policies

In the electronic age in which we live, every member of the Bluefish Team needs to be aware of the far-reaching effects of data posted to web sites, email, and other electronic mediums. This includes photos posted to web sites, text messages that contain inappropriate language or information that is private or confidential, blog sites, and messages posted to sites like Twitter, Facebook, etc.

We, as your coaches, do not want to have any team member's future or career jeopardized due to careless or thoughtless impulsive action. We all recognize that the words and photos that we post on-line are there for everyone to read and view. We have seen the high price that people pay for careless mistakes and poor choices.

Before posting anything to the internet or texting someone, we would like each Bluefish member to ask themselves the following questions:

- 1) Would I send this message or photo to my parents?
- 2) Would I send it to my coach or teachers?
- 3) Would I send it to my pastor, priest, rabbi or other religious leader or mentor?

If you cannot answer "yes" to any of the above questions, perhaps you should hit the "delete" button. Your future is too important to be affected by an action that is impulsive and rash.

In an effort to help each member attain a performance standard above reproach or criticism, the following is a list of rules in the use of electronic equipment:

USE OF CAMERAS: Under no circumstances will cameras be allowed in locker rooms. If your cell phone has a camera device, it may never be used in a locker room. Taking photos in a locker room is strictly prohibited. Photos will be confiscated or deleted. No photos containing nudity or inappropriate expressions or hand signals of any Bluefish members will be sent, forwarded or posted.

USE OF CELL PHONES

- At Practice: No cell phones will be allowed out of swim bags during practice without the coach's permission to make or accept a call.
- At Meets: Out of courtesy to fellow swimmers and teammates, all cell phones should either have volume on low or on vibrate. All devices containing music should be used only with headphones or ear buds/headphones before or after practice. They are not allowed to be worn during practice/dryland at any time.

TEXT MESSAGES: The texting of inappropriate language, use of swear words and foul language, divulging of personal or private information of another member without their consent is inappropriate behavior.

Consequences: Any violation of these rules, depending on the severity, will result in at a minimum of a verbal warning to a disciplinary meeting between the violator, parents and the coach. Consequences can range from a one-week suspension from practice to the member being excluded from the next meet and/or travel trip but ultimately will be decided by the Head Coach.



Anti-Bullying Policies

Action Plan of the Bluefish Swim Club to Address Bullying

PURPOSE

Bullying of any kind is unacceptable at Bluefish Swim Club (the “Club”) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of the Club’s Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that Bluefish Swim Club takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING?

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- i. Causing physical or emotional harm to the other member or damage to the other member’s property;
- ii. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. Creating a hostile environment for the other member at any USA Swimming activity.
- iv. Infringing on the rights of the other member at any USA Swimming activity; or
- v. Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC)

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents.
- Talk to a Club Coach, Board Member, or other designated individual.



- Write a letter or email to the Club Coach, Board Member, or other designated individual.
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled, and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following approach:

FINDING OUT WHAT HAPPENED

1) First, we get the facts.

- Keep all the involved children separate.
- Get the story from several sources, both adults and kids.
- Listen without blaming.
- Don't call the act "bullying" while you are trying to understand what happened.
- It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.

2) Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

- Review the USA Swimming definition of bullying.
- To determine if the behavior is bullying or something else, consider the following questions:
- What is the history between the kids involved?
- Have there been past conflicts?
- Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
- Has this happened before? Is the child worried it will happen again?



- Remember that it may not matter “who started it.” Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.

3) Support the kids who are being bullied

1. Listen and focus on the child. Learn what’s been going on and show you want to help. Assure the child that bullying is not their fault.
2. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to: Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
3. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
4. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4) Address bullying behavior

1. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
2. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
3. Work with the child to understand some of the reasons he or she is bullied. For example:
 - Sometimes children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved.
 - Other times kids act out because something else—issues at home, abuse, stress going on in their lives. They also may have been bullied. These kids may be in need of additional support.
4. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - Write a letter apologizing to the athlete who was bullied.
 - Do a good deed for the person who was bullied, for the Club, or for others in your community
 - Clean up, repair, or pay for any property they damaged.
5. Avoid strategies that don’t work or have negative consequences:
 - Zero tolerance or “three strikes, you’re out” strategies don’t work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - Conflict resolution and peer mediation don’t work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.

- Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5) Support bystanders who witness bullying. Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

- Be a friend to the person being bullied;
- Tell a trusted adult – your parent, coach, or club board member.
- Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. “Let's go, practice is about to start.”
- Set a good example by not bullying others.
- Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away

