

# CORAL SPRINGS SWIM CLUB



Swim Club Office • 954.340.5032

12441 Royal Palm Blvd., Coral Springs, FL 33065

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



# Welcome to the Coral Springs Swim Club!

The Coral Springs Swim Club is a year-round competitive swimming program for children, teenagers and young adults. CSSC is a member of the United States Swimming, the Olympic development program for competitive swimming. The Coral Springs Swim Club has consistently ranked in the top four swim clubs in the nation for teaching stroke excellence. In addition, CSSC won nine Florida Gold Coast Junior Olympics Championship titles in the past ten years, and in 2008, eight of the CSSC swimmers participated in the Beijing Olympic Games, including three-time silver medalist Dara Torres.

Former Coral Springs Swim Club Swimmer // Dara Torres  
Five-time Olympian (2008, 2000, 1992, 1988 & 1984);  
12-time Olympic Medalist;  
First American to swim in 5 Olympic Games.

## Coral Springs Swim Club Coaching Staff

### National Team Coach // Bruno Darzi

During his 18-year coaching career, the Olympic-caliber coach has coached several Olympic swimmers including five-time Olympian Dara Torres and three-time Olympians Vlad Polyakov and Arlene Semeco and senior, junior and collegiate swimmers. An American Swimming Coaches Association Level 5 coach, the highest rating for club coaches, Darzi was born in Rio de Janeiro, Brazil and was a national-caliber swimmer before becoming a coach. He was mentored and worked closely with eight-time Olympic coach Michael Lohberg, one of the world's most well-respected coaches. He graduated from UFRJ, one of the top institutions in Brazil with Bachelor of Science degree in Kinesiology in 2001 and has extensive knowledge in training science, lactate testing, advanced stroke technique and the latest in swimming technology. During his coaching tenure as head age group coach, CSSC had several swimmers ranked nationally in the Top 10 and set Florida Gold Coast and club records. He is a five-time Florida Gold Coast All-Star coach and five-time member of the Southern Zone Team coaching staff.

### Senior II Coach // Raphael Lima

Raphael Lima has a Masters in Sports Science at University of Campinas He earned his Major in Physical Education at Metropolitan University. Coach Raphael Lima has been coaching for more than fifteen years building a unique reputation in North and South America. He has coached swimmers from all ages and levels, nationally and internationally. As a swimmer, Raphael was a member of the Brazilian National Team participating at FINA World and South American Championships. Coach Lima has also participated at some Masters World, Pan American and National Championships where he has placed all the way from making finals to gold medal.

### SwimAmerica Program Director // Birgit Lohberg

"Biggi" is a former Olympic swimmer. Her credentials include being a finalist at the 1988 Olympic Games in Seoul, and a 6th place at the 1986 World Championships. She has been a multiple national champion and national record holder for Germany. "Biggi" is in charge of the SwimAmerica Program, preparing the children for the swim team, focusing on their stroke techniques.

### Mullins Pool Head Coach // Jessica Long

Jessica is originally from New Hampshire and moved down to South Florida in 2005. She holds a Bachelor of Science Degree in Physical Education and Outdoor Recreation from Plymouth State University in N.H. Jessica has been certified through the American Red Cross as Swimming/Life guarding Instructor, and has acquired years of experience coaching and teaching all levels of swimming from beginner to competitive.

### Mullins Pool Assistant Coach // Bar Bogoslavsky

Bar has been a member of the Coral Springs Swim Club since she was a 7th grader. She developed her skills and technique while having fun swimming through our program. Under the guidance of Coach Darzi, as a coach now, Bar hopes to encourage new swimmers to have fun and become great athletes. Coach Bogoslavsky is currently enrolled at FAU earning her major in Business.

### Silver Group Coach // Brittany Bellomo

Coach Brittany earned her bachelor's degree in Communications from the University of Central Florida. She is a former backstroker, member of the Coral Springs Swim Club for over decade. She holds certifications in CPR, AED, First Aid, Life-guarding and WSI. She is currently enrolled in the Educator Institute at Broward College to become a full time teacher.

### Senior II Assistant Coach // Daniel Alcantara

Born in Caracas, Venezuela, Coach Daniel began his swimming career at a very young age, representing his primary school Colegio Emil Friedman as a swimmer. His desire to become a swim coach came from the encouragement and impact his former coaches had on him. Coach Daniel progressed, developed new skills and knowledge about the sport as a swimmer, assistant coach, and active learner. Daniel earned his B.A. in Biological Sciences from Florida International University. He has several years of experience as a competitive swimmer and coach for all ages from beginners to master swimmers. He wants to inspire and coach his swimmers to become faster and more efficient in the water.

# Coral Springs Swim Club

## Groups and Practice Information

### Red Group // Jessica /Bar

Four days per week at Mullins Park Pool  
Monday through Thursday • 3:30–4:30 p.m.

**Summer (June to August)** 8 - 9 a.m.

This group's emphasis is mainly on developmental training with lots of drills, fun and games. Training sets will be introduced. Practices start with 10 minutes of stretching and dryland exercises. Children should attend 2–4 practices per week.

### Silver Group // Brittany

Three days per week at Aquatic Complex  
Monday, Tuesday, Thursday • 7- 8 p.m.

This group emphasis is on stroke development with introduction to interval training. Practices start with 10 minute of stretching and dryland exercises. Children should attend minimum 2 practices per week.

### Green Group // Jessica/Bar

Four days per week at Mullins Park Pool  
Monday through Thursday 4:30–5:45 p.m.

**Summer (June to August)** 9 - 10:15 a.m.

Interval training and stroke drills will be emphasized. This practice will still include stroke drills, fun and games, but more emphasis will be put on speed. Practices will start with 10 minutes of stretching and dryland exercises.

### Gold Group // Jessica/Bar

Four days per week at Mullins Park Pool  
Monday through Thursday 5:45-7:00 p.m.

**Summer (June to August)** 10:15 - 11:30 a.m.

Interval training and stroke drills will be emphasized. This practice will include stroke drills, occasionally games will be played but, more emphasis will be put on speed. Practices will start with 10 minutes of stretching and dryland exercises.



### White Group //

Six days per week at Aquatic Complex  
Monday through Friday • 3:45–5:15 p.m.  
Saturday • 8–9:30 a.m.

**Summer (June to August)** 8 - 9:30 a.m. (Monday-Saturday)

Overall emphasis is on stroke technique, conditioning and to enjoying swimming. Practices include 15-20 minutes of dryland exercise and stretching.

### Blue Group //

Six days per week at Aquatic Complex  
Monday through Friday • 5:15–7:30 p.m.  
Saturday • 9:15 a.m. – 11:30 a.m.

**Summer (June to August)** 9:15 - 11:30 a.m. (Monday-Saturday)

This group represents the top age group level. Proper stroke technique is emphasized as well as speed work, interval training and aerobic conditioning. Dryland exercise and race strategy are included in the workout plan, as well as 20-30 minutes of stretching and dryland exercise.

### Senior II // Raphael/ Daniel

Five days per week at Aquatic Complex  
Monday through Friday •  
Fall (Mid-August to November) 4:15 - 6:15 p.m.  
Winter/Spring (December to May) 4:30 - 6:30 p.m.

**Summer (June to August)** 7:30 - 9:30 a.m.

This group is for kids 13 years and older, ideal for high school swimmers who wish to train for their high school teams. Swimmers from this group will focus on strength training and developing techniques to make the transition to the Senior I group.

### National Team // Bruno/ Daniel

Six days per week at Aquatic Complex  
Monday through Friday • 4 - 7:30 p.m.  
Monday & Thursday - morning practice - 5:45 - 7 a.m.  
Saturday • 8 a.m. - 10:30 a.m.

**Summer (June to August)**  
7:30-11:30 a.m. (Monday - Friday)

Mon/Tues/Thurs • 4-6 p.m.

Saturdays • 8-10:30 a.m.

The National Team is a group of top swimmers with high ambitions and strong commitment to succeed on a high level. The goals include: Junior Nationals, Senior Nationals and top international meets. Practice includes all aspects of sophisticated, modern training, including lactate test.

**SWIM CLUB OFFICE**  
12441 Royal Palm Blvd.  
Coral Springs, FL 33065  
954.340.5032



**MULLINS PARK POOL**  
10180 N.W. 29 St.  
Coral Springs, FL 33065  
954.345.2170

# Coral Springs Swim Club

## Questions and Pricing Information

### 1. What and when are tryouts?

The purpose of tryouts is to determine in which group he/she would fit best based on his/her skills. Our professional coaching staff will then recommend the best program for your child.

Please bring a swimsuit, towel, cap and goggles.

**TRYOUTS:** 12 and under at Mullins Park Pool from 3:30 to 6:30 p.m. Tuesday & Wednesday.

(**Summer**-Tuesday & Wednesday 9-11 a.m.)

13 and over at Aquatic Complex at 5 pm Monday through Friday. (summer - Monday through Friday 8-10 a.m.)

### 2. What do I have to do to receive a free week trial?

i. Fill out the CSSC and United States Swimming registration forms.

ii. Attach a check, payable to Coral Springs Swim Club, for the amount of \$170.

The initial payment covers the annual club membership of \$100 as well as \$70 for the USA Swimming membership for the year.

*Please remember these are annual fees. The registration form and a check for the proper amount must be submitted **BEFORE** your child starts his/her free week trial. If during the trial week, you decide not to join the Swim Club, please call **954.340.5032** for the return of your check.*

### 3. What do I have to do to join the Coral Springs Swim Club?

**When signing up for the free week trial, you took care of most of your paperwork. The only paperwork left is signing up for the Aquatic Complex membership in the office at the Aquatic Complex. At this time, you also have to pay the monthly coaching fees.**

**REGISTRATION MUST BE DONE ONLINE (All forms must be electronically signed)**

To register, click on the link below:

<http://www.active.com/coral-springs-fl/water-sports/swimming-registrations/coral-springs-swim-club-2018>

### 4. What are the fees for members of the Coral Springs Swim Club?

#### Monthly coaching fees

These fees are due before the 5<sup>th</sup> of each month at the Aquatic Complex office. New swimmers registered after the 15<sup>th</sup> of the month will have their coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5 discount on their coaching fees for each additional child. The fees are as follows:

**Red \$75 • Silver \$78 • Green/Gold \$80 • White \$90 • Blue \$97 • Senior II \$85 • National \$160**

**A \$6 coaching surcharge will be charged to your escrow account every time your child participates at a swim meet.**

**All monthly coaching fees and Aquatic Complex membership payments are to be paid to: City of Coral Springs.**

The monthly fees are due by the 5<sup>th</sup> of each month. If they are not paid by then, a late fee of \$10 will be added.

If the dues are not paid by the 10<sup>th</sup> of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the dues for the month in which the swimmer returns to the program.

#### **Aquatic Complex Membership**

*(Please choose one):*

Basic Pool Membership:

3 months: \$43.99 • 12 months: \$93.50 (Under 18 years of age)

3 months: \$60.42 • 12 months: \$153.97 (Over 18 years of age)

Pool and Fitness Center:

12 months: \$148.51 (Under 18 years of age)

# Coral Springs Swim Club Registration Form

## Fees Include:

- A) USA-Swimming registration, insurance, and Splash magazine **\$70 per year**
- B) CSSC Annual Membership **\$100 per year**

Please make checks payable to CSSC in the amount of \$170.00

Team assigned to: \_\_\_\_\_

Your free trial period will end one week from: \_\_\_\_\_

*At the end of the trial period, my check will be automatically deposited, unless I decide not to join CSSC. In that case I will call the registration chairperson at 954-340-5032 and inform CSSC of my decision not to join CSSC.*

## Photo // Video // Audio Release:

I hereby confer on the City of Coral Springs and/or its affiliate, the Coral Springs Swim Club, the absolute, irrevocable right and permission to use my child's image, in print, digital (web), or broadcast (video) format for the purpose of public information, public awareness or historical documentation of City events and programs. I give my consent freely, with the understanding that no remuneration or compensation will be forthcoming.

## All information is required.

Name of Child: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Occupation: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Swimmer's Email: \_\_\_\_\_

Date: \_\_\_\_\_

**MUST GIVE COPY OF COMPLETED FORM TO THE COACH BEFORE YOUR FIRST PRACTICE!**



**USA SWIMMING**

2018 **ATHLETE REGISTRATION APPLICATION**  
LSC: **FLORIDA GOLD COAST SWIMMING**

REG. DATE / OFFICE USE ONLY

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PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME		LEGAL FIRST NAME			MIDDLE NAME		
PREFERRED NAME		DATE OF BIRTH (MO./DAY/YR.)	SEX (M/F)	AGE	CLUB CODE	NAME OF CLUB YOU REPRESENT	
FATHER/GUARDIAN LAST NAME		FATHER/GUARDIAN FIRST NAME		MOTHER/GUARDIAN LAST NAME		MOTHER/GUARDIAN FIRST NAME	
MAILING ADDRESS							
CITY				STATE	ZIP CODE		
AREA CODE	TELEPHONE NO.		FAMILY/HOUSEHOLD E-MAIL ADDRESS			U.S. CITIZEN? <input type="checkbox"/> YES <input type="checkbox"/> NO	

### DISABILITY:

- A. Legally Blind or Visually Impaired
- B. Deaf or Hard of Hearing
- C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
- D. Cognitive Disability such as mental retardation, severe learning disorder, autism

### RACE AND ETHNICITY (You may make up to two choices if appropriate):

- Q. Black or African American
- R. Asian
- S. White
- T. Hispanic or Latino
- U. American Indian & Alaska Native
- V. Some Other Race
- W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

**Coral Springs Swim Club**

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?  YES  NO

IF YES, WHICH FEDERATION: \_\_\_\_\_

REGISTRATION FEE	
USA Swimming Fee	\$54.00
LSC Fee	\$16.00
<b>TOTAL DUE</b>	<b>\$70.00</b>

YEAR LAST REGISTERED: \_\_\_\_\_. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, ENTER THAT CLUB CODE: \_\_\_\_\_ LSC CODE: \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: \_\_\_\_\_.

HIGH SCHOOL STUDENTS – Year of high school graduation: \_\_\_\_\_

SIGN HERE x \_\_\_\_\_  
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

# Swimmer Code of Conduct

## PURPOSE

The purpose of the Swimmer Code of Conduct is to encourage individual and team behavior that promotes the club's goal of developing quality swimmers who exemplify outstanding character traits.

I, \_\_\_\_\_, member of the Coral Springs Swim Club (CSSC), am proud to be part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Coral Springs Swim Club.

I promise to show respect and common courtesies at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.

I promise to demonstrate good sportsmanship during all practices, competitions, and team activities.

I will be an active participant in all team practices, competitions, fundraising events and other team activities.

I will come to all team sponsored events in the appropriate attire, wearing team logos and/or colors as required.

I promise to abide by the CSSC Harassing, Bullying and Hazing Policy, by treating my fellow teammates with respect and consideration.

I will respect the coaches' and officials' instructions and will make every effort to be on time for workouts, competitions, and team events.

I will refrain from foul language, violence, behavior deemed dishonest, discourteous, disrespectful, or offensive to others.

## PART 1 – GENERAL CONDUCT

The undersigned athlete participating with the Coral Springs Swim Club agrees to abide by the guidelines outlined below in addition to those established by the staff.

- 1.1. All swimmers are expected to follow the directions of the staff.
- 1.2. All swimmers are required to attend all team meetings and training sessions, unless excused by staff.
- 1.3. Dishonesty, theft, and/or vandalism will not be tolerated and will be brought up to the CSSC Disciplinary Committee. Actions will be taken based on the regulations of the CSSC Disciplinary Code and Procedures.
- 1.4. Indiscreet, disruptive or destructive behavior will not be tolerated and will be brought up to the CSSC Disciplinary Committee. Actions will be taken based on the regulations of the CSSC Disciplinary Code and Procedures.
- 1.5. Every effort should be made to avoid guilt by association with such activities as those listed above.
- 1.6. All swimmers will refrain from untruthfully accusing other swimmers of misconduct.

## PART II – VIOLATION OF THE CODE

The coaches have the power to impose the following penalties for violation of the Coral Springs Swim Club Code of Conduct. The penalties include, but are not limited to, the following:

- 2.1. The swimmer will be given a verbal warning.
- 2.2. The swimmer will be sent home with a written warning and the coach will contact the parent.
- 2.3. The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.
- 2.4. If the swimmer continues his/her objectionable behavior, the case will be brought up to the CSSC Disciplinary Committee.
- 2.5. Misuse of disciplinary procedures by swimmer and/or their parents/guardians will be considered a violation of this code.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches and the Disciplinary Committee, which may include expulsion from the team.

I, hereby agree to abide by this Code of Conduct as set forth above and acknowledge that, should I violate any provision of the CSSC governing documents, I will be subject to disciplinary action, per the applicable document. I understand that all decisions of the Disciplinary Committee are final. I have read and understood the Coral Springs Swim Club Swimmer Code of Conduct and have reviewed it with my parent(s)/ guardian(s) before signing.

Swimmer's Name (Print)

Swimmer's Signature

Parent's Signature

Date

# Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in Coral Springs Swim Club (CSSC) meets and practices by following this Parents Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet, practice or other CSSC event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will remember that the sport is for youth - not adults.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will do my very best to make swimming fun for my child.
- I will not interfere with the coach's job during practice or at meets and I will follow the proper channels of communication when the need to have a meeting arises.
- I understand that no parents will be allowed on deck while their child is at practice, unless there is prior authorization from the coach or during an emergency.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan.
- I will ask my child to treat other swimmers, coaches, fans, volunteers and officials politely and with respect, regardless of race, sex, creed or ability. And I will do the same. I understand that taunting, harassing, bullying and any other impolite behavior will result in disciplinary measures.
- I will ask my child to follow the rules set by the coaches and chaperones at practice, at meets and on any travel activity organized by the club. I will provide transportation home from any trip where my child's behavior is in violation of those rules.
- I understand that if my child is in violation of the Swimmer's Code of Conduct and/or any other CSSC policy, and he/she is referred to the Disciplinary Committee, the decision(s) of the Disciplinary Committee is(are) **final**.
- I will require that my child's coach be trained in the responsibilities of being a swim coach and that the coach upholds the CSSC Coaches Code of Ethics.
- I will insist that my child swim in a safe and healthy environment.
- I will demand a swim environment for my child that is free from drugs, tobacco and alcohol.
- I am aware that to host a swim meet involves the work of many volunteers and I will volunteer as often as I can to set a good example and to enrich my child's swimming experience.

\_\_\_\_\_  
Swimmer's Name (Print)

\_\_\_\_\_  
Swimmer's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

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## Coaching Fee Policy

The monthly coaching fees are due before the 5th of each month at the Aquatic Complex office. New swimmers registered after the 15th of the month will have their coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5.00 discount on their coaching fees for each additional child. The fees are as follows:

**Red: \$75 • Silver \$78 • Green/Gold \$80 • White \$90 • Blue \$97**  
**• Senior II \$85 • National \$160**

If dues are not paid by the 5th of each month, an additional late fee of \$10.00 will be added to the account. Late fees are non-refundable. If the dues are not paid by the 10th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, due to other activities, holidays, vacations, or for any other reason, a Reinstatement Fee ( equal to one month of coaching fees) must be paid in addition to the coaching fees for the month in which the swimmer returns to the program.

Refunds: We do not offer credits, refunds, or make-ups for missed classes.

I, \_\_\_\_\_ acknowledge receipt of this information.  
Parent/Guardian Signature

# Harassment, Bullying and Hazing Policy

It is the policy of Coral Springs Swim Club to provide an environment free from harassment, bullying and hazing. As a club, we are committed to protecting our athletes from any form of physical or verbal abuse.

## Definition of Harassment

Harassment includes any unwelcome verbal or physical conduct, contact or communication that is motivated by or related to individual characteristics such as race, color, national origin, gender, economic status, disability, religion, religious affiliation or sexual orientation and that creates an intimidating, hostile or offensive environment. Although harassment that creates a hostile environment may take many forms, some examples include name calling and other derogatory comments, jokes, gestures or looks, posting or distribution of derogatory pictures, notes or graffiti, blocking, pushing, hitting or other forms of physical aggression.

## Definition of Bullying

Bullying includes aggressive, negative physical or verbal conduct by one athlete toward another who reasonably perceives the conduct to be intimidating. Bullying most often will occur when an athlete asserts or attempts to assert physical or psychological power over, or is cruel to, another athlete who is perceived to be weaker. Such behavior may include but is not limited to: pushing, hitting, threatening, name-calling and other physical or verbal conduct of a belittling or browbeating nature.

## Definition of Hazing

Hazing is an act that subjects an athlete to physical or verbal harassment, mental or physical discomfort, intimidation, embarrassment, ridicule, or demeaning activity committed by an individual athlete or group of athletes for the purpose of initiation, maintaining membership, or holding office in any organization, club, or athletic team.

## Definition of Abuse

Physical abuse of an athlete by any person who, in the context of swimming, is in the position of authority over the athlete. "Physical abuse is defined as a non-accidental injury and/or injury primarily caused by the gross negligence on the part of the person in a position of authority over the athlete.

## Definition of Bullying

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an 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 or Participating Non-Member that to a reasonable objective person has the effect of: (i) causing physical or emotional harm to either person or damage to the other person's property; (ii) placing the other person in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other person at any USA Swimming activity; (iv) infringing on the rights of the other person at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which shall include, without limitation, practices, workouts, and other events of a member club, LSC, or Zone).

## Regulations

1. It shall be a violation of the CSSC Policy for an athlete to harass, bully or haze another athlete based on race, color, religion, gender, national origin, age, sexual orientation, or disability, or to engage in conduct which would contribute to such actions. These violations are considered a Class II Infraction under the Coral Springs Swim Club Disciplinary Code and Procedures.
2. It shall also be a violation of the CSSC Policy for an athlete to retaliate against an athlete for instituting a good-faith complaint of harassment, bullying or hazing, or for an athlete to complain of harassment, bullying or hazing without a good-faith basis.
3. Athletes who violate this policy will also be subject to appropriate discipline in accordance with the CSSC Disciplinary Code and Procedures up to and including expulsion.
4. Athletes may be disciplined for acts of harassment, bullying or hazing occurring at Swim Club and at Swim Club hours. In the same manner, actions that take place outside of the swimming environment, organized events or practice times may be taken into consideration by the Disciplinary committee, when such acts:

- Affect the club climate or atmosphere.
- Affect the peace, health, safety, or welfare of athletes, coaches, or any other personnel.
- Disrupt or interfere with CSSC or CSSC activities
- Affect CSSC reputation.

Any violation is subject to suspension or recommendation for expulsion in line with the CSSC Disciplinary Code and Procedures.



## Complaints

An athlete who feels that he or she has been harassed, bullied or subjected to hazing is invited to act by doing one or more of the following:

- Talk to their parents
- Talk to a CSSC Coach, CSSC Board Member or CSSC Disciplinary Committee Member.
- Write a formal letter to the CSSC Board of Directors
- Make a formal complaint to USA Swimming Director of Safe Sport

There are no express time limits for initiating complaints under this CSSC Policy; however, every effort should be made to bring complaint to the attention of the appropriate authorities as soon as possible while memories are fresh and witnesses continue to be available.

Complaints will be investigated and where it is determined that a violation has occurred, prompt corrective action will be taken up to and including expulsion. During the investigation, confidentiality will be maintained to the extent possible. Complainants will be informed of the results of any investigation.

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I \_\_\_\_\_ am a swimmer at the Coral Springs Swim Club and as such I accept to abide by the present Harassment, Bullying and Hazing Policy. By signing, I state that I understand what acts and behaviors constitute harassment, bullying and hazing and I agree to respect my fellow swimmers accordingly. I also understand that if I feel victim of harassment, bullying and/or hazing I will be able to contact CSSC coaches and staff to present a complaint. My parents/guardians are aware of this policy and sign with me today agreeing to its terms and its consequences.

\_\_\_\_\_  
Swimmer's Name and Signature

\_\_\_\_\_  
Parent's Name and Signature

Date:

Witness Name and Signature \_\_\_\_\_