

Upper Arlington Swim Club
New Parent Information
2025/2026

UASC New Parents,

Welcome to the Upper Arlington swim club! While I've been the Head Coach of UASC for 28 years, I understand that this is new to you and you have many more questions than I can answer in a brief meeting. There are probably questions that you don't even know you have yet. Please feel free to contact me with any questions or concerns that may arise throughout the season.

Our **Coaching Staff** is made up of professional coaches who are not *only* certified in lifeguarding and safety training, but educated in the sport of swimming by the American Swimming Coaches Association. UASC has money budgeted for annual continuing coaching education for the staff, and all staff members are required to take a "foundations of coaching" test, when hired. These are not part-time volunteer coaches. We have an educated and experienced staff that has the best interest of each swimmer at heart. In addition to great coaches, we staff additional lifeguards to ensure swimmer safety. *If any swimmer has a pre-existing medical condition that we should know about, please contact me personally.* The coaching staff will handle any information with confidentiality and sensitivity, but our first priority is the welfare and safety of our swimmers. I hope the following information will be helpful in answering any procedural questions you may have regarding practices and meets.

Practices

Our **practice schedule** is listed on the website (www.UASC.org). This practice schedule is our "normal" format, and is subject to change. We will change practices often when UA schools are not in session. We will revert to a holiday schedule over Thanksgiving and Winter Breaks, which will include practices during the workday. This *may* also apply to Mondays and/or Fridays when UA schools are out.

In cases of **inclement weather**, if UA schools are cancelled, we are prohibited from having practice at UAHS. In the event of extended school closures, we will work with the school on a safe plan to return to the pool.

Any **practice changes or cancellations** will be posted on the website and emailed to all members involved.

UASC does not have an **attendance policy** for our age group swimmers. Attendance will be taken, and swimmers are encouraged to attend as many practices as possible. If your swimmer is unable to attend practice, it is not necessary to inform coaches why, but it is appreciated for *extended absences*.

Swimmers are encouraged to **arrive 10 minutes prior** to the start of their practice, to ensure they can get in on time. Please do not drop swimmers off, unattended, earlier than that. Coaches will always try to be at the natatorium early, but we cannot be responsible for swimmers who are dropped off more than 15 minutes prior to their practice.

We do have a late **pick-up policy**. Swimmers *must* be picked up within 15 minutes of the scheduled end of their practice. This includes all practice groups (not just the last practice of the day or evening). If swimmers are not picked up within 15 minutes of the end of their practice, a \$100 charge will be applied to your account. That money will not go to UASC, but to the coaches who are waiting with your swimmer. Coaches must not leave the facility until all athletes are accounted for, and two coaches must always wait with any swimmers.

The **facilities** we use in UASC are a privilege to have access to. It is not UASC's right to have access to the UAHS Natatorium. If a facility is being abused, the privilege to use it will be revoked. The locker rooms at the high school will be off limits to age group practices. There are four (4) full bathrooms (toilet/sink/shower) available to swimmers during practices. Swimmers are expected to show up and leave in their suits, but may change in the bathrooms in the event of an extraordinary circumstance. Winter is not one of those circumstances! Parkas and sweats are recommended once the weather changes. Each practice group will be assigned a designated area for their belongings, that will be inside the natatorium, in plain sight/view of the coaches. Food is prohibited in the natatorium, but swimmers are encouraged to have their own water bottles, or anything *plastic* to drink from (no glass or heavy metal bottles!).

Spectators are not permitted in the natatorium, for practice. We are trying to preserve a safe, quality teaching environment, and to reduce traffic and numbers in the pool. We will potentially have 90 kids, plus coaches and guards in the natatorium, which will double when our groups change over. It will be crowded and noisy. Parents may watch practice from the second-floor hallway, if they'd like, but it certainly isn't necessary to stay for your swimmer(s)'s practice. Thank you for understanding.

Interaction with the coaches is expected and welcomed. Barb Smith is the Lead Coach and contact person for the Bears and Bear Cubs practice groups. She will send frequent updates on practices, and handle meet entries for those groups when appropriate. I (Todd Saltus) will be the contact person and lead coach for the Brown and Black Bear practice groups. We welcome interaction before and after practices, if you see us outside the pool. Please introduce yourselves if you're new! If you have questions for our coaching staff, email is the preferred and best way to communicate with us. Barb can be reached at bsmith7@columbus.rr.com. I can be reached at

salty717@aol.com. We check email frequently. The quickest way to reach me is by cell, in case of emergencies, (614-406-8027).

Depending on the practice group, different **equipment** may be expected to be provided by the athlete. Swimmers should bring a towel and goggles to every practice. If swimmers have hair long enough to get in their eyes, they should have a swim cap. Girls are required to have a one-piece bathing suit, and boys need to wear a "jammer", "brief", or "drag" suit (no trunks or board shorts). Shirts (surfing rash guards) in the water are prohibited for practices and meets. Barb and I will notify practice groups of any additional equipment that is needed for specific groups. **All groups will need a kickboard and fins.** You can get/order those at "Fit-Nite", or at Swimville, on Bethel Road.

Meets

As a competitive swim team, meet participation is encouraged and expected for all groups. To **sign up** for a meet, parents must go to the website and indicate which meets and days of a meet they would like to participate in. In some cases, we will allow swimmers to choose their events, while at other meets, coaches will make the selections for them. We will notify all members of those entry procedures prior to those meets.

All **meet information** will be posted on our website prior to the meet itself. This will include location, warm-up times, start times, and event lists. Parents will be able to check our entries and the meet information to see when their swimmer is swimming, and in which events.

We will offer a few **travel meets**, during the season. Travel meets refer to meets out of town (Cincinnati, Cleveland, etc.), not meets at other local pools. UASC will typically reserve "blocks" of rooms at hotels, and that hotel information will be posted on the website. Travel meets are typically attended by more experienced swimmers. Parents should ask coaches if a meet is appropriate for their swimmer to attend, if they're unsure.

Equipment for meets is a bit different from practices. We prefer that everyone wear a team, or other tight fitting racing suit for swim meets. All swimmers wearing a cap at a meet are expected to wear our team cap. Swimmers should have goggles, and maybe a back-up pair of goggles. Some of our meets in the winter are cool, so extra towels and dry warm clothes are a must. Some meet sessions can run up to four hours (not

including warm-ups) so swimmers should have food or money to eat something healthy at the meet.

All meet formats are different, but some meets we attend will have **relays**. If we chose to enter relay teams, our policy is to enter the fastest four swimmers on our first (A) relay, the next fastest four on the "B" relay, etc. Once our team entries are completed, we run relay reports for our team, so this should be a simple process. However, there are circumstances (a swimmer's time not being in our database, a swimmer on the report not showing up or leaving early, etc.) that can change multiple relays quickly. While we will follow our fastest relay report when possible, *RELAYS ARE A COACHING DECISION*. Coaches will ultimately format relays in the best interest of the team.

The **UASC Board of Directors** is a valuable resource to all parents, new and experienced. They will be able to assist you with many questions you may have regarding the business side of the club including financial and other parent responsibilities. If you have a swimming related question, though, please ask a coach. Even parents who have been involved with the club for years may be speculating on an answer to a swimming related question you have. If it involves your child and swimming in practices or meets, please contact a coach with your question or concern. Thank you for your interest in the club, and I look forward to meeting you soon!

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