



## Congratulations and Welcome to the CSP Tideriders Swimming Family

You will need to bring your swimmer and this form to be evaluated and placed in the proper training group. Group placements will be held during the season at the following times:

August 27<sup>th</sup>, 2018 – May 23<sup>rd</sup>, 2019 Monday or Wednesday at Westminster Christian Academy at 5:00 PM, Tuesday and Thursday at 6:15PM at the Center of Clayton. Please call the office, 314-727-7946, to verify practices are being held as scheduled on these days. CSP coach will circle the appropriate training group at placement:

**Beginner I    Beginner II    Developmental    Advanced Stroke    Age Group**  
**Junior Varsity    Senior II    Varsity    Senior    Elite**

Enclosed you will find all the registration materials for the 2018 – 2019 season:

### Section I

- 1) Membership Application please include an email address – one to use as a log in and any additional for all CSP important team news, CSP Splash, Meet Sign Up notifications and schedule changes will be sent to these email addresses. Please use an address that is checked on a regular basis
- 2) Medical Authorization
- 3) Release, Photo, Audio-Visual and Waiver of Liability and Indemnity Agreement
- 4) Parent Volunteer Form
- 5) Signature Page
- 6) USA Registration form – This is your liability and secondary medical insurance for participation in our program. You also receive an annual subscription to Splash Magazine, the official magazine of USA Swimming and certain access to various parts of the USA Swimming website. The USA Swimming registration fee is non-refundable and is valid from September 2018 – December 31, 2019. SEND FORM & PAYMENT TO CSP

### Section II

- 7) Group Equipment
- 8) Parent Code of Ethics
- 9) Athlete Code of Conduct
- 10) Athlete Travel Code
- 11) Drug and Alcohol Policy
- 12) Fee Payment Schedule Payment Policies and General Information
- 13) Fees for 2018 – 2019
- 14) General practice schedule – All Groups begin practices the week of August 20<sup>th</sup>.
- 15) CSP Parent Volunteer Worker Policy
- 16) Directions to CSP practice facilities – also available on the website
- 17) eScrip Fundraising with Schnucks
- 18) FACTS – SplashAid Financial Assistance for eligible families

#### **Forms to Return to the office:**

Membership Application  
USA Registration form  
Medical Authorization  
Release, Photo, Audio-Visual and Waiver Form  
Parent Volunteer Form  
Signature Page for all Releases  
USA Form

#### **Payment Due with Registration:**

50% Training Fees  
USA Registration fee \$66 per swimmer  
\$40 Hospitality & Gathering Fee

### **One Check for all fees payable to CSP Tideriders**

Please return your completed registration forms along with payment to:

CSP Tideriders  
2627 Hope Avenue  
St. Louis, MO 63143

Questions please contact the CSP Office by phone 314-727-7946 or email [dmccrary@cspswim.com](mailto:dmccrary@cspswim.com) or [mimig@cspswim.com](mailto:mimig@cspswim.com)



2627 Hope Avenue  
St. Louis, MO 63143

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

314-727-7946

### **Beginner I**

The Beginner I group is designed for swimmers ages 5 – 6 years old, who can already get themselves across 25 yards in some fashion. Goals for this group include complete proficiency for freestyle and backstroke and a working knowledge of breaststroke and butterfly. Starts and turns are introduced as well. Practice is offered three (3) times per week and children are encouraged to attend at least two (2) of the practices and to compete in 3 – 4 USA sanctioned swim meets per season.

### **Beginner II**

The Beginner II group is designed for swimmers ages 6 – 8 years old, who can already show proficiency for freestyle and backstroke and a working knowledge of breaststroke and butterfly. Starts and turns are introduced as well. Practice is offered three (3) times per week and children are encouraged to attend at least two (2) of the practices and to compete in 3 – 4 USA sanctioned swim meets per season.

### **Developmental**

The Developmental group is available for swimmers who have achieved the main goals of the Beginner Groups, or who begin with complete knowledge of freestyle and backstroke as well as the introductory techniques of breaststroke and butterfly. Swimmers ages will be 7 – 10 years of age to enter this group. Complete breaststroke and butterfly is taught along with stroke drills for all competitive strokes. Correct breathing patterns, legal finishes, starts, and turns are taught and reinforced. Swimmers should be able to compete in at least three of the four strokes at meets to move forward in the program. Practice is offered three (3) times per week, and children are encouraged to attend at least two (2) of these practices and compete in 3 – 4 USA sanctioned swim meets per season.

### **Advance Stroke**

Swimmers who move into Advance Stroke should exhibit legal strokes in all four competitive strokes and perform legal turns in all strokes as well. Swimmers in this group will be from 10 – 14 years old. Advanced drills are introduced and basic stroke drills are reinforced. Stroke correction methods are taught; in addition, stroke lengthening and the importance of stroke technique are taught. Building and refining the swimmers' strokes and the start of developing an aerobic base and increasing swimming power are objectives for swimmers in this group. Practice is offered five (5) times per week, and swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet every 2 months.

### **Age Group:**

Swimmers who move into Age Group should exhibit legal strokes in all four competitive strokes and perform legal turns in all strokes as well. Swimmers in this group will be from 7 – 10 years old. Advanced drills are introduced and basic stroke drills are reinforced. Stroke correction methods are taught; in addition, stroke lengthening and the importance of stroke technique are taught. Building and refining the swimmers' strokes and the start of developing an aerobic base and increasing swimming power are objectives for swimmers in this group. Use of certain equipment is introduced in this group. Practice is offered four (4) times per week and swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet once a month, as well as championship meets that they may qualify to swim.

### **Junior Varsity**

Swimmers in the Junior Varsity group have moved into longer training sessions and exhibit a maturity level to handle increased length of practices. The minimum age for swimmers to enter this group is 8, with a USA Time Standard of at least B. The ability to modify strokes and utilize advanced starting, turning, and tempo techniques is expected. Cognitive learning of advanced swimming techniques, goal setting, and team dynamics are goals for this group's swimmers. Practice is offered five (5) times per week, and Junior Varsity swimmers are encouraged to attend at least three (3) of these practices and compete in a USA sanctioned meet every month, as well as championship meets they have qualified to swim. A commitment to attend the required practices must be shown before moving to the Varsity Group.



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314-727-7946

### **Senior II**

This program is competitive program for athletes ages 13 – 18. This program is tailored for athletes who have a working knowledge of all four strokes. These swimmers have either participated in summer swimming programs, swim high school, or have been a member of another CSP practice group. Practices are offered four (4) days per week for 1 ½ hours per session. The main purpose of this group is to give those swimmers who have swimming skills continued aerobic training along with emphasis on stroke technique that will allow them to advance into other CSP programs as well as high school swimming. This group has no competitive requirements, although if a swimmer wishes to compete they may.

### **Varsity**

Swimmers in the Varsity group have gained experience in the CSP training program and have adapted to more intense physical training. A minimum age of 10, by the February Championship Meet, is required for entrance into this group. Varsity swimmers should be making more of a commitment to swimming or accept that their improvements could be compromised. Swimmers begin to understand the cycling of training methods. Race strategy and stroke technique are continually refined and improved. Psychological training is emphasized as well as communication with team coaches concerning training. Nutrition and strength improvements are an increased concern. Test swims and knowledge of training paces are stressed. Practices are offered six (6) times per week, and Varsity swimmers are encouraged to attend at least five (5) of these practices, attend a minimum a USA sanctioned meet a month and the season ending Championship meet swimmer is qualified for competition.

### **Senior**

Swimmers must be a minimum of 12 years of age by the February Championship Meet and are ready to make that next step to more intense physical training. Senior swimmers are making more of a commitment to swimming while increasing their knowledge of the training cycles. Swimmers need to have more communication with the coach concerning their training. Nutrition and Strength will be taught with greater emphasis. There are six (6) practices offered and Senior swimmers are encouraged to make at least five (5) of those practices. Swimmers must attend the Championship Meets and any meet identified as Senior on the meet calendar. If the swimmers meets these qualifications and has achieved an “A” time standard for the 11 – 12 year old age group they will be considered for this group.

### **Elite**

Swimmers must be at least 13 years of age, must have met a AAA 13-14 National Time Standard in at least 1 event, and show the commitment and responsibility to their individual and team performances before moving into the Elite group. Intrinsic motivation and personal responsibility are two main emphases for swimmers in this group. Following coach’s recommendations for dry-land, weights, and practice attendance are necessary for benefits from the program. Elite group swimmers are required to attend a minimum of 80% of practices to achieve the maximum benefits of this group. Maturity, goal setting, and leadership qualities are emphasized for swimmers in this group. Swimmers are expected to attend all team meets and championship meets qualified for and identified as Elite group competitions. Knowledge of training paces and race times are necessary. Psychological maturity and physical conditioning are vital.

### **Masters**

The only requirement for the Masters group is to enjoy the sport and to be a minimum of 18 years old. Some members of the Masters Group train for Masters Competitions and Triathlons, while others only practice in order to get a daily work out. Practices are 7 times per week, Monday thru Saturday, very early in the morning.



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## General Information

### Parent meetings

The First Parent Meeting will be held during the first month of practice during your swimmers practice time. Your Lead Coach will notify you of the date and time via email as well as group calendar. At this meeting your swimmer's coach will give an overview of the season and expectations. Parent meetings will be scheduled at least once a year.

### Practice Cancellations or changes

Check the Group Calendars weekly on the website for any practice changes. CSP may need to cancel practices or change practice locations due to weather, school events or pool malfunctions. Check your emails and group calendars if in doubt for any last minute practice changes.

### CSP Annual Team Social and Team Photo

Saturday, September 22<sup>nd</sup>, 2018 at Westminster Christian Academy from 8:00 – 9:00 am

### CSP Annual Swim Team Banquet

Monday, April 15<sup>th</sup>, 2019 at The Frontenac Hilton from 5:30 – 8:30 pm

### CSP Hosted Meets

Sprint Your Own Age Meet October 20<sup>th</sup>, 2018 to be held at Patonville High School.

CSP Summer Invitational June 21<sup>st</sup>, 22<sup>nd</sup>, & 23<sup>rd</sup>, 2019 to be held at the Shaw Park Aquatic Center.

CSP parents are needed to fully staff meets. If your child swims in a CSP hosted meet you will be required to work. More detailed information will be distributed prior to the meets. Job Sign up will be posted on the web.

The Hospitality Fund, which is \$40.00 per family – pays for our Hospitality Committee to be able to plan meals for coaches and officials during our hosted meets. Additionally it pays for Banquet Awards and other CSP gatherings that may occur during the year.

### CSP Handbook

The handbook is available on the team website [www.cspswim.com](http://www.cspswim.com).

### Communication

The Splash, CSP's weekly e-letter contains important team news. Group calendars, meet sign up and invoices are available at [www.cspswim.com](http://www.cspswim.com) log in with user email and password (you will receive this after registration is received and processed).

### Leaving the Team

Anyone leaving the team must notify the Administrative Director **in writing**. You may mail, fax or email your written notification.

### Questions

For all questions regarding practice organization, implementation and design, contact your child's coach during scheduled office hours, at the end of practice or through email.

Administrative or other questions please contact David McCrary or Mark Imig at 314-727-7946 or [dmccrary@cspswim.com](mailto:dmccrary@cspswim.com) or [mimig@cspswim.com](mailto:mimig@cspswim.com)

### Contact Information

CSP Tideriders  
2627 Hope Avenue  
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314-727-7946  
[www.cspswim.com](http://www.cspswim.com)



# *Section I*

The following forms need to be turned in to the office prior to attending your first practice.



**CSP Tideriders™ Swimming**  
**Membership Application 2018 – 2019**  
**(Please circle)**

**Returning Swimmer or New Swimmer**  
 **If information has changed please check**

SWIMMER'S LAST NAME \_\_\_\_\_  
Please print or type

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_

LOG IN EMAIL \_\_\_\_\_ ADDITIONAL EMAIL \_\_\_\_\_

FATHER'S NAME \_\_\_\_\_

MOTHER'S NAME \_\_\_\_\_

OCCUPATION \_\_\_\_\_

OCCUPATION \_\_\_\_\_

EMPLOYER \_\_\_\_\_

EMPLOYER \_\_\_\_\_

WORK PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

**SWIMMER'S INFORMATION**

NAME \_\_\_\_\_  
*LAST FIRST MIDDLE*

M/F DOB \_\_\_\_\_ AGE \_\_\_\_\_

TRAINING GROUP \_\_\_\_\_

CIRCLE: 9 MONTH or YEAR ROUND

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

T-SHIRT SIZE (please circle) YM YL S M

L XL

NAME \_\_\_\_\_  
*LAST FIRST MIDDLE*

M/F DOB \_\_\_\_\_ AGE \_\_\_\_\_

TRAINING GROUP \_\_\_\_\_

CIRCLE: 9 MONTH or YEAR ROUND

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

T-SHIRT SIZE (please circle) YM YL S M

L XL

NAME \_\_\_\_\_  
*LAST FIRST MIDDLE*

M/F DOB \_\_\_\_\_ AGE \_\_\_\_\_

TRAINING GROUP \_\_\_\_\_

CIRCLE: 9 MONTH or YEAR ROUND

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

T-SHIRT SIZE (please circle) YM YL S M

L XL

**FEES:**

TRAINING FEES \$ \_\_\_\_\_

USA REGISTRATION \$66.00

HOSPITALITY/GATHERING FEES \$40.00

TOTAL \$ \_\_\_\_\_

SPLASH AID DONATION \$ \_\_\_\_\_

(CSP Scholarship Fund)

CSP Tideriders™ Swimming is a not for profit organization whose membership is governed by its by-laws and you agree that your membership on the team will also be governed by these by-laws. By registering and making a partial payment of a season's fees, you are obligated to pay the full amount for that season.

**Anyone leaving the team must send written notification to the Executive Director.**

Signed \_\_\_\_\_ Date \_\_\_\_\_



## CSP Tideriders™ Swimming Medical Information Sept 2018 – August 2019

*Please complete one form per swimmer*

Swimmer's Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Birth date: \_\_\_\_\_ Training Group \_\_\_\_\_

Mother/Guardian: \_\_\_\_\_ Primary Phone (\_\_\_\_) \_\_\_\_\_  
Cell Phone :(\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Father/Guardian: \_\_\_\_\_ Primary Phone (\_\_\_\_) \_\_\_\_\_  
Cell Phone :(\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Additional Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Cell Phone :(\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

### **Medical Information**

Physician's Name: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Preferred Hospital: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_  
For Certifications call: \_\_\_\_\_ Verify Eligibility call \_\_\_\_\_

Do you have (If yes, please describe)?

1. Physical Disabilities: \_\_\_\_\_  
Chronic Illness: \_\_\_\_\_  
Convulsions or Seizures: \_\_\_\_\_  
Other Medical Problems: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_
2. Date of last tetanus shot: \_\_\_\_/\_\_\_\_/\_\_\_\_
3. Are you presently under a doctor's care? \_\_\_\_\_
4. Do you regularly take any medication? \_\_\_\_\_

If the CSP Tideriders™ representatives are unable to contact a parent or the named emergency contact at the time of an accident or illness, I give my permission for my child \_\_\_\_\_, to be taken to the nearest hospital or medical center for emergency treatment. I agree to assume full financial responsibility for all costs associated with transportation, examination or treatment, and I hereby specifically consent to the performance of any medical procedure by licensed physicians upon a finding of need.

***I hereby release The CSP Tideriders™, its officers and its employees from any and all liability associated with the performance of their responsibilities hereunder.***

Signed Parent or Guardian: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_







**CSP Tideriders  
Parent Volunteer Form 2018-2019  
(one per family)**

Parent Name \_\_\_\_\_ Phone(\_\_\_\_\_) \_\_\_\_\_  
Swimmer(s) Name \_\_\_\_\_ Training Group(s) \_\_\_\_\_  
Parent email \_\_\_\_\_

*CSP has two distinct parent volunteer requirements: Meet Volunteer Requirement & Team Volunteer Requirement.*

**Meet Volunteer Requirement**

The success of our team depends on the team hosting meets. In order to have a well-run, successful meet, we must have enough volunteers so that things are done in a timely, organized manner. It takes the help of all our families to make this happen.

**All CSP parents are required to work at any CSP-hosted meet in which their swimmer is participating.**

Sign up for jobs at meets is done via team website. Jobs are first come, first serve and include: setup, timers, hospitality, awards, etc. Please refer to the "CSP Parent Volunteer Worker Policy" in Section II, item 15, of this registration packet. ***It is your responsibility to read and understand this policy.***

**Team Volunteer Requirement**

***In addition to the Meet Volunteer Requirement***, each family is also required to help the team with at least one of the following:

\_\_\_\_\_**Training Squad Parent Representative:** Be responsible for arranging dates for parties and celebrations for the group. Encourage participation in events, welcome new families; provide snacks and any other great ideas you may have that would be fun for the team. The coaching staff will determine the Lead Parent Reps.

\_\_\_\_\_**USA Swim Meet Official:** Training is required to officiate at USA Swimming sanctioned swim meets. Meet officials include Stroke and Turn Judge, Start, Deck Referee and Admin. Referee.

\_\_\_\_\_**Touch Pad & Scoreboard Maintenance:** Must be able to attend the 2019 CSP Summer Invitational and learn & coordinate the storage, transportation, setup & takedown of the CSP touch pads & scoreboard used at the CSP Summer Invitational.

\_\_\_\_\_**Team Event Food & Beverage Donations:** Donate specific items for team events throughout the year. An online sign up tool will be used to coordinate food, beverages, paper products, and help with cleanup.

\_\_\_\_\_ As a Year Round member, I agree to donate for SYOA, Swim-A-Thon, and CSP Summer Invite

\_\_\_\_\_ As a 9-month member, I agree to donate for SYOA and Swim-A-Thon

\_\_\_\_\_ As a 3-month member, I agree to donate for SYOA or Swim-A-Thon

\_\_\_\_\_**Swim-A-Thon Prize Assembly:** Help assemble Swim-A-Thon prizes for participants. Involves coming to the office or other specified location during normal business hours - usually in late March/early April.

\_\_\_\_\_**Meet Committee** Chair or actively participate on a committee for the 2018 Sprint Your Own Age Meet. The Meet Director must approve committee chairs and members. If not chosen, you will be asked to volunteer for another position.

\_\_\_\_\_**Meet Committee (12-Month Members Only)** Chair or actively participate on a committee for the CSP Tideriders Summer Invitational in June 2019. The Meet Director must approve committee chairs and members. If not chosen, you will be asked to volunteer for another position.

\_\_\_\_\_**Financial Donation Options\* which fulfill the Team Volunteer Requirement**

\_\_\_\_\_ Year Round members, I choose to donate. Please bill my account the tax-deductible donation of \$225 to help the team.  
\_\_\_\_\_ Or my check for \$225 is included.

\_\_\_\_\_ As a 9-month member, I choose to donate. Please bill my account the tax-deductible donation of \$125 to help the team.  
\_\_\_\_\_ Or my check for \$125 is included.

\_\_\_\_\_ As a 3-month member, I choose to donate. Please bill my account the tax-deductible donation of \$25 to help the team.\n\_\_\_\_\_ Or my check for \$25 is included.

***\*These financial donation options ARE NOT A BUYOUT OR A SUBSTITUTION for the Meet Volunteer Requirement - i.e. working at CSP-hosted meets in which your child is swimming.***

Elected Board Members have fulfilled their Team Volunteer Requirement.

***Non-participation in the Team Volunteer Requirement will result in your account being billed the donation amount of \$125 for 9-month or \$225 for 12-month swimmers.***

Late registrations (after October 1, 2018) should contact the office for available options.

Signature \_\_\_\_\_ Date \_\_\_\_\_



**Signature Page**  
**(Please check each box and sign below)**  
**One page per family needed**

**Parent’s Ethical Code**

I, as a member of CSP, have read and agree to the Parent’s Ethical Code. I recognize my responsibility to adhere to it and accept the resulting consequences should I not be compliant.

**Athlete Code of Conduct**

I, as a member of CSP, have read and agree to the Athlete Code of Conduct. I recognize my responsibility to adhere to it and to accept the resulting consequences should I not be compliant.

**Athlete Travel Code**

I, as a member of CSP, have read and agree to the Travel Code. I recognize my responsibility to adhere to it and accept the resulting consequences should I not be compliant.

**Drug and Alcohol Policy**

I, as a member of CSP, have read and agree to the Drug and Alcohol Policy. I recognize my responsibility to adhere to it and accept the resulting consequences should I not be compliant.

_____ Signature of CSP Athlete	_____ Date	_____ Signature of CSP Athlete	_____ Date
_____ Signature of CSP Athlete	_____ Date	_____ Signature of CSP Athlete	_____ Date
_____ Signature of CSP Athlete	_____ Date	_____ Signature of CSP Athlete	_____ Date
_____ Signature of CSP Parent/Guardian	_____ Date	_____ Signature of CSP Parent/Guardian	_____ Date



**USA SWIMMING**

**2019 ATHLETE REGISTRATION APPLICATION  
LSC: OZARK**

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

(Bill, Beth, Scooter, Liz, Bobby)  
GUARDIAN #1 LAST NAME GUARDIAN #1 FIRST NAME GUARDIAN #2 LAST NAME GUARDIAN #2 FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN:  YES  NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?  YES  NO

IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION?  YES  NO

**OPTIONAL**

**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 severe learning disorder, autism

**RACE AND ETHNICITY (You may check up to two choices):**

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



2019 REGISTRATION FEE	
Sept. 1, 2018 through Dec. 31, 2019	
USA Swimming Fee	\$60.00
LSC Fee	6.00
<b>TOTAL DUE</b>	<b>66.00</b>

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

YEAR LAST REGISTERED: \_\_\_\_\_. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2018, ENTER THAT CLUB CODE: \_\_\_\_\_ LSC CODE: \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: \_\_\_\_\_

- 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)

SIGN HERE x \_\_\_\_\_ DATE \_\_\_\_\_ REG. DATE/LSC USE ONLY \_\_\_\_\_

SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

**If you are a returning CSP Swimmer and registering at the start of the season, you do not need to fill out this form. (If you are returning to CSP after October 1<sup>st</sup>, please fill this form out)**

**All other swimmers need to have this filled out and returned with registration.**



2627 Hope Avenue  
St. Louis, MO 63143  
[www.cspswim.com](http://www.cspswim.com)  
314-727-7946

# **Section II**

Please keep the  
following forms  
for your records.



2627 Hope Avenue  
St. Louis, MO 63143  
[www.cspswim.com](http://www.cspswim.com)  
314-727-7946

## **Equipment List by Groups**

Swimmers name should be marked clearly on each item they bring to practice.  
Supplies are available at:

### **B & B Aquatics**

1163 Colonnade Center  
Des Peres, MO 63131  
314-821-7946  
or

1747 Clarkson Road  
Chesterfield, MO 63017  
636-519-7946

### **Beginner, Stroke Development and Developmental**

Kickboard, Fins, Goggles, Mesh Bag, Team Swim Suit and Cap

### **Age Group**

Kickboard, Fins, Stroke Maker Paddles, Pull Buoy, Snorkels, Nose Clip, Goggles, Mesh Bag, Team Swim Suit and Cap

### **Advanced Stroke**

Kickboard, Fins, Stroke Maker Paddles, Pull Buoy, Snorkels, Nose Clip, Goggles, Mesh Bag, Team Swim Suit, Cap

### **Junior Varsity**

Kickboard, Fins, Pull Buoy, Stroke Maker Paddles, Snorkels, Nose Clip, Goggles, Water Bottle, Mesh Bag, Team Swim Suit, and Cap

### **Senior II**

Kickboard, Fins, Pull Buoy, Goggles, Stroke Maker Paddles, Mesh Bag, Team Swim Suit, Cap

### **Varsity**

Kickboard, Fins, Pull Buoy, Stroke Maker Paddles, Goggles, Nose Clip, Snorkel, water bottle, Mesh Bag, Team Swim Suit and Swim Cap

### **Senior and Elite**

Kickboard, Short Fins and Long Fins, Pull Buoy, Stroke Maker Paddles, Snorkel, Goggles, Water Bottle, Mesh Bag, Team Swim Suit and Cap.

### **Masters**

Kickboard, Fins, Goggles, Mesh Bag, Team Swim Suit and Cap.

EACH SWIMMER NEW TO THE TEAM WILL RECEIVE A TEAM SHIRT, PLEASE ASK YOUR COACH

REPLACEMENT SHIRTS ARE AVAILABLE AT THE TEAM OFFICE FOR \$10



## **CSP Tideriders Swimming Parent's Ethical Code**

### **Team Mission Statement**

*Coaching athletes to be champions in life through excellence in competitive swimming.*

As a CSP parent I will:

- ✓ Provide support, care and encouragement for my child and all the members of the team.
- ✓ Encourage sportsmanship by behaving in a respectful, kind and supportive way to all athletes, coaches, officials and parents.
- ✓ Place the emotional and physical well being of all the membership ahead of my personal desire to win.
- ✓ Support the coaches and officials working with my swimmer and consider the feeling of others so that a positive and enjoyable experience is had by all.
- ✓ Follow the proper chain of command when seeking insight and/or expressing concerns.
- ✓ Participate in an environment that is free of alcohol and drug use and will refrain from any use at all events.
- ✓ Promote a positive image of CSP, by not engaging in any use of social media that would detract from the positive image of CSP, its staff or its athletes.
- ✓ Adhere to all policies and procedures



## **CSP Tideriders Athlete Code of Conduct**

Competitive swimming at CSP is intended to be fun and to embody standards of ethics and sportsmanship while developing good character and valuable life skills. Responsibility, respect, trustworthiness, caring and good citizenship are core values that contribute to character development and the pursuit of personal success with honor. At CSP we believe that good faith efforts to adhere to the words and spirit of this Code will improve the quality of our program and the well being of all our participants.\*

### **Responsibility:** I will

- ✓ Comply and conform to all federal, state and local laws and to all team rules and regulations.
- ✓ Exercise self control: not resort to fighting or excessive displays of anger and frustration.
- ✓ Live a healthy lifestyle: safeguard my health and those of others, not use any illegal or unhealthy substances.
- ✓ Be a good role model: consistently exhibit good character and remember participation in CSP is a privilege and not a right.
- ✓ Protect the integrity of the sport.

### **Respect:** I will

- ✓ Treat all people with respect at all times and behave appropriately toward myself and others in and out of the pool.
- ✓ Be a good sport: gracious in victory and defeat. Help my opponents, compliment performances and be sincerely mindful of others feelings.
- ✓ Not engage in profanity, obscene gestures, offensive remarks, trash talking, bullying, harassment, taunting, boastfulness or any other actions that demean individuals or the sport.
- ✓ Not engage in any use of social media that would detract from the positive image of CSP, its staff or its athletes.
- ✓ Abide by officials' rulings.

### **Trustworthiness:** I will

- ✓ Demonstrate integrity: live up to high ideals of ethics and sportsmanship and do what is right.
- ✓ Be honest.
- ✓ Be reliable: fulfill commitments and do what I say I will do. Be on time to meets, competitions and meetings.
- ✓ Be loyal: put the team above my personal glory.
- ✓ Be fair: live up to high standards of fair play and be willing to listen and learn.

### **Caring:** I will

- ✓ Be concerned for others: never intentionally injure or engage in reckless behavior that may cause harm to me or others.
- ✓ Help promote my teammates, coaches and program through positive talk, feedback and encouragement and by reporting any unhealthy or dangerous situations or conduct.

### **Citizenship:** I will

- ✓ Know, honor, abide and enforce the spirit and letter of the rules of practice and competition.

Failure to comply with this code may result in penalties which might include, but are not limited to, any of the following actions:

- The member will not be allowed to participate in team activities; including practices, meets and travel.
- The member will be sent home at parents' expense from training sessions, competitions or any other team activity.
- The member suspension or expulsion from the team.



## **Bullying Policy and Action Plan**

### **PURPOSE**

Bullying of any kind is unacceptable at CSP and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. Our team is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, the executive director, a board member or an athlete/mentor.

Objectives of CSP's Bullying Policy and Action Plan:

1. To make it clear that the team will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, staff, parents and swimmers a good understanding of what constitutes bullying.
3. To make it known to all parents, swimmers and staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that CSP takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

### **WHAT IS BULLYING?**

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of 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 that to a reasonably objective person has the effect of:

- i. causing physical or emotional harm to the other member or damage to the other member's property;
- ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. creating a hostile environment for the other member at any USA Swimming activity;
- iv. infringing on the rights of the other member at any USA Swimming activity; or
- v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

### **REPORTING PROCEDURE**

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to your Coach/Staff, Executive Director, Board Member
- Write a letter or email to your Coach, Executive Director, Board Member
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of CSP leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.





## **HOW WE HANDLE BULLYING**

If bullying is occurring during team-related activities, we will STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at CSP or it is reported to be occurring at our team, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the following approach:

### **FINDING OUT WHAT HAPPENED**

1. First, we get the facts.
  - a. Keep all the involved children separate.
  - b. Get the story from several sources, both adults and kids.
  - c. Listen without blaming.
  - d. Don't call the act "bullying" while you are trying to understand what happened.
  - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.
2. Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
  - a. Review the USA Swimming definition of bullying;
  - b. To determine if the behavior is bullying or something else, consider the following questions:
    - What is the history between the kids involved?
    - Have there been past conflicts?
    - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
    - Has this happened before? Is the child worried it will happen again?
  - c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
  - d. Once you have determined if the situation is bullying, support all of the kids involved.

### **SUPPORTING THE KIDS INVOLVED**

3. Support the kids who are being bullied
  - a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
  - b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:



i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.

ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.

c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

#### 4. Address bullying behavior

a. Make sure the child knows what the problem behavior is: Young people who bully must learn their behavior is wrong and harms others.

b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.

c. Work with the child to understand some of the reasons he or she bullied. For example:

i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.

ii. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.

d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

i. Write a letter apologizing to the athlete who was bullied.

ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.

iii. Clean up, repair, or pay for any property they damaged.

e. Avoid strategies that don't work or have negative consequences:

i. Zero tolerance or "three strikes, you're out" strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.

ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.

f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

a. Be a friend to the person being bullied;

b. Tell a trusted adult – your parent, coach, executive director or team board member;

c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."

d. Set a good example by not bullying others.

e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.



## Athlete Travel Code

As a member of the CSP Tideriders, I understand and comply with the following guidelines set forth by the Coaching Staff and Board of Directors:

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete or staff member of the CSP Tideriders is prohibited.
2. Curfews established by the staff will be adhered to at all times.
3. Team members and staff will attend all team functions including meetings, practices, warm up, competitions unless otherwise excused.
4. After curfew to insure propriety of the athletes and to protect staff, there will be no male athletes in female athlete's room and no female athletes in male athlete's rooms.
5. Team members will comply with CSP Tideriders uniform requirements.
6. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the CSP Tideriders.
7. Team members and staff will refrain from any use of social media that would detract from a positive image of the CSP Tideriders.
8. Team members and staff will display proper respect and sportsmanship towards coaches, officials, administrators, fellow competitors. Signature of the document constitutes agreement to comply with the Honor Code of the CSP Tideriders.

Failure to comply with the Code as set forth may result in disciplinary action. Such action may include, but is not limited to:

1. Dismissal from competition and immediate return home.
2. Disqualification from one or more events.
3. Disqualification from future travel with the team



## CSP Tideriders Drug & Alcohol Policy

As members of the CSP Tideriders at either a practice or sponsored activity/meet representing CSP, athletes are expected to make a strong personal commitment to rules of training and conduct in order to maintain a strong, healthy body and represent CSP in an exemplary fashion. To that end, the following rules apply to all members participating in CSP athletics/activities or attending a team related activity. These rules will apply at all times an athlete is a member of CSP.

### **1st Violation:**

A CSP Athlete/member in possession and/or use of a controlled substance or alcohol shall be immediately sent home from practice or competition at the parents' expense. In addition the athlete/member will be disciplined as follows:

1. Athlete/member shall be suspended from CSP for practice, competition or team activity for a period of one full month.
2. Athlete/member will be placed on probation from team travel for a period of 6 months. Athlete will travel with a parent during probation period and will not participate in any team travel activities.
3. Athlete/member will make a formal apology to the team/group/coach(s) on the first day of their return from suspension.

In order to be eligible to participate in the next practice or competition, following the suspension period, the swimmer and parent(s) shall meet with the CSP Head Coach, CSP Executive Director, & CSP Board President.

### **2nd Violation:**

*A CSP Athlete/member who violates for a second time shall be permanently expelled from membership to the CSP Tiderider Team.*

### **Sale and/or Distribution**

Per CSP Drug and Alcohol Policy the sale and/or distribution of alcohol or illegal drugs will result in the student automatically being placed on 2<sup>nd</sup> Violation and expelled from membership to the CSP Tiderider Team.



## **Fee Payment Schedule**

### **At registration the following fees are due:**

Any outstanding balance from previous year  
50% of Training Fees (Specific to each squad – see attached training fees)  
USA Registration Fee \$66.00  
Hospitality/Gathering Fee \$40.00  
Meet Entry Fees will be billed monthly. Please pay meet entry fees when billed.

### **November 1<sup>st</sup> the following fees are due:**

25% of Total Training Fees

### **February 1<sup>st</sup> the following fees are due:**

Remaining 25% of Total Training Fees

### **Payment Policy**

Please communicate with the Executive Director any special circumstances regarding fees and payment. Absent approval by the Executive Director, we expect the family to make payments per the fee payment schedule. If monies are due and a family wants to become inactive, the family is responsible to pay those funds and settle their account.

### **The following policy has been adopted by the Board of Directors pertaining to non-payment of training fees and team travel fees:**

Payment plan must be approved by the Executive Director

**If Delinquent after Registration** – the family must make payment arrangements by November 1<sup>st</sup>. The swimmer(s) will not be able to practice or attend meets until a payment plan is in place. A late fee may be applied.

**If Delinquent after February 1<sup>st</sup>** – the family will be considered not in good standing. The swimmer(s) will not be able to practice or attend meets until a payment plan is in place. A late fee may be applied.

### **USA Swimming Registration**

This is your liability and secondary medical insurance for participation in our program. You also receive an annual subscription to Splash Magazine, the official magazine of USA Swimming and certain access to various parts of the USA Swimming website. The USA Swimming registration fee is nonrefundable and is valid from September 2018 – December 31, 2019.

### **Meet Entry Fees**

Each month, swimmer's entry fees will be billed and families are expected to pay these fees as they are invoiced. Invoices will be sent out via email on the first of each month. For each meet an additional \$3.00 will be added to each swimmer's entry fees to help pay for team relays. For travel meets an additional \$5.00 will be added to each swimmer's entry fee to help defray travel expenses for the staff. For all Championship Meets an additional \$5.00 will be added to each swimmer's entry fee to help defray the cost of Championship Uniforms. For all intra squad meets, a \$10.00 entry fee will be charged, these funds help defray the cost of Championship Shirts and incentives for the swimmers.



## CSP Parent Volunteer Worker Policy

CSP hosted swim meets are one of the team's sources of fundraising. We host a minimum of two (2) swim meets per year. To run the meets effectively, we must have all CSP parents of swimmers competing in the meet volunteer to work. **A parent is responsible for working one session for each session in which they have a child competing. The worker must stay for the entire session to get credit for working. All workers must sign in at the start of each session and sign out at the end of each session. Failure to work the required number of sessions or leaving early from a session will result in a \$100 assessment per session missed.**


- If a family has two (2) or more swimmers competing in the meet. We ask that they only work 1 session per day. We do reserve the right to reassign the parent volunteer to a session in which we are short, if necessary.
- There are a few worker assignments that do not take place at the meet itself, but that occur in the days leading to the meet or the night the meet ends. Working one of these assignments can be in lieu of working one of the sessions during the meet itself. These assignments only count as one session each, not all three (3).
- Parents who can't work a session can ask a friend, older teenage sibling or babysitter, or nanny to work in their place. Parents need to notify the office and meet directors in advance if this will take place.

**The Sprint Your Own Age Meet** is a one day meet, with a morning session and an afternoon session, typically held on a Saturday. If a parent has a child swimming in the morning session, then that family must provide one volunteer for either the morning or afternoon session. It does not have to be the session in which the child is swimming.

**The CSP Summer Invitational** is a three (3) day meet, held in late June. 13 and over swimmers compete in prelims in the morning and 12 and under swimmers compete in timed finals in the afternoon Friday, Saturday and Sunday. The Top 16 (Top 24 for Open) swimmers in the 13 and over group come back each night for finals. If a child is competing all 3 days (1 session per day) then a parent is required to work each day your child competes.

***Finals do not count as a session.*** Finals volunteers will come from the parents of those swimmers who qualify for finals. There will be a signup sheet at the sign out table at the end of each morning session. All parents who have a swimmer in finals are asked to volunteer to work at finals.

2018-2019  
TRAINING FEES

Training Squad	Months	Total	50% Due at Registration	25% Due in November	25% Due in February	***Prorated fees are based on 9 month rate
Elite	Year Round	\$3,085.00	\$1,542.50	\$771.25	\$771.25	
Elite	9 Months	\$2,665.00	\$1,332.50	\$666.25	\$666.25	
Elite	Summer	\$885.00				
Senior	Year Round	\$2,975.00	\$1,487.50	\$743.75	\$743.75	
Senior	9 Months	\$2,545.00	\$1,272.50	\$636.25	\$636.25	
Senior	Summer	\$825.00				
Varsity	Year Round	\$2,905.00	\$1,452.50	\$726.25	\$726.25	
Varsity	9 Months	\$2,435.00	\$1,217.50	\$608.75	\$608.75	
Varsity	Summer	\$785.00				
Senior II	Year Round	\$2,230.00	\$1,115.00	\$557.50	\$557.50	
Senior II	9 Months	\$1,980.00	\$990.00	\$495.00	\$495.00	
Senior II	3 Months	\$670.00				
Senior II	Summer	\$670.00				
Junior Varsity	Year Round	\$2,535.00	\$1,267.50	\$633.75	\$633.75	
Junior Varsity	9 Months	\$2,225.00	\$1,112.50	\$556.25	\$556.25	
Junior Varsity	Summer	\$725.00				
Age Group	Year Round	\$2,110.00	\$1,055.00	\$527.50	\$527.50	
Age Group	9 Months	\$1,870.00	\$935.00	\$467.50	\$467.50	
Age Group	Summer	\$635.00				
Advanced Stroke	Year Round	\$1,915.00	\$957.50	\$478.75	\$478.75	
Advanced Stroke	9 Months	\$1,670.00	\$835.00	\$417.50	\$417.50	
Advanced Stroke	Summer	\$555.00				
Developmental	Year Round	\$1,860.00	\$930.00	\$465.00	\$465.00	
Developmental	9 Months	\$1,605.00	\$802.50	\$401.25	\$401.25	
Developmental	Summer	\$540.00				
Beginner 2	Year Round	\$1,260.00	\$630.00	\$315.00	\$315.00	
Beginner 2	9 Months	\$1,045.00	\$522.50	\$261.25	\$261.25	
Beginner 2	Summer	\$395.00				
Beginner 1	Year Round	\$1,260.00	\$630.00	\$315.00	\$315.00	
Beginner 1	9 Months	\$1,045.00	\$522.50	\$261.25	\$261.25	
Beginner 1	Summer	\$395.00				
Masters	Year Round	\$775.00				
Masters	9 Months	\$595.00				
Masters	Monthly	\$75.00				
Masters	Summer	\$215.00				
<b>Due at Registration</b> Any outstanding balances from previous season <b>50% Training Fees</b> <b>USA Registration per Swimmer \$66</b> <b>Hospitality Fund \$40 per Family</b>  Meet Entry fees and incidentals are due when billed						



## CSP Tideriders 2018 – 2019 Short Course Training Schedule



**Starts Monday, August 20<sup>th</sup>, 2018 - Saturday May 25<sup>th</sup>, 2019**

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Masters</b> Starts Tuesday, Sept 4 <sup>th</sup> , 2018	5:15 - 6:30 AM Center of Clayton Or 5:30 – 7:00 AM Kirkwood	5:30 – 7:00 AM Kirkwood	5:15 - 6:30 AM Center of Clayton	5:30 – 7:00 AM Kirkwood	5:30 – 7:00 AM Kirkwood	6:00 - 7:00 AM Center of Clayton
<b>Elite</b>	6:00 – 8:00 PM MICDS	5:15 – 6:30 AM WCA 6:00 – 8:00 PM MICDS	6:00 – 8:00 PM MICDS	5:15 – 6:30 AM WCA 6:00 – 8:00 PM MICDS	6:00 – 8:00 PM MICDS	6:30 – 8:30 AM MICDS
<b>Senior</b>	6:30 – 8:30 PM Westminster	5:00 – 7:00 PM Westminster	6:30 – 8:30 PM Westminster	5:00 – 7:00 PM Westminster	5:00 – 7:00 PM Westminster	7:00 – 9:00 AM Westminster
<b>Senior II</b>	7:00 – 8:30 PM Chaminade	7:00 – 8:30 PM Chaminade	7:00 – 8:30 PM Chaminade	7:00 – 8:30 PM Chaminade	OFF	7:00 – 8:30 AM Westminster
<b>Varsity</b>	6:00 – 7:30 PM MICDS	6:00 – 7:30 PM MICDS	6:00 – 7:30 PM MICDS	6:00 – 7:30 PM MICDS	6:00 – 7:30 PM MICDS	7:00 – 8:30 AM MICDS
<b>Junior Varsity</b>	5:00 – 6:30 PM Westminster	7:00 – 8:30 PM Westminster	5:00 – 6:30 PM Westminster	7:00 – 8:30 PM Westminster	5:00 – 6:30 PM Westminster	8:30 – 10:00 AM Westminster
<b>Advanced Stroke</b>	7:15 - 8:15 PM Center of Clayton	7:30 - 8:30 PM Center of Clayton	7:15 - 8:15 PM Center of Clayton	7:30 - 8:30 PM Center of Clayton	5:15 – 6:30 PM Ladue	OFF
<b>Age Group</b>	5:15 – 6:30 PM Ladue	OFF	5:15 – 6:30 PM Ladue	OFF	5:15 – 6:30 PM Ladue	9:00 – 10:30 AM Westminster
<b>Developmental</b>	OFF	6:30 - 7:30 PM Center of Clayton	OFF	6:30 - 7:30 PM Center of Clayton	OFF	10:00 - 11:00 AM Westminster
<b>Beginner II</b>	6:45 – 7:30 PM Villa	OFF	6:45 – 7:30 PM Villa	6:45 – 7:30 PM Villa	OFF	OFF
<b>Beginner I</b>	6:00 – 6:45 PM Villa	OFF	6:00 – 6:45 PM Villa	6:00 – 6:45 PM Villa	OFF	OFF

Practices may be changed or cancelled due to inclement weather, pool malfunctions, or school events.

We will be running a modified practice schedule the first week of practice, make sure to check your groups practice times and dates on the Group Calendars.

***Please use Group Calendar at [www.cpswim.com](http://www.cpswim.com) for daily schedule.***

Please log in to your CSP account and verify your e-mail and add your cell phone (SMS) to receive text or e-mail alerts in cases of last minute cancellations.





2627 Hope Avenue  
St. Louis, MO 63143  
[www.cspswim.com](http://www.cspswim.com)  
314-727-7946

## **CSP PRACTICE FACILITIES – SHORT COURSE**

### **BRENTWOOD POOL**

2100 South Central Street, Brentwood, MO 63144

### **CENTER OF CLAYTON**

50 Gay Avenue, Clayton, MO 63105

From 170 exit at Ladue Road Exit and go East on Ladue to Gay Avenue Make a right on Gay and follow the signs to the Center of Clayton.

### **CHAMINADE COLLEGE PREPARATORY SCHOOL**

425 South Lindbergh Blvd. St. Louis, MO 63131

From I-64(Highway 40) go North on Lindbergh Blvd School on the left

### **LADUE HORTON WATKINS HIGH SCHOOL**

1201 S Warson Road, St Louis, MO 63124

From Clayton Road North on Warson Road Pool entrance located by Door 13 in the northwest corner of the parking lot by the ball fields.

### **MICDS - MARY INSTITUTE / ST. LOUIS COUNTRY DAY SCHOOL**

101 North Warson Road, St. Louis, MO 63124

From Hwy. 40 to US/67 Lindbergh go north. Go approximately 1.5 miles to Ladue Road. Go east on Ladue and then north on North Warson Road. The pool is located in the back building (last entrance on Warson, near the tennis courts).

### **VILLA DUCHESNE**

801 South Spoeede Road, St. Louis, MO 63131

### **WESTMINSTER CHRISTIAN ACADEMY**

800 Maryville Centre Drive Town & Country, MO 63017

314-997-2900

I-64/Hwy40. Take the outer road past the tennis courts and then take the right in to the Staff Parking. The pool is the last building in the back.

## **CSP PRACTICE FACILITIES – LONG COURSE**

### **SHAW PARK AQUATIC CENTER/CSP**

111 Brentwood Boulevard, Clayton, MO 63105

314-290-8590

Take HWY. 40 to Brentwood Boulevard, go north. The park/pool is located right before the intersection of Forsyth and Brentwood.

### **MAPLEWOOD AQUATIC CENTER**

7550 Lohmeyer, St. Louis, MO 63143

314-645-1476 (The Heights)

From Hwy 44: Take the Laclede Station Road Exit #282 (toward Murdoch) Stay to the left. Travel South on Laclede Station past Big Bend. Turn Right Manchester. It's approximately .25 miles on the left. Or Highway 40 to Hanley south to Manchester left to pool.

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**Returning Users enter their existing Username and Password**

If you have forgotten your username or password, click on the [Trouble signing in?](#) link to retrieve your existing username and password. If you are unable to retrieve your username and password continue as a New User and click on Create an Account.

Once you have signed in, you will have the ability to complete the FACTS Grant & Aid Assessment application online.

After completing the online application you will need to mail or fax all the supporting documentation. The tax documents needed to verify your application are listed on the FGAA Checklist that is found online. Draft or Preview Copy tax documents will not be accepted.

Please allow 2 to 4 weeks for your application and supporting tax documents to be processed. We are unable to verify receipt of documents until they are scanned into our system, which takes approximately 2 to 3 business days. Faxed or copied applications will not be accepted. It is recommended that you keep a copy of your application for your records.

Application deadlines are set by the school or institution awarding the scholarships. If you are applying after a given deadline date, please contact your school or institution to ensure that your application will be accepted.

NOTE: Award decisions are not made by FACTS, but by the organization providing the scholarship.

**Customer Care Representatives are available Monday through Thursday from 10:00am to 7:00pm Central Time and Fridays 10:00am to 5:00pm Central Time.**



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