2025-26 Team Handbook

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Our Team

Established in 1975, Cypress Fairbanks Swim Club (CFSC) is a USA Swimming year-round competitive team offering high quality professional coaching and technique instruction for swimmers of all ages and abilities.

As a member of Gulf Swimming, the goal of CFSC is to provide every member an opportunity to improve their swimming skills, achieve success at his or her level of ability, from novice to international competitor. All our coaches, as members of the American Swim Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend swimming will be quality time.

Our Mission:

CFSC is a swimming family committed to athletic excellence, self-discipline, integrity, and life-time development for all ages and abilities.

Competitive Team Philosophy:

What is deemed extraordinary elsewhere occurs daily at Fleet. We succeed because we dare to challenge our members to achieve big goals and chase their dreams. Winning with the Fleet family is a product of enthusiasm, hard work and fun. To maximize long term athletic success, athletes must be developed as a whole person. Fleet focuses on skill development and age-appropriate training. Training groups provide a systematic progression of increased expectations and involvement. As swimmers develop physically and emotionally, workload increases to allow them to reach their full potential.

Coaching Staff

The coaching staff at Fleet are professionals that are passionate about swimming. The staff and team provide individuals with the resources needed to achieve their goals.

Fleet coaches are USA Swimming registered and certified, including background check, athlete protection, USA Swimming Safe Sport and Coaches Safety Training, CPR and First Aid Certifications.

Rick Boucher
Head Coach
Senior Black Coach

Maryanne Svoboda
Head Age Group Coach
Age Group Black & Red Coach

Zion Thomas
Head Water Polo Coach

Colin Kennedy – Assistant Coach – Junior Black and Junior Red
Leah Ortiz – Assistant Coach – Senior Red
Sarah Roe – Assistant Coach – Junior White and Senior White
Josh Green – Assistant Coach – Age Group Gold & White @ Bridgeland
Lauren Evans – Assistant Coach – Age Group Bronze and Silver @ Arnold
Angel Le – Assistant Coach – Age Group Bronze and Silver @ Bridgeland
Aaron Parrott – Assistant Coach – Age Group Gold & White @ Spillane
Cassie Castaneda – Assistant Coach – High School Water Polo

Administrative Staff

Lindsie Micko
General Manager

Rhonda Smith – Financial Administrator
Carolyn Fenter – Team Administrator/TeamUnify Billing

Group Descriptions

Age Group Bronze (Ages 10 & under)

- Swimmers know freestyle (with proper breathing) and backstroke. Skill development and learning breaststroke & butterfly is the primary focus.
- No attendance requirement
- Swimmers attend recommended meets and 2 practices per week

Age Group Silver (Ages 10 & under)

- Swimmers are legal in 3 strokes – Skill development and learning a 4th stroke is primary focus
- No attendance requirement
- Swimmers attend recommended meets and 3 practices per week

Age Group Gold (Ages 12 & under)

- Swimmers are legal in all 4 strokes – complete a 100 IM
- Must meet training standards
- No attendance requirement
- Swimmers attend recommended meets and 5 practices per week

Age Group White (Ages 12 & under)

- 3 x 10 & Under "B" Times (1 in a 200 or longer)
- Must meet training standards
- No attendance requirement
- Swimmers attend recommended meets and 5 practices per week

Age Group Red (Ages 12 & under)

- 1 x 10 & Under Gulf Time
- Must meet training standards
- 65% practice attendance requirement
- Swimmers attend recommended meets and 6 practices per week

Age Group Black (Ages 12 & under)

- 1 x 11-12 Gulf Time
- Must meet training standards
- 75% practice attendance requirement
- Swimmers attend recommended meets and 6 practices per week

Junior White (Middle School Age – can be in HS if participating at AG Champs)

- Must meet training standards
- No attendance requirement
- Attend recommended swim meets

Junior Red (Middle School Age – can be in HS if participating at AG Champs)

- Must meet training standards
- 70% attendance during SCY, 75% attendance during LCM
- Attend recommended swim meets

Junior Black (Middle School Age – can be in HS if participating at AG Champs)

- 1 x 13-14 Gulf AG Time
- Must meet training standards
- 75% practice attendance requirement SCY, 80% during LCM
- Attend all recommended meets and 7 practices per week

Senior Red (High School Age – not participating in Age Group Champs)

- Attend recommended swim meets

Senior Red (High School Age – not participating in Age Group Champs)

- Must meet 1 training standard
- 75% practice attendance requirement SCY, 80% during LCM
- Attend recommended swim meets

Senior Black (High School Age – not participating in Age Group Champs)

- 3 x Training Standards
- 80% practice attendance during SCY Season, 85% LCM Season
- Attend all recommended meets

Training Standards

Group	Attendance Requirements	Training Standards	Qualifying Swims
Senior Black	80% during SCY Season 85% LCM Season	Freestyle 1:25 Fly/Back/IM 1:35 Breast 1:45 Kick 1:55 (SCM – 100's)	3 Racing Time Standards (check with coaching staff)
Senior Red	75% during SCY Season 80% LCM Season	Freestyle 1:30 Fly/Back/IM 1:40 Breast 1:50 Kick 2:05 (SCM – 100's)	1 Racing Time Standard (check with coaching staff)
Senior White	No Standards	Must be able to swim all 4 strokes legally	No Standards
Junior Black	75% during SCY Season 80% LCM Season	Freestyle 1:35 Fly/Back/IM 1:45 Breast 1:55 Kick 2:05 (SCM – 100's)	1x 13-14 GULF Age Group Champs
Junior Red	70% during SCY Season 75% LCM Season	Freestyle 1:45 Fly/Back/IM 1:55 Breast 2:05 Kick 2:15 (SCM – 100's)	1 Racing Time Standard (check with coaching staff)
Junior White	No Standards	Must be able to swim all 4 strokes legally	No Standards
Age Group Black	75%	Freestyle 1:35 Fly/Back/IM 1:45 Breast 1:55 Kick 2:05 (SCM – 100's)	1x 11-12 GULF Age Group Champs
Age Group Red	65%	Freestyle 1:55 Fly/Back/IM 2:05 Breast 2:15 Kick 2:25 (SCM – 100's)	1x 10 & Under GULF Age Group Champs
Age Group White	None	Freestyle 2:05 Fly/Back/IM 2:15 Breast 2:25 Kick 2:35 (SCY – 100's)	3x 10 & Under "B" Times (1 in 200+) (SCY – 100's)
Age Group Gold	None	Freestyle 0:45 IM 1:00 Kick 1:00 (SCY – 25's)	Legal in all 4 Strokes
Age Group Silver	None	Freestyle 1:00 IM 1:15 Kick 1:15 (SCY – 25's)	Legal in 3 Strokes

Age Group Bronze	None	None	Legal in Freestyle (Side breathing) Legal in Backstroke

Group Placement and Advancement

Fleet's big picture team-wide philosophy drives group placement decisions. Swimmers are placed into the training group that is developmentally appropriate. The coaching staff makes all group placement decisions.

Some of the most crucial factors driving group placement include:

- Maturity (chronological age, physiological age, and emotional development)
- Commitment (practice attendance, meet participation, priority of the sport)
- Training ability and technique

Racing times are not a primary factor for group placement, although they may be an indirect factor as racing times translate to meet qualification and training needs.

The swimmer's group placement determines a floor, not a ceiling. This means that each group has different standards for membership (the floor) but does not have upper limits of achievement (the ceiling). Group placement does not communicate a coach's belief about a swimmer's potential.

Swimmers are placed in groups that best serve their developmental needs. If swimmers or parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

Practice Information

Practice Attendance

Swimmers in every group are encouraged to attend all practices offered. Some groups have practice attendance requirements. Excellent attendance enhances the entire competitive swimming experience. Consistent and uninterrupted training is necessary for both short-term and long-term success. Swimmers may only swim with their assigned group, unless directed to swim with a different group by their primary coach.

Punctuality

Swimmers should arrive 5-10 minutes before the start of each practice. Swimmers who are going to arrive late must notify their primary coach in advance.

The Pool Deck

The pool area is a classroom setting for coaches and swimmers. Parents should not be on deck and/or interrupt swimmers or coaches during practice. Do not approach the coaching staff during practice unless there is an emergency.

Pool & Facility Use

Swimmers and families are guests at our facilities and must follow all facility policies. Please ensure that all equipment is labeled and that nothing is left behind after practices or competitions. Swim bags may be hung on the fences behind the blocks.

Practice Equipment

All suits, caps, and goggles worn must be designed for competitive swimming. Caps must be worn by those with longer hair. Suits – boys wear a brief/jammer, girls wear a modest 1-piece suit. Fleet caps must be worn by those who wear caps, and competitive swimming goggles should be used.

Competition

Meet Attendance & Events

- Swimmers should attend all recommended meets.
- The coaching staff decides which meets swimmers attend and which events they compete in.
- Swimmers typically attend 1-2 weekend meets per month.

Entering Meets

Swim meet registration is either (1) completed by the Fleet coaching staff for Senior groups or (2) completed individually by families online through TeamUnify.

- When families are required to register through TeamUnify, they must declare their intent (yes or no) prior to the deadline posted. Late registration is not allowed.
- Any changes to the intent to compete must be emailed to the primary coach before the deadline.

Qualifying Time Standards

- There are specific meets that have qualifying time standards. Swimmers must reach time standards to be eligible to compete in these meets.
- For swim meets with a minimum qualifying standard, all qualified swimmers are expected to attend.

Championship Meets

- These are the most important meets of the season and are typically the final meets of the season. Fleet counts on every qualifying athlete to compete.
- Championship meets have qualifying time standards. Qualifying for championships is a focus for every swimmer on the team.
- All swimmers who qualify are required to attend and to be available for every meet session, including finals and relays.

Racing Suit Team Policy

- Regular Season Meets: Team suit is worn. No technical suits may be worn at in-season meets.
- Championship/Focus Meets
    - Ages 12 & Under: Please check with your coach on what suit is recommended for Championships Meets. Must be Arena brand.
    - Ages 13 & Over: Arena brand technical suits may be worn. The coaching staff determines when swimmers can compete in technical suits.

Parent Volunteering/Service Credits:

As a parent-run, non-profit organization, CFSC, we host swim meets and other functions throughout the year. We cannot do so without the help of all the families. Fleet earns revenue from swim meets, which help subsidize all our monthly dues. Age Group Gold competitive swim team families and up are required to help. Below is the tentative breakdown by group. The board will finalize in September.

Requirements:

Group	Credits	Group	Credits
Senior Black	7	Age Group Gold	4
Senior Red	7	Age Group Silver	0
Junior Black	7	Age Group Bronze	0
Junior Red	6	Hybrid (Swim & Water Polo)	4
Age Group Black	7	Home School	0
Age Group Red	6	Non-Competitive	0
Age Group White	5	Water Polo	0

- 1 credit equals one session. A session can range from 3-5 hours. There will be some opportunities outside of swim meets to earn credits.
- **2 credits must be served during the summer months (June and July) to ensure there are enough volunteers to help with our largest meets.**
- Credits can be earned at any time during the year. (September 1-August 31).
- Credits are based on the highest-level swimmer in the family.
    - For example, if you have an Age Group White and Senior Black swimmer, your family is required to work 7 sessions.

- Any unworked sessions will be charged at a rate of $150 per credit at the end of August 2025.
    - You must pay this fine when registering for the 2025-2026 season.
    - For example, if you have 4 unworked credits, you will be billed $600.
- If your swimmer advances to another group during the year, your credits will remain the same as your swimmer's original group.
- Credits will be prorated and rounded to the nearest 0.5 for new swimmers. For instance, if you are an Age Group Gold family that joins in March, you will have 2 credits.
    - 4 credits ÷ 12 months = 0.333 credits per month
    - 0.333 x 6 months remaining in the season [March - August] = 2 credits

Timing:

- Timing is required at every swim meet we attend. Every family will have the opportunity to voluntarily sign up for timing slots. Any slots not taken will be assigned. These do not count towards your volunteering requirements. Assignments will be emailed out a few days prior to the competition. If you fail to appear for your timing slot, your account will be charged $50.

Officiating:

- Parents are strongly encouraged to become officials because officials are required to run a successful swim meet.
- Please contact the General Manager if you have any questions or are interested in becoming an official.
- Officiating DOES count toward the volunteer requirements.

Team Communication

Swimmer/Family

Swimmers and families are expected to communicate clearly and as needed with the coaching staff. Whenever possible, swimmers are encouraged to communicate directly with their primary coach. Brief questions can be answered before and after practice. If you wish to discuss something in detail, please schedule a meeting with your primary coach. If your issue is not resolved, you may then contact the Head Coach or Head Age Group Coach depending on your swimmer's group. Informational meetings for swimmers and parents are held at the beginning of the competitive year. All families should attend.

Team Website

Our team website, fleetswimming.com, is a resource for team families. The practice and meet schedules can be found on the website.

Weekly Update/Group Calendars

Every lead coach will send out a weekly email update. This will include any pertinent information or changes that will occur during that week. Group calendars are on the team website, and you can subscribe to these calendars to view practice, event, and meet schedules. Families are responsible for checking the update each week.

Email

The coaching staff will use email to communicate with the team and with specific groups. Families will typically receive at least 1 email per week. Please notify the coaching staff if you are not receiving emails. Please ensure that email addresses are up to date in TeamUnify.

Team Apparel and Training Equipment

The training equipment and team apparel outlined below are required for team members.

Team Apparel: Xtreme Swim is our team vendor. All Fleet swimmers are required to wear either a team suit (solid black Arena brand with or without the Fleet logo) or a coach approved Arena brand technical suit and a Fleet swim cap at all swim meets. Black caps are worn at all meets. Red caps are worn during finals only.

Swimmers will receive a team swim suit, black silicone swim cap and 3 team T-shirts each year. The shirts and cap are included in the team registration fees. Be sure to update your swimmer's shirt size in TeamUnify. Arena brand swimsuits are required.

Training Equipment: Families can order training equipment through D & J Sports. Swimmers bring training equipment with them to all practices. Arena-brand training equipment should be ordered.

Age Group Bronze & Silver– kickboard, long fins, water bottle
Age Group White & Gold – long fins, kickboard, 1 junior sized pull buoys, water bottle
Age Group Red & Black – long fins, kickboard, 2 junior sized pull buoys, 2 tennis balls, 2 green paddles, water bottle
Junior Black & Junior Red – kickboard, junior sized pull buoy, paddles (Arena elite or stroke maker), Arena power fin pro fins, water bottle
Senior Red & Senior Black – kickboard, junior sized pull buoy, paddles (Arena elite or stroke maker), Arena power fin pro fins, tempo trainer, snorkel (Arena or Finis stability), drag sox, water bottle

Team Fee Structure

Coaching Fees

Group	Monthly Coaching Fees	Group	Monthly Coaching Fees
Senior Black	$320	Age Group Bronze	$130
Senior Red	$280	Home School Swim (4 days)	$130
Senior White	$230	Home School Swim (3 days)	$110
Junior Black	$285	Home School Swim (2 days)	$90
Junior Red	$260	Non-Competitive (3 days)	$100
Junior White	$220	Non-Competitive (2 days)	$80
Age Group Black	$260	Water Polo ^	$140
Age Group Red	$240	Non-Competitive (3 days)	$110
Age Group White	$190	Non-Competitive (2 days)	$90
Age Group Gold	$170	Age Group Water Polo	$140
Age Group Silver	$145	High School Water Polo	$85

* $100 Facility Fee charged at registration. Multi-Swimmer Discount: $15 per month for 2nd swimmer and $20 per month for swimmers 3+

Registration Fees - include 3 T-shirts, team swim suit and 1 silicone cap at registration and champs' shirts for both long course and short course. There is a multi-swimmer discount of $50 off the total registration fee.

All Competitive Swim Groups	$250
Hybrid (Swim & Water Polo)	$250
Water Polo	$250
Home School & Non-Competitive	$100

Fundraising Fees

	1 swimmer / participant in household	2+ swimmers / participants in household
Competitive Swim, Hybrid, and Water Polo	$200	Max of $300 per family
Home School Aquatics, Home School Swim, and Non-Competitive	N/A	N/A

Withdrawal Policy

The withdrawal form must be filled out and submitted by the 25th of the month in order to not be charged the next month's coaching fees. There are no refunds or prorating of registration and fundraising requirements. The withdrawal form is located at the bottom of the Fleet home page.

If you choose to withdraw from the team, you must fill out the withdrawal form by the 25th of the month in order to not be billed for the next month's monthly dues. Any unworked service hours and meet fees will be billed prior to being withdrawn from the team.

If you choose to return to the team in the same fiscal year, you will be required to re-register and pay the registration fee. Unworked service hours or outstanding fees will need to be settled prior to returning to the team. Your application to return to the team will go through an approval process to ensure you are in good standing with the team.

Additional Expenses

- Additional expenses include USA Swimming Registration ($100), meet entry fees, training equipment, apparel, and team travel.
    - Fleet will handle your registration, and your account will be billed $100
- To subsidize coaches travel for meets, all swimmers attending a meet that requires a hotel stay for coaches will be accessed $10 per meet. For non-Fleet hosted meets, all swimmers will be accessed an extra $1 per event.
- Overdue payments: After the 15th of the month, a $25 fee will be incurred.
- Refer to the Financial Policy to learn more about late payments.

Fundraising

As a 501(c)(3) corporation and a team that owns its own facilities, fundraising is a major part of what we need to do to take care of our facilities. Each swimmer will be required to raise or contribute $200. For families having two or more competitive swimmers on the team, the family minimum will be $300. The fundraising fee will be assessed in November.

We will have minor fundraising events and programs throughout the year. Families are strongly encouraged to participate.