



2026–2027 Team Handbook

Truckee Tahoe Swim Team (TTST)

A year of re-branding, growth, teamwork, and competitive swimming

Please read this handbook with your swimmer. Membership and participation require agreement to TTST policies and codes of conduct.

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1. Introduction & Who We Are

Welcome to the 2026–2027 Season

Welcome back to the Truckee Tahoe Swim Team (TTST) for the 2026–2027 season! We are excited to make this a year of re-branding, growth, and a bright future for TTST. This season brings new swim caps, new training groups, and an exciting group of younger swimmers who will begin leading the charge at our annual competitions.

Membership in TTST requires that athletes and their families read and follow this handbook and the associated TTST policies and procedures.

What is TTST?

Truckee Tahoe Swim Team is a 501(c)(3) nonprofit competitive swimming club based in Truckee. TTST operates approximately 11 months of the year, from September through July, with a break during August.

Our national governing body is USA Swimming. Locally, TTST is part of Sierra Nevada Swimming, our Local Swim Committee (LSC) within USA Swimming.

Sierra Nevada Swimming establishes our championship pathway. Our primary championship opportunities are:

- March — Sierra Nevada Short Course Championships (25-yard pool)
- July — Sierra Nevada Long Course Championships (50-meter pool)

TTST was founded in 1979 and continues to provide a competitive, community-based swimming program in Truckee and the surrounding region.

The TTST Organization

TTST is operated through two complementary sides of the organization: the volunteer Board of Directors oversees the dry side of the organization, while the coaching staff manages the wet side and daily swimming program.

2. Mission, Philosophy & Organizational Roles

Mission Statement

Our mission is to provide all members, regardless of ability, with a chance to grow socially and athletically without feeling lost or left behind.

Vision

TTST aims to create a fun, competitive environment that fosters a lifelong love of swimming while developing life skills.

Philosophy

Teamwork

TTST thrives on the commitment, support, and participation of its board, coaches, swimmers, parents/guardians, and the broader community. Success depends on cooperation and positive, constructive relationships among all members.

Coaching

TTST is dedicated to delivering comprehensive swim and stroke training through an experienced coaching staff. We also encourage healthy lifestyle habits, including good nutrition and adequate sleep.

The Swimmer

Every athlete has unique backgrounds, needs, and goals. TTST supports positive self-esteem and individual goal setting, encourages competitive participation when developmentally appropriate, and promotes team spirit and sportsmanship.

Board of Directors — The Dry Side

Our volunteer Board of Directors oversees the business and organizational side of TTST, including governance, budget and finances, fundraising, grants, and organizational planning.

The Board generally meets once a month at 6:00 PM, usually on the third Tuesday of the month, in the party room at the Truckee Pool.

Coaching Staff — The Wet Side

The coaching staff manages the day-to-day swimming operation of TTST, including training curriculum, swimmer progression, practice groups, the competition schedule, registration administration, and daily coaching.

Cyrus Crews is Head Coach of TTST; the 2026–2027 season is his 12th season as head coach. Coach Meitri serves as Associate Head Coach & Registrar. Coach Jenn, Coach Kat, and Coach Marc serve as assistant coaches.

Meitri is taking over registrar and administrative responsibilities while continuing her role as Associate Head Coach.

Coaches' Role

TTST coaches are expected to meet the standards and training requirements applicable to USA Swimming coaches. The prior handbook identifies current First Aid and CPR, USA Swimming Safety Training for Coaches, Safe Sport and MAAPP training, and background checks as part of coaching in good standing.

The primary role of TTST coaches is to help athletes reach their full swimming potential. Coaches also mentor swimmers in life skills and positive values, collaborate with families to set and achieve goals, and build connections with other aquatic organizations.

3. 2026–2027 Program & Swimmer Progression

Our program is designed to give swimmers a clear pathway from learning the fundamentals of being on a swim team to becoming dedicated competitive swimmers.

Mini-Marlin — Introduction to Swim Team

A short introduction to competitive swim team life. The first 2026–2027 session runs October 12–November 19 and is open to new and returning Mini-Marlin participants. Later introductory sessions will generally be reserved for new swimmers looking to get a feel for swim team.

- Safely swim 25 yards or pass the Truckee Pool swimming safety test
- Listen to coaches and follow directions
- Be respectful and well behaved around teammates and coaches
- Participate safely in a group environment

LTC 1 — Learn to Compete

A year-round introductory level where swimmers begin to seriously learn competitive swimming techniques and skills. Competition is not required at LTC 1, but opportunities are available throughout the season.

- Build competitive stroke technique and fundamentals
- Develop confidence in a team environment
- Begin learning what it means to train and race

LTC 2 — Learn to Compete

A year-round level that fine-tunes competitive fundamentals and techniques from LTC 1. Total yards increase and structured training sets are gradually introduced. Competition remains voluntary but is more strongly encouraged.

- Continue legal stroke and turn development
- Increase training volume appropriately
- Begin developing race awareness and competitive habits

LTC 3 — Pre-Senior

The bridge into the more serious competitive levels of TTST. Generally for swimmers 10 and older, with placement based on skill, maturity, and readiness.

- Dive safely from starting blocks
- Perform competitive turns
- Swim all four strokes legally
- Swim an individual medley (I.M.)
- Begin learning relay starts
- Train for longer periods and more structured sets

Senior Team

TTST's dedicated competitive training level for swimmers 12 and older who are committed to training, competing, and setting meaningful swimming goals.

- Attend all five weekly practices
- Communicate directly with coaches when a practice must be missed
- Rarely miss practice without a significant reason
- Set individual competitive goals

- Take ownership of development
- Lead positively by example and help establish a strong team culture

Multi-Sport Level

New for 2026–2027. Designed for swimmers 12 and older who cannot commit to the full Senior Team schedule because they participate seriously in other sports or seasonal athletic programs.

- Stay connected to swimming while pursuing other sports
- Maintain competitive swimming skills
- Move seasonally between Multi-Sport and Senior Team with coach approval when appropriate

Competition pathway: LTC 1 and LTC 2 swimmers may participate when ready; Pre-Senior swimmers are highly encouraged to compete; Senior swimmers are expected to compete regularly as part of their competitive commitment. Qualified swimmers may pursue Sierra Nevada Swimming championships in March and July.

4. Practice Schedule & Team Expectations

Group	Age	Days	Time	Frequency
Mini-Marlin	Approx. 5–9	Mon–Thu	4:50–5:40 PM	2 days/week
LTC 1	Approx. 5–10	Mon–Thu	4:50–5:45 PM	2 days/week
LTC 2	Approx. 8–12	Mon–Thu	4:50–5:55 PM	2 days/week
LTC 3 — Pre-Senior	Approx. 8–12; generally 10–12	Mon–Fri	3:30–4:40/5:00 PM	More than 2 recommended
Senior Team	12+	Mon–Fri	3:00–4:40/5:00 PM	5 days/week
Multi-Sport	12+	Mon–Thu	Approx. 3:30–4:40 PM	2 days/week

Flexible scheduling for Mini-Marlin, LTC 1, LTC 2, and Multi-Sport: families should email coaches@truckeeswim.org or meitri@truckeeswim.org with two preferred weekly practice days. Days may be adjusted to balance the number of swimmers in each practice.

Attendance & Communication

- Swimmers and families are responsible for communicating attendance issues appropriately.
- Senior Team swimmers are expected to attend all five weekly practices and communicate directly with coaches when a practice must be missed.
- Pre-Senior swimmers do not have to attend all five days, but more than two practices per week is strongly recommended.
- Group placement may be adjusted by the coaching staff as swimmers develop.

Competitive Participation

TTST is a competitive swim team. Developmental swimmers are not required to compete until they are ready, but the team encourages swimmers to progressively experience competition as their skills and confidence develop.

5. Equipment, Team Attire & Lost & Found

Equipment

Check with your coach; not all items are required for every group. Recommended equipment may include:

- Practice suit (chlorine-resistant swimwear suggested)
- Goggles
- TTST swim cap
- Pull buoy
- Fins
- Hand or finger paddles
- Water bottle

Used swim bags may be available on deck on a first-come, first-served basis. Ask a coach where to find them.

Team Attire

- TTST swimmers should have durable suits and goggles for daily practice.
- Caps are recommended but optional for practice.
- Registered swimmers receive a TTST cap after registration.
- At swim meets, swimmers should wear TTST or other team-designated caps as directed by the coaching staff.
- Swimmers are encouraged to wear TTST team gear at meets to build team spirit.

Lost & Found

- Label everything, including t-shirts, swimsuits, towels, and gear.
- Labeled gear found on the deck should be returned to the swimmer.
- Unlabeled items go to the general lost & found at the front desk and may be held for 30 days before becoming first come, first serve.
- Swimmers should keep personal belongings on the pool deck during practice rather than in the locker room.
- Locker rooms are shared with the public and other groups. TTST is not responsible for lost or stolen items.

6. Financial Policies

Annual Registration Fee

The annual TTST registration fee is \$125 per swimmer. The fee applies to new and returning swimmers at the start of the 2026–2027 swim year and supports team administration, equipment use, team programming, and a TTST swim cap.

The 2026–2027 swim year runs September 2026 through July 2027. TTST takes a break in August and begins new annual registration for the following season.

2026–2027 Monthly Dues

Monthly dues are based on training-group placement. The current 2026–2027 rates published by TTST are:

Training Group	Monthly / Session Fee	Annual Registration
Mini-Marlin	\$310 one-time fee (Oct. 12–Nov. 19, 2026)	N/A for session
LTC Level 1	\$175/month	\$125
LTC Level 2	\$200/month	\$125
LTC Level 3	\$270/month	\$125
Senior & National Team	\$340/month	\$125
Multi-Sport Training Group	\$210/month	\$125

Mini-Marlin is offered as a short seasonal introduction rather than a monthly year-round membership. The current published first session runs October 12–November 19, 2026 and costs \$310 one time.

For LTC 1, LTC 2, LTC 3, Senior & National, and Multi-Sport, the \$125 annual registration fee is in addition to monthly dues.

Sibling Discount

The prior TTST handbook included a 10% sibling discount on the lower dues for additional swimmers in the family. If this discount remains in effect for 2026–2027, it should be applied according to the current team registration settings.

Leave of Absence

- Email cyrus@truckeeswim.org before the 1st of the month to request a planned leave of approximately one month or more.
- The prior handbook charged \$50/month per swimmer during an approved leave to keep membership active. Confirm the current leave rate in the registration system before applying it.
- If there is a waitlist, the team may save the swimmer's spot according to current team policy.

Departing Members

Email meitri@truckeeswim.org before the 1st of the month to cancel membership. A leave of absence keeps an account active; departure ends membership and team communications.

Visiting Swimmers

- Out-of-town swimmers may train with TTST subject to coach approval and current team policy.
- Visiting swimmers must provide proof of current USA Swimming membership.
- Payment and length-of-visit terms are determined by the current TTST registration policy.
- Visiting swimmers must follow TTST policies and codes of conduct.

Returning College Swimmers

Returning college swimmers must register and show proof of current USA Swimming membership. Age 18+ swimmers must complete applicable USA Swimming MAAPP training.

Injuries

Swimmers with medically documented injuries or illness may request a temporary membership suspension with Head Coach approval.

Payment Policy

- Prompt payment helps keep the team sustainable.
- Accounts that are 30+ days past due may lead to suspension from practice and/or meets.
- Monthly charges may include dues, meet fees, and travel fees.

Fundraising

- Fundraising helps offset operating costs and supports team programming.
- Families should follow the current fundraising credit policy communicated by TTST.
- Past fundraising events have included Holiday Giving Season, Swim-A-Thon, Fun Fast Intersquad Meets, and Team Raffle.
- Volunteers are needed to help lead fundraising.

Scholarships

TTST's scholarship goal is to provide support so swimmers can participate regardless of financial means. Scholarship awards are determined by the Board and may cover a portion of monthly dues.

Using the current 2026–2027 monthly dues published by TTST, a 75% scholarship would leave the following approximate monthly family responsibility:

Training Group	Published Monthly Dues	Monthly Cost at 75% Scholarship
LTC Level 1	\$175	\$43.75
LTC Level 2	\$200	\$50.00
LTC Level 3	\$270	\$67.50
Senior & National Team	\$340	\$85.00
Multi-Sport Training Group	\$210	\$52.50

Mini-Marlin is not included in this monthly scholarship table because it is a one-time seasonal program rather than a monthly dues level.

- To apply, email ttstbod@truckeeswim.org explaining why support is needed.
- Family accounts should be in good standing.
- Scholarship recipients are expected to remain engaged with the team through attendance, volunteering, and other requirements established by the Board.
- Scholarship awards are subject to available funds and Board approval.
- Applications are confidential and reviewed case by case.

The \$125 annual registration fee is separate from monthly dues. Unless the Board establishes otherwise, scholarship calculations above apply to monthly dues and do not automatically waive the annual registration fee.

Financial Contacts

Financial questions: cyrus@truckeeswim.org

Scholarships and Board questions: ttstbod@truckeeswim.org

7. Club Communication & Information

Communication Expectations

Clear communication is an important part of being a successful competitive swim family. Swimmers, parents/guardians, and coaches should communicate respectfully, directly, and through the appropriate team channels.

Best response hours are generally Monday–Friday, 8:00 AM–12:00 PM, with additional availability during team meets and travel.

Electronic Communication & Social Media

TTST electronic communication is intended to support training, scheduling, team operations, and athlete development. All communication involving Minor Athletes must comply with the current USA Swimming MAAPP.

- For Adult Participants communicating one-on-one with a Minor Athlete electronically, the communication must be professional and open and transparent. The Minor Athlete’s parent/legal guardian or another adult family member must be copied or included, subject to the exceptions in MAAPP.
- When an Adult Participant communicates electronically with the entire team or a group of Minor Athletes, another Adult Participant must be included as required by MAAPP.
- Adult Participants may not use private social-media accounts or private direct messages with Minor Athletes except where a specific MAAPP exception applies. Team-approved platforms must support open and transparent communication.
- Electronic communications to Minor Athletes are limited to 5:00 AM–10:00 PM local time, except for emergency circumstances or competition travel.
- Parents/legal guardians may request in writing that their Minor Athlete not be contacted electronically by TTST or an Adult Participant, subject to MAAPP exceptions and emergency circumstances.
- Athletes and families should not use team electronic communication channels for harassment, bullying, threats, sexually inappropriate material, discriminatory content, or conduct that violates TTST, USA Swimming, or SafeSport policies.

Key Contacts

Contact	Email	Purpose
Head Coach Cyrus	cyrus@truckeeswim.org	Questions, swimmer progress, or to schedule an in-person meeting
Board of Directors	ttstbod@truckeeswim.org	Governance, scholarships, financial questions, policies
All Coaches	coaches@truckeeswim.org	General coaching questions and practice details
Registrar / Associate Head Coach Meitri	meitri@truckeeswim.org	Registration and administrative questions

Website & Team Updates

Website: www.truckeeswim.com

TTST sends news and updates through the team website/email system. Families should keep contact information current in their online team account. **The team uses <https://truckeeswim.captyn.com> for your team account.**

The team also produced “Between Two Kick Boards,” a [TTST news and YouTube video channel](#).

Annual Meeting & Social

Families are encouraged to attend the annual TTST fall BBQ and other team-building events. These events provide opportunities to meet coaches, Board members, and other TTST families.

8. Swim Meets: Overview & Expectations

TTST encourages swimmers to participate in swim meets as they become developmentally and technically ready. TTST is a competitive team, not a recreational club, and progressive participation in competition is an important part of the program.

Short Course & Long Course

- Short Course Season: September–March (25-yard pools)
- Long Course Season: March–August (50-meter pools)

2026–2027 Highlight Competition Calendar

Date	Event / Schedule
September 8	First practices of the season
October 16–18	Reno Swim Meet — all levels; King of the Hill 50 Challenge opportunity for swimmers 13+
Early–mid November	Weekend swim meet — TBA
November 23–27	No practice — Thanksgiving Week
Early December	Weekend swim meet for all levels — TBA
December 18–January 3	No practice — Winter Break
January 15–17	Blizzard Blast — Carson City; all levels
Late January / early February	Senior Travel Meet, depending on participation and demand
Around Valentine's Day weekend	Swim meet — all levels
Middle of March	Sierra Nevada Short Course Championships — qualified swimmers
April 10–18	No practice — Spring Break
April	Age-group meet opportunity — all levels
May 28–30	Carson City Mountain Classic — all levels
June 16 or later	Transition to morning summer practice, depending on snow days/school calendar
June 18–20	Reno Swim Meet — all levels
July 9–11	Reno Swim Meet — all levels
July	Sierra Nevada Long Course Championships — qualified swimmers ages 8–18; dates TBA

The team calendar is the final source for meet details, entry deadlines, and any schedule changes.

8. Swim Meets — Continued

Meet Entry & Supervision

The Head Coach manages team meet entries. If a swimmer or family wishes to attend a meet that is not on the TTST schedule, contact the Head Coach first so that appropriate coach supervision can be arranged.

Relay Teams

Coaches select relay teams using factors such as qualifying times, past performance, event schedule, workload, athlete health and fitness, training consistency, and the needs of the relay.

What to Bring

For families:

- Folding chairs and blanket
- Sunscreen and umbrella for summer meets
- Water and snacks
- Games, books, or electronics
- Camera — no photos/video behind the blocks or in locker rooms

For swimmers:

- Two or more towels
- Warm clothing and flip flops
- Swim parka or robe, especially in cooler weather
- Goggles, cap, nose plugs, and an extra swimsuit
- Leave most training gear such as fins and snorkels at home unless the coach requests it

Meet Courtesy & Safety

- Parking can be limited; allow extra time.
- Bring a rolling cart when useful, especially for outdoor meets.
- Upon arrival, find the TTST team area, set up chairs, and have your swimmer check in before warm-up.
- Never question or confront meet officials. If you have a concern, speak with your swimmer's coach.
- Officials volunteer their time and help keep competition fair.
- Follow host-facility rules and all TTST/USA Swimming safety policies.

9. Swim Meet FAQ & Meet Types

What meets should my swimmer attend?

TTST publishes a seasonal meet schedule. Developmental swimmers should attend meets when they are ready and as recommended by the coaching staff. Senior Team swimmers are expected to make regular competition part of their season.

What are prelims and finals?

Some meets have preliminary sessions in the morning and finals sessions later in the day. Prelims determine which swimmers advance to finals according to the meet's rules.

What if my swimmer is disqualified?

Disqualifications are part of learning competitive swimming. Officials identify rules violations so swimmers can improve technique and learn the requirements of legal racing.

What is a meet time standard?

Time standards are used to track improvement and determine eligibility for some meets. SCY means Short Course Yards (25-yard pool); LCM means Long Course Meters (50-meter pool). Standards vary by age, event, and season.

Meet Types

- Age Group Open / All Levels Meet — no qualifying times; generally open to all ages and ability levels.
- Invitational — hosted by one team for invited clubs and may include qualifying standards.
- Sierra Nevada Swimming Championships — championship opportunities for swimmers who meet the applicable qualifying standards.
- Far Westerns, Sectionals, Zones, All Stars, and other higher-level meets — advanced competitions requiring faster qualifying times.

Meet Awards

Awards vary by meet. Check the meet information for details; awards may be given directly to swimmers or provided to coaches for later distribution.

Meet Restrictions

- No propane heaters at meets where prohibited by Sierra Nevada Swimming or host-facility safety policies.
No photography or video behind the blocks or in locker rooms/changing areas, except as expressly authorized by TTST policy and applicable MAAPP requirements.
- No deck changes; swimmers must use appropriate changing facilities.

10. Codes of Conduct

TTST expects every member of the team community to contribute to a safe, respectful, and positive environment. These club codes establish TTST expectations and supplement—not replace—USA Swimming rules, the USA Swimming Code of Conduct, the U.S. Center for SafeSport Code, MAAPP, Sierra Nevada Swimming requirements, facility rules, and TTST policies.

Core Standards for Everyone

- Treat athletes, coaches, officials, opponents, volunteers, families, and facility staff with dignity and respect.
- Do not engage in bullying, harassment, hazing, discrimination, retaliation, threats, violence, abusive conduct, or conduct that creates an unsafe or hostile environment.
- Follow USA Swimming rules and codes, Safe Sport requirements, MAAPP, TTST policies, meet rules, and facility requirements.
- Protect the privacy and dignity of athletes and do not photograph, record, or share images or information in prohibited settings or in a way that violates team or Safe Sport policies.
- Raise concerns through the appropriate channel and cooperate honestly with reasonable team, USA Swimming, or SafeSport processes. Retaliation against a person who makes a good-faith report or participates in an investigation is prohibited.

Parent / Guardian Code of Conduct

As a parent or guardian, I understand that my role is to support my swimmer and the team while respecting the authority and professional role of the coaching staff. I agree to:

- Model good sportsmanship, respect, and common courtesy toward swimmers, coaches, officials, competitors, volunteers, families, and facility staff.
- Encourage my swimmer's effort, growth, health, enjoyment, and development rather than placing inappropriate pressure on results or performance.
- Refrain from coaching my child or other swimmers from the stands, deck, or spectator areas, and allow coaches to coach.
- Avoid criticism, name-calling, abusive language, threats, intimidation, discriminatory comments, or inappropriate gestures toward any participant.
- Respect officials and accept their decisions. If I have a concern about officiating, I will discuss it privately with my swimmer's coach rather than confronting an official.
- Respect team communication boundaries and understand that coaches are responsible for athlete training decisions. I will use the established communication path for questions or concerns.
- Observe practices and team activities respectfully and follow facility rules, including photography and recording restrictions.
- Support team travel and meet expectations without interfering with coach supervision, athlete lodging arrangements, or team decisions.
- Report suspected abuse, misconduct, or safety concerns promptly through the appropriate USA Swimming, U.S. Center for SafeSport, law-enforcement/child-protection, or TTST channels as applicable.
- I understand that violations may result in removal from a practice, meet, facility, team event, or travel activity; suspension or other loss of team privileges; or other action appropriate to the circumstances.

Athlete Code of Conduct

As a TTST athlete, I understand that my behavior affects my teammates and represents myself, my family, and Truckee Tahoe Swim Team. I agree to:

- Treat teammates, coaches, officials, opponents, volunteers, families, and facility staff with respect and courtesy.

- Demonstrate good sportsmanship in practice, competition, travel, online spaces, and all team activities—whether I win, lose, improve, or struggle.
- Listen to coaches, follow reasonable instructions, participate with a positive attitude, and make a genuine effort during training and competition.
- Attend practices, meets, team meetings, and other required activities on time unless I am excused by my coach, and communicate honestly about absences or schedule conflicts.
- Respect teammates' personal space, privacy, identity, and boundaries. Bullying, harassment, hazing, discrimination, sexual misconduct, threats, violence, or abusive behavior are not acceptable.
- Use positive and appropriate language and behavior. I will not engage in conduct that is dishonest, illegal, unsafe, or intentionally disruptive.
- Respect lane space and swim etiquette, including safe starts, turns, passing, and wall use, and never intentionally interfere with another swimmer.
- Take care of pool, locker room, meet, hotel, transportation, and other shared property and leave facilities in good condition.
- Use locker rooms and changing areas appropriately and follow all team, facility, and MAAPP-related rules. No deck changing.
- Follow team travel rules, curfews, transportation expectations, roommate/lodging rules, and coach instructions.
- Use texting, email, social media, team apps, and other electronic communication responsibly and in accordance with TTST and MAAPP requirements.
- If I disagree with an official's decision, I will speak with my coach and will not confront or harass the official.
- Tell a trusted adult, coach, parent/guardian, or appropriate authority when I am concerned about abuse, bullying, harassment, unsafe conduct, or another athlete's well-being. I will not retaliate against someone who raises a concern in good faith.
- Understand that violations may result in coaching intervention, removal from an activity, parent/guardian notification, suspension, loss of team privileges, or dismissal depending on the seriousness and circumstances.

Coaches Code of Conduct

TTST coaches are entrusted with athlete development, safety, and well-being. Coaches agree to:

- Follow USA Swimming rules and codes of conduct, the SafeSport Code, MAAPP, TTST policies, facility rules, and applicable law.
- Place the well-being, health, safety, dignity, and long-term development of athletes above short-term performance or competitive outcomes.
- Treat every athlete fairly, impartially, and with sensitivity, without discrimination, bullying, harassment, hazing, humiliation, retaliation, or favoritism.
- Model professionalism, respect, sportsmanship, punctuality, appropriate dress, and positive communication.
- Coach in a positive and constructive manner. Do not use degrading, threatening, sexually suggestive, humiliating, or abusive language or conduct.
- Maintain appropriate professional boundaries and professional separation between coach and athlete. Avoid inappropriate gifts, private relationships, favoritism, and other conduct that could create a power imbalance or conflict of interest.
- Follow MAAPP requirements for one-on-one interactions, meetings, individual training, electronic communications, locker rooms/changing areas, transportation, lodging, and therapeutic/recovery modalities.
- Use electronic communication with minor athletes only through open and transparent practices required by MAAPP; include a parent/guardian, another adult family member, or another Adult Participant as required, and keep communications professional.

- Maintain required USA Swimming membership, background screening, Safe Sport/Athlete Protection training, and other coaching certifications or requirements applicable to the position.
- Communicate training expectations and feedback clearly and constructively and recognize that athletes develop at different rates.
- Protect athlete privacy and share sensitive information only when appropriate for coaching, safety, administration, or required reporting.
- Report suspected child abuse, sexual misconduct, and other reportable Safe Sport concerns as required by law, USA Swimming policy, and SafeSport requirements. Do not investigate or attempt to resolve a reportable matter personally.
- Cooperate honestly with USA Swimming, SafeSport, law enforcement, child-protection authorities, and TTST processes and never retaliate against a person who makes a good-faith report or participates in an investigation.
- Continue professional development in coaching, athlete development, Safe Sport, and other areas relevant to working with children and young adults.
- Understand that violations may result in removal from coaching duties, team discipline, employment action where applicable, referral to USA Swimming or SafeSport, suspension, or other consequences under the governing rules and policies.

10. Codes of Conduct — Discipline & Accountability

TTST uses a fair, proportionate, and safety-focused response to conduct concerns. The response depends on the nature, severity, frequency, and circumstances of the behavior. Nothing in TTST's discipline process limits mandatory reporting duties or the authority of USA Swimming, Sierra Nevada Swimming, the U.S. Center for SafeSport, law enforcement, or child-protection authorities.

Possible team responses

- Coaching correction, education, or restorative conversation.
- Removal from a practice, meet, event, facility, or team activity.
- Parent/guardian notification and/or a meeting with the athlete, family, coach, or Board.
- Written warning, behavior expectations, loss of privileges, or other restrictions.
- Suspension from team activities or travel, or dismissal from TTST for serious or repeated violations.
- Referral to USA Swimming, Sierra Nevada Swimming, the U.S. Center for SafeSport, law enforcement, or another appropriate authority when required or appropriate.

Reporting & Resolution

Routine team concerns should generally be addressed privately and respectfully, beginning with the swimmer's coach or Head Coach and escalating to the Board when appropriate. Safe Sport concerns must not be handled solely as an internal team disciplinary matter when reporting to USA Swimming, SafeSport, law enforcement, or child-protection authorities is required.

Good-faith reports and participation in investigations are protected from retaliation.

11. Safe Sport, MAAPP & Team Travel

Safe Sport

TTST's Safe Sport policies are club-level policies and statements of expectations. They supplement, and do not replace, the current USA Swimming Code of Conduct, the 2026 U.S. Center for SafeSport Code, the current USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), Sierra Nevada Swimming requirements, applicable law, and facility rules. If a TTST policy conflicts with a governing USA Swimming, SafeSport, legal, or facility requirement, the governing requirement controls.

USA Swimming requires member clubs to implement the current MAAPP in full and to review and obtain written agreement to the MAAPP annually from athletes, parents/legal guardians, coaches, and other applicable non-athlete members. TTST will maintain the required acknowledgments and forms through its registration/team systems.

- MAAPP applies to In-Program Contact, including practices, competitions, meetings, camps, team travel, video review, team activities, celebrations, fundraising, and other sport-related activities.

One-on-One Interactions

- One-on-one In-Program Contact between a Minor Athlete and an Adult Participant must be observable and interruptible except where a specific MAAPP exception applies, such as an emergency, qualifying dual relationship, or close-in-age exception.
- Meetings with Minor Athletes must occur in observable and interruptible settings. If a one-on-one meeting occurs under an applicable exception, the door must remain unlocked and open and, when available, the room should have windows with blinds/curtains open. Meetings may not occur in an Adult Participant's or athlete's hotel room during In-Program Travel.

Individual Training

- In-Program one-on-one individual training outside the regular course of practice must comply with MAAPP, including observability/interruptibility, advance written parent/legal guardian consent, and the parent/legal guardian's right to observe the session.

Electronic Communication

- All electronic communication from Adult Participants to Minor Athletes must be professional in nature and open and transparent. One-on-one communication must include the Minor Athlete's parent/legal guardian or another adult family member, unless a specific MAAPP exception applies. Group communication to Minor Athletes must include another Adult Participant as required by MAAPP.
- Electronic communication is permitted only through platforms that allow open and transparent communication. Adult Participants must not maintain private social-media connections with Minor Athletes or send private direct/instant messages to Minor Athletes except where a specific MAAPP exception applies.
- Electronic communications must generally be sent only between 5:00 AM and 10:00 PM local time, except for emergency circumstances or competition travel.

Transportation & Team Travel

- During In-Program Travel, observable and interruptible environments must be maintained. An Adult Participant must not transport a Minor Athlete one-on-one unless a MAAPP exception applies, including the required annual written parent/legal guardian consent where that exception is used.
- Adult Participants, including team managers and chaperones, who travel with USA Swimming athletes must be USA Swimming non-athlete members as required by MAAPP.
- Parents/legal guardians must provide the required annual written consent for In-Program Travel and lodging. TTST will use the current USA Swimming consent forms when a specific MAAPP consent is required.
- An Adult Participant may not share a hotel room or other lodging arrangement with a Minor Athlete except where a specific MAAPP exception applies. A coach may not share a hotel room or sleeping arrangement with a Minor Athlete.
- Minor Athletes should be paired for lodging with other Minor Athletes of the same competition category and similar age. Room checks during team travel require two Adult Participants and an observable/interruptible environment.
- Meetings during team travel may not occur in hotel rooms or other overnight lodging locations.

Locker Rooms & Changing Areas

- Athletes and Adult Participants must use designated locker rooms or changing areas when changing into or out of a swimsuit. Deck changing is prohibited.
- All In-Program Contact between Adult Participants and Minor Athletes in locker rooms/changing areas must be observable and interruptible, subject to MAAPP exceptions. TTST will provide or identify a private or semi-private changing option for Minor Athletes who need one.
- Use of phones or any recording device for photography, video, or audio recording in locker rooms, changing areas, or similar spaces is prohibited. TTST will not use locker rooms as a routine location for photography or video.
- TTST will coordinate with the facility and coaches/administrators to monitor locker-room use in a manner consistent with MAAPP, including periodic checks from appropriate locations and prompt attention when an athlete does not return to practice or competition in a reasonable time.
- Parents/legal guardians entering a team locker room or changing area should use designated family/adult facilities when available and, when entry is necessary, notify a coach or administrator and respect athlete privacy.

Manual Therapy, Therapeutic & Recovery Modalities

- Any In-Program massage, manual therapy, therapeutic, or recovery modality involving a Minor Athlete must comply with MAAPP. It must occur in an observable and interruptible location, be performed by an appropriately licensed/certified professional, have advance written parent/legal guardian consent, and have another Adult Participant present.
- A TTST coach may not perform a massage or rubdown of a Minor Athlete, even if the coach separately holds a massage-therapy license.

Photography & Video

TTST uses photography and video to document team activities, celebrate athletes, communicate with families, and support coaching. All photography and video must protect athlete privacy and comply with USA Swimming Safe Sport requirements and facility rules.

- Photography or video is prohibited in locker rooms, changing areas, bathrooms, showers, or other private spaces. TTST also prohibits photography/video from behind the starting blocks unless specifically authorized under an applicable event policy.
- TTST will designate appropriate spectator/deck areas for team photography and video. Coaches and team staff may record training for legitimate coaching purposes only through appropriate team-controlled methods.
- Parents/legal guardians may opt their Minor Athlete out of TTST photography/video used for team publicity or social media by submitting a written request to TTST. TTST will honor the request except where a specific operational or event requirement prevents complete exclusion.
- Athletes, parents, and coaches must not photograph, record, alter, repost, or distribute images of another athlete in a manner that is sexualized, humiliating, bullying, harassing, discriminatory, or otherwise inappropriate.

Bullying, Harassment & Hazing

TTST does not tolerate bullying, harassment, hazing, discrimination, or cyberbullying. Bullying may include severe or repeated conduct—oral, written, electronic, technological, physical, or gestural—that a reasonable person would understand as causing or threatening physical or emotional harm, fear of harm, or property damage.

- Anyone who knows or reasonably believes bullying is occurring should report it to a coach, Head Coach, Board member, or other trusted adult. Concerns should be addressed promptly, respectfully, and without blaming the athlete who reports or experiences the conduct.
- TTST will support the athlete affected, address the behavior, communicate with families as appropriate, and take reasonable steps to prevent recurrence. Retaliation against a person who reports bullying or participates in a review is prohibited.

Reporting & Resolution

Routine team concerns—such as team rules, parent complaints, or peer bullying—should generally be reported to TTST through the Head Coach, Board, or designated team reporting channel. USA Swimming also identifies the club as the appropriate first reporting channel for many team-level concerns.

- Sexual misconduct, sexual harassment, sexually explicit or inappropriate electronic communication, suspected child abuse, and other matters within the jurisdiction of the U.S. Center for SafeSport must be reported through the appropriate Center and/or law-enforcement/child-protection channels.
- All adults authorized to interact with minor or amateur athletes who learn facts giving reason to suspect child abuse or sexual misconduct must comply with applicable mandatory-reporting laws and USA Swimming requirements. USA Swimming states that covered reports must be made to law enforcement and/or the state child-protection agency and the U.S. Center for SafeSport within 24 hours.
- USA Swimming Safe Sport should be used for concerns involving physical or emotional misconduct, MAAPP violations, USA Swimming Code of Conduct violations, and other Safe Sport matters within USA Swimming's jurisdiction.
- If there is immediate danger or a medical emergency, call 911 or the appropriate local emergency service first.
- No person may retaliate against someone who makes a good-faith report, participates in an investigation, or otherwise exercises rights under SafeSport or TTST policy. Bad-faith false reports are prohibited.

Safe Sport Contacts

U.S. Center for SafeSport: 833-5US-SAFE (587-7233) and www.uscenterforsafesport.org.

USA Swimming Safe Sport: report through the USA Swimming Safe Sport reporting system; anonymous tips may be sent by text to 888-270-SWIM (7946).

TTST team concerns: Head Coach and/or Board of Directors at ttstbod@truckeeswim.org.

Current governing resources: www.usaswimming.org/safe-sport and the U.S. Center for SafeSport Code at www.uscenterforsafesport.org.

Team Travel Expectations

Swimmers traveling with TTST must follow current USA Swimming MAAPP requirements, TTST travel instructions, meet rules, facility/hotel rules, and coach directions. Required travel and consent forms must be completed before travel.

- Senior and other designated travel swimmers are expected to lead by example. Swimmers must follow curfews, room assignments, transportation expectations, meeting times, and coach/chaperone instructions.
- No alcohol, tobacco, vaping, illegal drugs, weapons, hazing, or other prohibited conduct.
- Travel violations may result in removal from an activity, being sent home at the family's expense, suspension, loss of travel privileges, dismissal, or referral to USA Swimming/SafeSport/law enforcement when appropriate.

12. Acknowledgment

By registering with Truckee Tahoe Swim Team, each swimmer and parent/guardian acknowledges that they have read and agree to follow this 2026–2027 Team Handbook and applicable TTST, USA Swimming, Sierra Nevada Swimming, facility, Safe Sport, MAAPP, electronic communication, photography, anti-bullying, and team travel policies. The TTST handbook is a club-level summary; current governing USA Swimming and U.S. Center for SafeSport policies control if a conflict exists.

Annual Safe Sport / MAAPP Acknowledgment

- Athletes, parents/legal guardians, coaches, and applicable non-athlete members must review and provide the annual written acknowledgment required by the current MAAPP. TTST will maintain required acknowledgments and consent forms in its team/registration system.
- Families are responsible for reviewing current TTST Safe Sport policies each season and promptly reporting concerns rather than attempting to investigate suspected abuse or misconduct themselves.

The handbook is intended to explain TTST's program, expectations, and operating policies. Where a current USA Swimming, Sierra Nevada Swimming, facility, or legal requirement conflicts with a handbook provision, the applicable current requirement governs.

Family Checklist

- Read the TTST Team Handbook with your swimmer.
- Review the Parent/Guardian Code of Conduct.
- Review the Athlete Code of Conduct.
- Review the Coaches Code of Conduct and understand appropriate communication boundaries.
- Review Safe Sport and MAAPP requirements.
- Know your swimmer's training group, practice schedule, and attendance expectations.
- Know how to communicate with coaches and the Board.
- Review the team meet calendar and competition expectations for your swimmer's level.
- Keep your contact information current in the team registration system.

2026–2027 Publication Note: Program dates, practice times, competition dates, fees, and other operational details may be updated by TTST during the season. The team website, registration system, and direct coach/Board communications should be used for current information.

Thank You

Thank you for being part of TTST. We want our younger swimmers to see a future for themselves within the team, our developing swimmers to become confident competitors, our Senior swimmers to become leaders, and our multi-sport athletes to remain connected to swimming.

Most importantly, we want TTST to remain a place where swimmers can work hard, have fun, build friendships, compete with pride, and develop a lifelong relationship with the sport of swimming without feeling lost or left behind.

Welcome to the Truckee Tahoe Swim Team 2026–2027 season!
Let's have a great year.