



San Dieguito Sea Dragons (SDSD) Artistic Swim Club

Club Membership Handbook

1. Introduction

San Dieguito Sea Dragons is a 501(c)3 non-profit organization (EIN: 88-4357521) located in San Diego, CA. Our mission is to develop physically active, mentally strong, and dedicated athletes through the sport of artistic swimming.

At the heart of our team's philosophy is the belief that artistic swimming not only shapes exceptional athletes, but also extraordinary individuals. We aim to create a tight-knit community where teamwork, confidence, hard work, and creativity come together seamlessly as we strive for greatness.

We believe that every swimmer has the spark of greatness within them, regardless of where or when they start. Our team of dedicated coaches are here to cheer them on every step of the way, providing fun and focused training sessions that bring out the best in each athlete.

2. Club Membership Programs

We welcome boys and girls ages 5+ to learn artistic swimming techniques and routines, and gain self-confidence and discipline in a nurturing team environment. Our athletes train September-June.

PRE-NOVICE. Our Pre-Novice program is for athletes ages 5+ who want to develop confidence in the water while learning the fundamentals of artistic swimming. Athletes practice 1 hour on Saturdays for 8 weeks in a small group setting. At the conclusion of 8-weeks, athletes will be tested on skills and receive a recommendation to advance to the novice team or to complete another 8-week session.

NOVICE. Designed for beginners, this program introduces athletes to fundamental techniques such as eggbeater and sculling, culminating in the creation of a dynamic team routine. Novices practice 2 days per week and have a chance to showcase what they've learned at novice meets and our annual watershow.

INTERMEDIATE. Our Intermediate program is designed for athletes who have a foundation in artistic swimming and are eager to elevate their skills to the next level. Athletes commit to three weekly sessions, spanning 6-8 hours per week, and compete in local and regional competitions, as well as our annual watershow.

AGE GROUP. Our Age Group program is for athletes devoted to artistic swimming who aspire to reach the highest level of the sport. Depending on team placement, competitive athletes practice 3-5 days per week (10-20 hours) and compete in local, regional, and national meets.

3. Registrations, Membership Dues, and Team Fees

Registration Dues

Registration fee (\$60): Annual non-refundable fee paid at registration to SDSD. This fee covers West Zone and San Diego Imperial Association registration.

USAAS Membership: purchased directly from USAAS.

- USAAS Athlete Membership (\$54): pre-novice, novice, and intermediate athletes.
- USAAS Competitive Athlete Membership (\$104.00): age group athletes.

Membership Fees

San Dieguito Sea Dragons offers a 10-Month Membership covering the tuition dues September-June and competition/event entry fees. Summer Camps are paid al a carte.

Club Membership Dues does NOT include: SDSD Registration Fee, USAAS Membership, pool cover exemption, travel expenses to competitions, required team gear and routine suits, private sessions.

Membership dues must be received by the 1st day of each month via Zelle or check. Please contact bin@seadragonssd.org with questions.

Late fees:

- First through third day of the month: grace period
- Fourth through tenth day of month: \$20/day
- After the tenth day: Athlete will be removed from the team

Refund Policy: Refund will be processed when an athlete withdraws 30 days prior to the start of the next monthly practice session. Notifications of withdrawal must be sent to mary@seadragonssd.org.

** Pay the entire annual Membership Dues at the time of registration, and get a 10% discount!!*

Membership Programs	Monthly Dues* / Annual Dues*
Novice - 2 Days per Week	\$300 / \$2,700
Intermediate - 3 Days per Week	\$400 / \$3,600
Age Group, JR, SR - 4 Days per Week	\$500 / \$4,500
Solo and Duet Routines - Add on	Additional \$100 per month per routine

Tuition may be paid by Check or Zelle.

Business name: San Dieguito Synchro

Email: bin@seadragonssd.org



Zelle®



4. Equipment and Apparel

All athletes should arrive to practice in a swimsuit with workout clothes on top (leggings or shorts - no sweats) and running shoes. Athletes should have their hair up and sunscreen on when they arrive.

NOVICE: One piece swimsuit, workout clothes, running shoes, flip flops, cap, goggles, 2+ nose clips, towel, water, sunscreen, yoga mat, parka

INTERMEDIATE: One piece swimsuit, workout clothes, running shoes, flip flops, cap, goggles, 2+ nose clips, towel, water, sunscreen, yoga mat, parka, resistance band

AGE GROUP: One piece or athletic two piece swimsuit, workout clothes (shorts or leggings - no sweats), running shoes, flip flops, cap, goggles, 2+ nose clips, towel, water, sunscreen, yoga mat, parka, resistance band, ankle weights, jump rope.

*Age Group athletes are also required to purchase a competition gear pack (approx. \$500) in their first year of competing.

5. Board of Directors

SDSD is governed by an elected Board of Directors composed of parents and coaches. To contact the board, please email bod@seadragonssd.org.

The Board of Directors and Head Coach develop the club mission, rules and consequences, budget, and objectives. The Head Coach makes day-to-day operational decisions for the Club including pool booking, club communications, and leading all aspects of training including practice plans, routine placement, choreography decisions, and competition schedule.

Name - Role	Contact Information
Mary Liesegang, President Head Coach	mary@seadragonssd.org
Ling Zheng, Vice President	zhengling99@gmail.com
Bin Xu, Treasurer	bin@seadragonssd.org
Leslie Lee, Secretary	lesliemaylee@gmail.com

6. Athlete Code of Conduct

1. Athletes will arrive on time and prepared for every practice. This includes arriving in the appropriate attire with equipment and sunscreen on. Routine tardiness will result in the athlete being moved to the alternate position on their team.
2. Absence policy:
 - a. Athletes will communicate absences with their coach by emailing or texting the Head Coach and their team coach at least 72 hours ahead of time.
 - b. Last minute absences are allowed only in case of emergency.
 - c. If sick, athletes are expected to attend practice to watch from deck unless they have a fever or are throwing up. If the athlete feels good enough to go to school, they are expected to be at practice.
 - d. Athletes are allowed one planned absence per month; additional absences may result in the athlete being moved to the alternate position on their team.
 - e. Any absences of age group athletes within two weeks leading up to a competition will result in the athlete being shifted to the alternate position for that event. Exceptions to this rule may be granted on a case-by-case basis if the athlete books private lessons, arranged outside of regular practice hours and at their own expense.
 - f. Age group athletes are only allowed one planned Saturday practice absence during competition season (Feb-June). Athletes should plan vacations, social events, etc. around practice. Exceptions will only be made in case of emergency.
3. Athletes are encouraged to advocate for themselves through communicating their needs to coaches.
4. Athletes will demonstrate respect for all coaches. Regardless of whether or not they are your team coach, athletes will listen to and follow directions respectfully as mentored and guided by all coaches.
5. Athletes will display good sportsmanship in representing SDSD. This includes encouraging and respecting all athletes, both on the team and throughout the wider artistic swimming community.
6. Cell phone use at the pool and during competitions is not acceptable. Athletes may only use their phone at the pool or during competitions for urgent needs per Coach discretion. Non-emergency use of cell phones may result in confiscation.



7. Parent/Guardian Code of Conduct

1. Club communication will be conducted through the Head Coach. One parent for each athlete is required to join the team Whatsapp group used for regular communication. Weekly practice plans will be sent by email.
2. Concerns should be addressed directly with the Head Coach, and if needed, further discussion can involve other coaches and parents. Whenever feasible, parents should empower their swimmers to communicate their needs before intervening.
3. Parents are responsible for on time drop off/pick up and ensuring athletes are prepared with all necessary attire and equipment. Pre-Novice, Novice, and Intermediate parents will walk their swimmer to/from the pool for pick-up and drop off.
4. To maintain the focus and productivity of training sessions, parents are kindly asked to remain in the bleacher area while their athletes are practicing. Distractions or disturbances should be avoided unless there is an emergency situation.
5. Parents are expected to honor all decisions made by the Head Coach regarding practice planning, music allocation, routine placement, choreography, and competition scheduling. The Head Coach will guarantee that each athlete receives personalized and suitable training, though this may vary in terms of music time based on individual routine requirements.
6. While coaching styles may be different, all coaches must be respected. Please model this behavior by respecting the decisions of coaches.
7. At competitions, parents will respect the decisions of all coaches, officials, and judges. Parents are encouraged to model good sportsmanship by cheering for and encouraging all teams.
8. Some practices are challenging and some are more fun - both are equally as important for the development of your athlete. Parents are asked to encourage their athletes to approach all training sessions and competitions with positive, focused, and respectful athlete ethics.
9. Parents will notify the club of injuries or medical conditions that may affect participation.
10. Parents are expected to fulfill the volunteer commitments throughout the season:
 - a. Pool cover shifts. Athlete's whose parents (or athletes) do not sign up for covers will be charged \$40 per month to supplement support.
 - b. Age Group parents will be expected to chaperone one travel meet per year.
11. Parents are responsible for ensuring their athlete's membership fees and financial obligations are paid on time. Failure to do so will result in late fees.
12. Parents are responsible for ensuring their athlete reads and follows the Code of Conduct including the absence policy.

8. Coaches Code of Conduct

1. Coaches must display the highest standards of professionalism. This includes appropriate language, attire, and behavior at all times.
2. Coaches will treat all athletes with respect, fostering an inclusive and supportive environment that celebrates diversity and promotes a sense of belonging for every member of the team.
3. Coaches will review the lesson plan created by the Head Coach and will come to practice prepared to lead workouts, drills, teach choreography, provide constructive feedback on correct technique, and use practice time effectively.
4. Coaches will make sure practices are both challenging and fun. They will prepare athletes to achieve success at competitions, develop character, and have fun.
5. Coaches will provide a safe environment for athletes by:
 - a. Maintaining up to date lifeguard, CPR, and First Aid.
 - b. Conducting themselves in accordance with the Safesport training.
 - c. Using coaching approaches endorsed by USAAS through up-to-date CCP and training on figures, rules, and technique.
 - d. Ensuring there is always a coach and lifeguard on deck.
 - e. Reviewing athlete medical history and being attentive to any disclosed requirements or restrictions. This information is considered confidential.
6. Coaches are expected to follow all directions from the Head Coach. Any concerns that arise should be promptly brought to the attention of the Head Coach. If necessary, these concerns may be discussed further with other coaches, parents, and swimmers. Team coaches are responsible for directing any parent questions or concerns to the Head Coach for clarification or resolution.
7. Coaches are expected to use their phones only for music and in cases of emergency.
8. One-on-one communication between coaches and athletes over email/text message is not permitted. All messages must have another athlete, coach, or parent copied. If a swimmer reaches out individually, copy the Head Coach on the response. No communication between coaches and athletes should take place over social media.
9. The consumption of or being under the influence of alcohol or use of illegal substances is strictly prohibited in the presence of athletes.



9. Competitions and Travel

At the beginning of each season, the Head Coach will develop a Meet Agreement with which meets the team will be attending, categorized as a travel meet (AG only) or a local meet (all team).

For travel meets, all Age Group athletes travel and lodge with their teammates and designated team chaperones. Cost of travel, including coaches and chaperones, is split evenly between athletes. Parents who are not chaperoning are welcome to attend the meet as cheerleaders but will be responsible for their own travel and will not be allowed in lodging or on the pool deck.

Travel consent forms are required prior to every travel competition.



Member Acknowledgement Agreement and Certification

I hereby give my consent for _____ (athlete name), for whom I am the parent or legal guardian, to participate in all San Dieguito Synchro (d.b.a. San Dieguito Sea Dragons) (SDSD) artistic swimming practices, competitions, travel, and activities associated with participation in the sport.

_____ (initial) I understand that participation in this activity could expose him/her to risk of personal injury, death, or property damage. I acknowledge that he/she is voluntarily participating in this activity with the agreement to assume any such risks for any injury, death or damage to or loss of personal property arising out of, or in connection with artistic swimming practices, competitions, travel, and activities associated with participation.

_____ (initial) To the fullest extent allowed by law, I hold harmless and agree to indemnify SDSD, its officers, Board, agents, volunteers, or employees from and against any claim, cause of action, loss or liability for injury to person or property, which participant may suffer or for which participant may be liable to any other person, resulting from any cause, and regardless of fault, related to artistic swimming practices, competitions, travel, and activities associated with participation in the sport.

_____ (initial) In the event of an emergency requiring medical treatment, I grant permission for any and all medical attention deemed necessary to be administered to my athlete until I am contacted. I understand that any resulting expenses or charges are my responsibility. If I cannot be reached in the event of an emergency, I give the listed emergency contact permission to act on my behalf.

_____ (initial) I have reviewed and completed the medical disclosure included in registration required for participation in this program, and have listed all allergies or medical problems suspected and known about for the minor, as well as any medical conditions or past treatments he/she has received.

_____ (initial) I grant permission for my athlete to be photographed, videotaped, and/or interviewed for use by SDSD including but not limited to: website, media releases, email, Facebook, Instagram, Whatsapp, Tiktok, Youtube, Google Drive, TV, and print media.

_____ (initial) I agree to conduct myself in accordance with the Membership Handbook and Parent/Guardian Code of Conduct. I understand that I am responsible for ensuring my athlete understands and abides by the Athlete Code of Conduct. Violations of the Code of Conduct may result in suspension, dismissal, or expulsion from competition and/or the Club.

I have read this document, and I am signing it freely. I understand that this document is written to be as broad and inclusive as legally permitted by the state of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms. This agreement is in effect for one year from the date of my signature.

Parent/Guardian Member Name

Parent/Guardian Member Name

Signature

Signature

Date

Date