TEAM HANDBOOK

TMEC Swim & Water Polo Club

BOARD OF DIRECTORS

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1. WHO IS THE TEMECULA SWIM CLUB?

The Temecula Swim Club (TMEC) is a non-profit, member run competitive swim program. Our club is governed by USA Swimming and Southern California Swimming (SCS) organizations. TMEC has been serving the Inland Valley, including Temecula, Murrieta, Wildomar and surrounding communities, for over thirty years providing a year round program for athletes.

2. MISSION STATEMENT, VISION, & PHILOSOPHY MISSION STATEMENT

Temecula Swim Club aims to develop our swimmers to be technically, physically, and mentally prepared to overcome challenges and achieve goals both in and out of the water.

VISION

To offer our members and the Temecula, Murrieta Valley surrounding Inland Empire residents a world-class competitive swim program.

TEAM PHILOSOPHY

TMEC is a team that is built upon the commitment, support, and participation of the Board of Directors, coaches, swimmers, parents/guardians, and the community at large. The team philosophy is the cornerstone of the organization, and consequently the basis for which all decisions are made concerning the team. The core of this philosophy is based on the ideals of teaching and development.

The TMEC program is committed to exposing our athletes to life skills in addition to the swimming skills that will serve them far beyond the realm of competitive swimming. The concepts of fair play, respect for self and others, the development of a productive work ethic, and accountability for one's actions are interwoven into all aspects of the program. The goal is to teach and develop these traits so that they become a part of everyday behavior.

TMEC believes that its success in achieving the team's goals are dependent upon the cooperation of all members.

3. ROLES AND RESPONSIBILITIES OF

COACH/SWIMMER/PARENT: TEAM EFFORT

Research indicates that one of the key elements of a child's enjoyment in sport is the development and attainment of skills and the support of the significant people involved in

the child's endeavor. Each individual plays a specific role that must be fulfilled in order for a positive experience to occur.

COACHES ROLES:

TMEC coaches' main responsibility is to mold all of our athletes into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values. Coaches shall build relationships with team families, to achieve mutually-set goals for each individual. Coaches also help the team to build relationships with other aquatic organizations.

The Head Coach's job is to conduct, oversee and supervise all facets of the competitive program. The Assistant Coaches support them in that function.

1. The coaching staff is responsible for placing each swimmer in specific training groups in accordance with procedures, contained herein, established by the Board of Directors. All final decisions rest with the Head Coach. Factors are as follows; but not limited to:

- Attainment of progression requirements. (See Appendix)
- Swimmers age
- Swimmers training ability
- Psychosocial development

2. Sole responsibility for the training regimen and all other facets of the competitive program lie with the coaching staff of TMEC.

3. The Head Coach of TMEC will make the final decision as to the swim meets in which its swimmers will compete. In addition, the coaching staff may make the final decision concerning which events a swimmer will compete in at any given competition.

4. At any and all practices or competitions the coaching staff of TMEC will conduct and supervise warm-up procedures for the team. Under no circumstances should a noncredentialed individual conduct any such action for their own child or any other swimmer. Following each race that your child competes in, the coaches will review and evaluate the swimmers event and give the child feedback for future Improvement. This is always done with constructive guidance and forethought. There are many facets in which the coaching staff evaluates beyond the time that the swimmer achieves. Evaluation generally includes evaluation and recommendations in terms of stroke mechanics, starts, turns and finishes or race strategy. It may also include specific criteria the coach and athlete have determined previously. Give your child the autonomy and space to hold these conversations without parental input.

5. The coaching staff of TMEC is composed of professional coaches who are constantly upgrading their knowledge and expertise through experience and continuing education. This result is a program that is dynamic and progressive.

6. All TMEC coaches must meet high criteria set forth by USA Swimming. Each coach holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. TMEC coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and the Temecula Swim Club.

SWIMMERS ROLE:

As a swimmer's ability and tenure increases, so does their responsibility. The program is designed to encourage all swimmers to graduate to senior level swimming. As swimmers improve and graduate through the training levels, their time, commitment, and motivation must also be maintained. Each swimmer has the responsibility of being a member in good standing. Commitment to the team, teammates, the coaching staff and their parents is essential. All swimmers of TMEC are expected to adhere to the following codes of conduct:

1. Any swimmer known to use alcohol, tobacco, or illicit drugs while participating in any club related event is subject to suspension or expulsion from the team.
2. Each swimmer will display the values of good sportsmanship; respect for others, honesty, and refraining from the use of profanity. These values will be displayed at all club functions, whether practices, meets, or social gatherings. We expect all staff, parents, and swimmers to behave in such a way that their actions reflect positively on the organization.
3. Never interfere with the progress of another swimmer, be it practice or otherwise.
4. All members of the team; be they coach, swimmer, or parent, continue to protect and improve the excellent reputation the club has attained.

SWIMMER CODE OF CONDUCT:

As a swimmer & member of the Temecula Swim Club (TMEC), I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.

4. I will leave the TMEC team area in a neat and clean condition at the conclusion of each practice session, as a demonstration of team pride and courtesy to meet hosts, pool facility operators, janitorial staff members, school sites, and swimmers. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.

5. I will practice and teach good sportsmanship.

6. I will promote positive team spirit and morale.

7. I will offer congratulations and encouragement to my opponents and TMEC club members.

8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of TMEC spirit.

9. I will follow the verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.

10. I will respect the rights and space requirements of other groups using the swimming facility.

11. I will follow the Code of Conduct at home, at away events, and at any event where TMEC is represented.

PROHIBITED BEHAVIOR:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).

2. Destructive behavior which damages another person's personal property and the facility which the team has utilized.

3. Inappropriate or unruly behavior, including fighting or striking another athlete.

4. Inappropriate language (swearing or derogatory comments), sexually inappropriate content, or lying.

5. Stealing and vandalism.

6. Bullying or isolating another swimmer.

7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all TMEC swimmers during practice, during swim meets, and at events sponsored by, or in which, TMEC is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, push-ups, being sent home from practice or meets (at the parents' expense), expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board of Directors deems necessary if a member fails to adhere to the code in part or in whole.

SUSPENSION

Coaches may suspend a swimmer from practice for disciplinary reasons:

- First offense- 1 Day
- Second offense – 2 Days
- Third offense- Coaches may also recommend to the Board of Directors that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

PARENT/GUARDIAN'S ROLE

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets.

Parents/guardians are not participants on their child's team, but contribute to the success experienced by the swimmer and his/ her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials and other teams.

PARENT CODE OF CONDUCT

As a Parent of the TMEC Swim Team, I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers, coaches, and board members by supporting the values of discipline, commitment & hard work.

2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day.

3. Demonstrate good sportsmanship by conducting myself in a manner that earns respect and by displaying respectful behavior towards my child, officials & the coaches at meets and practices.

4. Maintain self-control at all times and know my role.

    - Swimmers – swim
    - Coaches – coach
    - Officials – officiate
    - Parents – parent

5. Enjoy involvement with the TMEC Swim Club by supporting the swimmers, coaches and other parents with positive communications and actions.

6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.

7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

8. Bullying or defamation is behavior that will not be tolerated when directed toward swimmers, coaches, officials, parents, guardians or anyone else present at an event, practice, meet or any other TMEC activity. Such action is viewed as a detriment to the positive team environment.

See the Bullying policy in the TMEC website library.

I understand and agree to the above terms and conditions of the Temecula Swim Club in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Temecula Swim Club.

Should I conduct myself in such a way that brings discredit or discord to TMEC, or USA Swimming, I voluntarily subject myself to disciplinary action. TMEC maintains the right to terminate any membership with/without cause in the interest of its vision, mission and objectives.

ADDRESSING QUESTIONS AND CONCERNS

If you have a problem, question, or complaint regarding your child's program please take the following course of action. First, contact the coach with whom your child trains. Do this by scheduling a meeting with the coach. If the issue cannot be resolved at this level contact the Head Coach. Please remember, (unless in the case of an emergency) it is never advisable to attempt to converse with a coach during a workout session. This time is reserved for the training of all swimmers in the program. Like any relationship, communication is essential. As a staff, we stress the need to communicate clearly and concisely with all members of our organization.

As in any large organization involving significant numbers of families, TMEC cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them. If you have a concern about administration of the club, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact a Board Member, preferably by email, (a current list of board members can be found within this manual and on the website). Your concern will be taken to the following board meeting and mediated.

The premise for this handbook itself is to educate our membership about all aspects of our program. And although there will undoubtedly be other questions beyond what is written in these pages, it is our hope that the majority of them will be answered here. If however there is ever a question or concern please bring it to the proper forum; the door is always open. The General Information E-mail is: Info@TMECSWIM.ORG

Further rules, policy and procedure not covered in this manual are available and can be accessed by our website and links to USA Swimming.

GENERAL INFORMATION

TEAM HISTORY

TMEC started in 1994 after the completion of the Temecula Community Recreation Center to offer competitive swimming to the community. As a non-profit organization, we serve not only Temecula, but all surrounding cities and county areas. . We currently enjoy training over 270 swimmers throughout the year around the program.

GENERAL MEMBERSHIP MEETINGS

Once a year, generally in the month of October, the general membership meeting is held. At this meeting nominations for new and prospective board members are recognized and consequently elected by a vote of the general membership. In addition, budget, financial reports, and other items relating to the governing of the organization are discussed. The Membership will be notified of time, site, and date of meetings via email or the TMEC website.

TMEC COMMUNICATION

The TMEC news and information will be distributed on a regular basis by email and is available on the team website. Email addresses for each family are required to enable receipt of all club information and important notices. On the website you will find upcoming events, highlights of swim meets and other information. Additional flyers will be distributed on an as needed basis by placing them in the coach's box or distributed on deck. Also included on the website are each swimmer's top times, meet results, team records, and how you can get into contact with the coaches and board members.

POLICY

At the Temecula Swim Club (TMEC), courtesy, tact and consideration should guide each member in relationships with fellow members, coaches and board members. It is mandatory that each member in this organization show maximum respect to every other person in the organization and other contacts in a business context. The purpose of communication should be to help others and to make our club run as effectively as possible, thereby gaining the respect of our membership because nice matters.

- Courtesy, friendliness, and a spirit of helpfulness are important and guide the club's dealings with membership
- Differences of opinion should be handled privately and discreetly. Gossip and backbiting are to be avoided. Communicate directly with the person or persons involved to resolve differences
- Constructive Criticism -- that which will improve the club by clarifying or instructing -- should be welcomed when delivered with respect and tact. Destructive criticism -- that which is designed to harm club or another person -- is not to be practiced
- Members should strive to maintain a civil work atmosphere at all times and refrain from shouting, yelling, using vulgarities or swearing at members, coaches or board members.

- The standard of TMEC is an environment free from disparaging remarks about religion, ethnicity, sexual preferences, appearance and other non-club related matters. Each member has the responsibility to foster an understanding of others' differences in order to create an environment where those differences contribute to a better organization
- Inappropriate remarks based on any of the following; race, religion, ethnic origin, physical attributes, mental or physical disability, color, ancestry, marital status, pregnancy, medical condition, citizenship and/or age are not tolerated and such behavior will result in some form of corrective action.
- Inappropriate remarks also include those that treat a group of people in a uniform way, assign a behavior in a disparaging way, imply inferiority of a group, are supposedly funny at someone else's expense, and/or cause embarrassment or distress to others based on comments about a particular group of people.

The full communication policy is available for review in the website library.

Throughout the year, swimmers that participate in the TMEC Tritons Swim Club may be highlighted in efforts to promote TMEC activities and achievements. For example, swimmers may be featured in materials to increase public awareness of the swim club through newspapers, radio, TV, the web, social media, displays, brochures, and other types of media.

Parents must sign a Media Consent and Release form which is available on the website library. Those families not wanting to participate in any media related activity must also sign this form stating otherwise. The electronically signed document is to be completed as part of registration.

TMEC TRITONS SWIM CLUB SOCIAL MEDIA GUIDELINES

The Club's social media sites are places where we encourage interaction and discussion between member families, swimmers, and staff, or anyone interested in the TMEC Tritons Swim Club.

We ask that you're respectful in your comments. We reserve the right to remove anything we deem:

- Abusive or personal attack

Material that is unlawful, obscene, defamatory, threatening, harassing, abusive, slanderous, hateful or embarrassing to any other entity

- Third party advertising
- Chain letters or Spam

We also reserve the right to terminate involvement by users who post such content.

The views and opinions expressed on the Club's social media sites do not necessarily represent those of the TMEC Tritons Swim Club. Therefore, we cannot be held responsible for the accuracy or reliability of information posted by external parties.

For your safety, never include your phone number, email, address or other personal information in a post.

Parent and Swimmer Code of Conduct and Social Media Policy

1. Parent Agreement

By enrolling your child in TMEC Swim Club, you agree to the following:

- You understand and accept that swim meets, practices, and team events may be photographed or recorded for promotional, training, or celebratory purposes.
- You grant your swimmer, its coaches, and authorized representatives the right to use images, videos, or likenesses of your child in team communications, including but not limited to websites, social media platforms, newsletters, and promotional materials.
- You may revoke this consent in writing at any time by notifying the team in writing at secretary@tmecswim.com.

2. Social Media Policy

Team Use of Social Media

- TMEC Swim Club may post team-related content, including photos or videos of swimmers, on official social media platforms (e.g., Facebook, Instagram, X/Twitter, YouTube).
- No personal identifying information (e.g., full names, contact info) will be shared without explicit consent.

- Posts will be made in accordance with Safe Sport and USA Swimming guidelines.

Parent and Athlete Use

- Parents are encouraged to use social media responsibly when posting about team activities.
- Do not share private or confidential information about any swimmer, coach, or team matter.
- Refrain from negative or derogatory comments about other swimmers, teams, coaches, or officials. Disrespectful or inflammatory behavior online may lead to disciplinary action.
- Tagging or referencing TMEC Swim Club should reflect a positive image of the team and comply with this policy.

3. Prohibited Content

The following is strictly prohibited on team-affiliated or personal platforms when referencing the swim team, and/or individual swimmers:

- Bullying, harassment, or defamatory content.
- Sharing private locations or schedules that could compromise swimmer safety.
- Posting photos of minors without parental consent, if not your own child.

4. Enforcement

Violations of this policy may result in:

- A request to remove inappropriate content.
- Temporary or permanent suspension from TMEC Swim Club.
- In serious cases, removal from the team, in accordance with team disciplinary procedures and applicable laws.

SWIMMERS INFORMATION

Swimmers information is updated through the Teamunify website. Swimmers group information and meet times are continually being updated and maintained in this area. Parents/Guardians are encouraged to update all contact and medical information as necessary.

TEAM ELIGIBILITY AND REGISTRATION

TMEC is a year round competitive swim team. Registration is open to all children aged five to eighteen years old. Demonstration of freestyle and a working knowledge of the other competitive strokes are essential for entrance into the program. Prospective swimmers complete an onsite swimming evaluation by the Age Group Coordinator, with the final evaluation completed by the Head Coach. TMEC team registration is done year-round based on the available spots on the club. Monthly dues, specified by the individual swimmer's group/class are due the first of each month. In addition, USA Swimming registration is done on an annual basis during the month of September. Registration for each year runs concurrently from January 1, to December 31. Registration is mandatory for all membership. USA Swimming registration enables each swimmer to compete in sanctioned swim meets, participate in daily training sessions, and in any other USA Swimming sanctioned event. Most importantly, the annual USA Swim registration provides secondary insurance coverage for all registered athletes. Failure to keep USA/SCS swimming registration current will suspend a swimmer from practice or entering meets. Refer to the Registration, Fees and Dues section for further details.

RELEASE OF LIABILITY

The release of liability can be found on the registration site and must be signed by all families joining TMEC. It reads: "Parent/Guardian hereby releases TMEC, its employees, officers, directors and team support personal and any facility used by TMEC from any liability arising out of any injury to the swimmer(s) which may occur while the swimmer(s) is/are participating in the

TMEC swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the swimmer(s) is/are using facilities leased or used by TMEC."

4. TEAM ORGANIZATION

BOARD OF DIRECTORS

TMEC is a non-profit organization as stipulated by its 501 (c) (3) status with the State of California. The team has an operational board of directors, comprised of current parent members. These are volunteer positions held by individuals that share the driving spirit and dedication that enables the team to deliver its membership an unparalleled experience in the realm of U.S.A. Swimming.
For current members of the Board of Directors, please visit the website.

BOARD SUPPORT FUNCTIONS

These are volunteer positions held by individuals that also share the driving spirit and dedication that enables the team to deliver its membership an unparalleled experience in the realm of USA Swimming.

COACHING STAFF

The Coaching Staff consists of Dual Head Coaches which was determined by the Board of Directors to be in the best interest of the Club. One Coach is primarily over the 10 and Under Groups and the other Coach oversees 11 and Up and Senior Groups. However, Coaches are co-equal and work together.

Under the Head Coaches are the Competitive Group Coaches and Stroke School Coaches are organized to instruct at the various level groups.

**Coaches and Organizational Charts available to view on the Website. Contact information is also available on the Website.*

5. TRAINING GROUPS AND PROGRESSION

GROUP PROGRESSION

TMEC is systematically structured and defined to progress swimmers from the stroke and competition readiness program to the level that their ability, commitment, and desire take them. The development of skills and the understanding implementation of varied training concepts will further promote one's ability to progress forward. It must be understood and recognized that each swimmer develops at varying degrees. Time commitment must be commensurate with skill development if an athlete is to progress to their highest potential. Consistency is without a doubt a key factor to developing skill in any endeavor. It has been said that 80% of success is just showing up. The necessity of progression dictates that each

swimmer can develop the skills required to continue improvement and participation in the sport. This is a well-defined, long-term approach that increases the ability of the athlete to reach peak performance levels. The emphasis in the early stages of participation is placed on developing technical skills and an appreciation for the sport of swimming, in the later stages of the program, an increase in the demand of physical training is emphasized. This also guards against the effects of burnout and/or injury to the athlete. At each level, the goals and objectives are specific and directed towards meeting the needs of the swimmer. The long-term goal of personal excellence is always in mind. As each child progresses at varying rates and degrees the coaching staff is cognizant of implementing training assignments based on the athletes physical, mental, and emotional level of development.

PRACTICE GROUP ASSIGNMENTS

The assignment of the swimmer(s) to a group shall be the decision of the coaching staff. At the competitive group level, practice group changes will be made at the completion of long course and short course season following evaluation sets. Criteria to move up from a group are determined by the coaches. Please speak to the coach after evaluations are completed with your concerns.

SAFETY AND BEHAVIOR

The Temecula Swim Club Board of Directors reserves the right to terminate the membership of any individual whose behavior places TMEC in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers and families are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

6. TRAINING, SPORTS PSYCHOLOGY AND EQUIPMENT

TRAINING CALENDAR YEAR

In U.S.A. Swimming the calendar year runs from September 1st to the middle of August. The year is broken down into three competitive phases. The first phase runs from the first week in September through the month of December. The second phase takes place from the 1st of January through the month of April. The third phase runs from May through the middle of August. Phases one and two consist of the short course season, where all competition is held in a twenty-five (25) yard pool. At the end of phase two, periodic long course meets are introduced into the schedule. Phase three is almost exclusively long course, where the competitions are held in fifty (50) meter pools; which are the Olympic standard.

TRAINING CYCLES

The three phases or training cycles all consist of a base, core, and taper period. In order to excel in the sport of swimming it must be completely understood that all three phases are interwoven. Training for peak performance is based on sound scientific principles. It is sequential and structured to ensure each athlete the optimal opportunity to achieve success. For an athlete to reach peak performance levels it is important to achieve consistency in attendance, work ethic in training, nutrition, improvement in stroke technique (biomechanics) and adequate recovery/rest periods. As stated earlier, each training cycle consists of a base, core, and taper. Following is a breakdown of these three segments. A congruent analogy to the training cycle is the pyramid. The base of a pyramid is the widest part of the structure that supplies its foundation. The core or midsection of the pyramid builds off the base and supplies the pyramid with its greatest stability and strength. The tapered or top of the pyramid represents the pinnacle of the structure representing all the stability and power that the base and core have supplied. It is the crowning achievement of the three interwoven parts of the structure.

TRAINING PRACTICE

Training is a challenge. Training correctly and consistently is one of the key components that put a swimmer in the best position to reach their goals. Through training the swimmer develops the technical skill, endurance, strength, flexibility, and the psychological capabilities that enable them to swim at their peak potential. The most important factor lies in the swimmers approach towards the daily rigors of training. The individual's attitude will greatly affect their training on a daily basis. It will likely be the determining factor in deciding if your practice is productive or not. The following is a short list that will increase your probability of getting the most out of your training.

1. Always try to challenge yourself.
2. Work hard all of the time.
3. Encourage your teammates to work hard too.
4. Strive to lead your lane.
5. Talk the coach into shorter intervals.
6. Talk the coach into more reps.
7. Be the first one in the water at the start of practice.
8. Encourage your teammates to get into the water so practice can start on time.
9. Always do more and be the best you can be.

Stop and look. Do you find yourself reflecting any of the above behaviors? Part time or consistently? If you don't, ask yourself if your behavior is reflective of your goals. If it isn't, you need to change your goals to fit your current behavior; or change your behavior to fit your goals. It's up to YOU!

During the base or initial phase of each training cycle heavy emphasis is placed on sets of longer duration that are predominantly aerobically based. At this time the swimmer is amassing general fitness that will lay the groundwork for the hardest part of the training cycle known as the core. Also included in the base phase of training is a heavy dose of stroke instruction. At the more advanced levels seasonal goal setting and dry land training also takes place.

The core or secondary phase of training is without a doubt the most intense area of the training cycle. Swimmers at advanced levels will undoubtedly suffer without adequate base training, which demonstrates why consistency in both their attendance and work ethic is critical. During this cycle training, yardage is reduced approximately 15-20%. Another training component for advanced level swimmers is dry land, or land based training. This consists of swimming specific exercises swimmers perform on land that improves their overall fitness level.

Dry land training is also used for rehabilitative components for swimmers suffering from illness and/or injury. These exercises include the use of aerobic exercise such as running, flexibility routines (stretching) that improve range of motion of joint and muscles tissue that improves stroke mechanics and aid in the prevention of injury. Research has indicated that moving through the water is a combination of the reduction of drag forces, the proper utilization of stroke mechanics, and the increase in muscular power, or force that the athlete can apply through the water. The combination of these factors integrates correct body position in the water, along with economic swimming technique and efficient muscular contractions. Focusing on muscular endurance and power in swimming specific movements can enhance swimming. Athlete education as to correct movements and body position as to increase benefits and reduce injury from performing incorrect movements. Age-group swimmers (prepubescent) will not engage in free weight training exercises. However, they will be involved in flexibility, and strength training exercises that incorporate the use of surgical tubing and the use of their own body weight. Advanced level swimmers will routinely incorporate all phases of the dry land program.

7. EQUIPMENT

Check with your coach–not all items are required for all groups:

PRACTICE ATTIRE:

Practice Suit (must be specifically designed for competition and training). No two piece practice suit are allowed at a TMEC facility.

- Goggles

- Cap
- Fins
- Paddles (hand & finger)
- Pull Buoy
- Snorkel
- Tempo Timer
- Kick Board
- Wet bag or Bucket to carry gear to and from deck and facility
- Two Tennis balls

TEAM ATTIRE:

Our team attire is proudly sponsored by Speedo, ensuring our athletes train and compete in top-quality performance gear. We're grateful for Speedo's support in helping our team look and perform their best in and out of the water.

TMEC Team Cap (required for all swimmers at meets)

Team caps can be purchased on deck. We also try to have team caps available at meets. New team suits can be purchased as needed. Please talk to the head coach for information.

T-shirts ,sweatshirts, and other items, marked with the team name and/or logo are available for purchase on deck on designated nights. Team attire is strongly suggested to be worn at all meets. Parkas are a highly recommended item to keep swimmers comfortable after workouts, between events at meets and during inclement weather.

SPECIAL EVENT GEAR:

All tech suits must be paid for in advance prior to receiving the merchandise.

The team will provide information for those swimmers who achieve Invitational, Jr. Olympic, Sectional, Jr. National, and National Times of apparel which may be available for an additional purchase. These items are optional for families. Those ordered with be billed to your account via Bill.com.

8. SWIM MEET INFORMATION

SWIM MEETS

By its very name, the purpose of competitive swimming is to compete and that means attending swim meets! Individuals seeking membership in Temecula Swim Club should understand that we are a competitive team, not a recreational team. Swimmers should be willing to accept the responsibility of membership and participate in meets.

Swim meets are a very important part of our overall program. Meets are designed to provide each swimmer the necessary skills to gain Improvement through competitive swimming. This is important to their overall growth in the sport. There are a number of reasons why competitive swimmers attend meets.

One of the most important reasons is so that both swimmer and the coaching staff can track each swimmers progress. This is not to be confused with an emphasis on dropping time particularly. In many respects this is a secondary goal; especially with younger swimmers, as well as for meets swum early in the season. Many of the primary objectives the coaching staff looks at are: proper execution of stroke mechanics as well as starts turns and finishes. Swimming balanced races is where the athlete is attempting to hold pace, or consistent splits throughout the race. Race strategy is where younger less experienced swimmers are just beginning to learn these concepts, older more experienced swimmers are constantly refining and in some cases re-defining race strategy to correlate with their abilities. During practices, and before and after each race, the staff is constantly working with each swimmer in the program in all of these aspects. Just as in the attendance of your swimmer at training sessions, there is a direct correlation to skill Improvement and your swimmers meet experience. The bottom line is that we are primarily concerned with our swimmers understanding the process of training and racing and then having the skills necessary to Implement them on their own. The focus is on the process, not the result. Understanding and Improvement in the process will lead to consistent success in the future. It is by far more productive to experience and understand the methods versus blindly attempting to gain positive results. The latter results in inconsistent performance and a likelihood of burnout from the sport.

SWIM MEET PROCEDURES

As a competitive swim team, we encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Swimmers and parents/guardians are able to request events during the sign up process, but the coaches make the final decision. Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events as determined by their coach.

Meet Fees: A meet entry fee (approximately $6.00) and event fees (approximately $3.00 per event) are required for entry in a swim meet. Meet fees for swim meets are the responsibility of the parent. Delinquent meet fees will result in a suspension in meet privileges until the swimmer's account becomes current. Meet fees are non-refundable to TMEC once they have been submitted to SCS. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the meet fees. TMEC pays the fees for those swimmers who are placed on a relay team for a given meet.

Entry deadlines are generally two weeks in advance of the ensuing competition. Please be advised of these dates, and adhere to them. For the most part these are strictly enforced. The TMEC Club will set our own date for entry to be delivered to the coaching staff for electronic entry utilizing HYTEK software. Meet sheets are disseminated to the swimmers via email or the coach's box on deck. Meet sheets are also available through the SCS web site, http://www.socalswim.org/. Make note of the swim meet schedule, if for any reason your swimmer has not received a meet sheet for an upcoming competition please contact a coach. The general process is to make available the meet sheets three weeks in advance. Upon receipt of the meet sheet, carefully read the information before filling out the entrance form. TMEC will be sending team entries for meets electronically to host teams. The deadline for these entries will be set by our coaching staff as some meets fill up faster than others.

E-MAIL FROM TEAM

Each family will receive an e-mail from TMEC approximately 4 weeks before each swim meet. The e-mail will contain a link to the TMEC website. Click on the link to go to the EVENT SIGN UP page of the TMEC website.

HOME PAGE ACCESS

If signing up through the home page of the TMEC website (instead of directly through the email link), find the swim meet you would like to enter under EVENTS. It should be listed as a red box for those meets which are active. Click on the rectangular box beneath the heading "Edit Commitment."

COMMIT TO THIS EVENT

The EVENT SIGN UP page will bring up a chart with the swimmer(s)' name(s) from your family. Click on the swimmer's name in the left column. A commit to the event heading will appear for that swimmer. When accessing the pull down bar, there will be a choice of "yes, please sign (name) up for this event" or "no, thanks (name) will not attend this event." Please mark "No" if you do not plan on attending, so that the coach knows that you have considered your attendance at the meet. If you mark "Yes", you will have a choice of session to attend. If the meet is held on Saturday and Sunday, you may select one or both days to attend. Events your swimmer is eligible to swim based on meet requirements will appear in black. Check the box for the events you would like your swimmer to compete in.

Make sure to select the rectangular box on the bottom right corner that states "save changes" or your request will not be processed.

The screen will change to show the athlete's name, a box with a check mark, and "committed." You must repeat this process for each of the swimmers in your family.

Please note that your swimmer may not be able to participate in various events due to a minimum or maximum time requirement. If you have any comments or questions about specific events, write them in the "notes" section on the screen.

CONFIRMING YOUR EVENTS

TMEC recommends that you return to the EVENT SIGN UP page to see which events your swimmer has selected and if any additional relays were added. Do this as soon as possible after the meet closing date, which can be found on the meet form. If you find an error, please contact your coach immediately.

SHORT & LONG COURSE SEASONS

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in mid-February is referred to as the "short course season. "During the short course season meets are recognized as "yard" events. There is also a long course swim season that begins in March and ends in early August. Meets during long course season are recognized as "meter" events. In order to swim at a "long course" meet, a swimmer must have achieved a red time in the event in a 25 yard event.

Prior to the onset of each semester, each team member and their family is given a copy of the meet and practice schedule, along with any other pertinent information. Swim meets are a very important part of the program. It is pertinent that you and your child understand the philosophy behind swim meet attendance. The meet schedule is designed to intertwine with

the training schedule. As explained in the breakdown of the training cycle, there are similar phases to the meet schedule. Meets early in the training cycle are used to gauge a number of important factors that will lead towards the taper swim meet. Some of the specific criteria the coaching staff is looking for include technique on strokes, starts, turns and finishes, splits, and overall race strategy. It is extremely important to note that performance in terms of time is not a qualified factor at this stage. Swimmers, especially at the age-group level need to develop all parts of their racing ability without the burden of focusing on obtaining a personal best time in each and every race. Not only is this not feasible, it may be a factor in increased levels of stress regarding competition, and inevitably lead to burnout and cessation from the sport. The coaching staff of TMEC will never promote this behavior, and will not tolerate it from any outside source. During the intermediate phase of the meet schedule, swimmers are beginning to refine the above-mentioned criteria. It is Important to note that a swimmer at this stage is in the midst of the most exhausting phase of the training schedule and therefore there is likely to be an effect of their performance levels in terms of overall time. This is to be expected. What is Important is that the swimmer makes progress in terms of the criteria, the coach has established. The final phase of the meet schedule prepares the swimmer for the taper meet. Coinciding with a reduction in training yardage and an increase in detail concerning strokes, starts, turns and finishes, the focus now turns primarily to that of performance. Older, more experienced swimmers at this stage will shave down for this competition. Following is further insight into the meet schedule.

1. The meet schedule is established with the expectation that swimmers will attend all meets available within their classification level. Special considerations or concerns regarding attendance at swim meets need to be discussed with your child's coach. Swim meets are scheduled to coincide with the training schedule and are an integral part of the program.

2. On average swimmers will attend competitions every four weeks,

3. Certain meets on the schedule will be team effort or Championship meets and will be indicated on the meet schedule. Examples are; Eastern Section Championships, San Gorgonio League Championships, Southern California J.O.s, and National level competitions. Attendance at these meets is mandatory if qualified to compete.

PREPARING FOR A SWIM MEET

Swim meets are a great family experience! They're a place where the whole family can spend quality time together. Listed below are some in-depth guidelines geared to help you through your first couple of swim meets. Feel free to direct any questions to the coaching staff.

1. The time to arrive at the pool varies, check with your coach. The warm ups will also vary. If your swimmer misses the scheduled warm-up, your swimmer will have to warm up

after the meet has started. The designated warm up time is under the coach's supervision only.

2. Upon arrival, find the team and place your swimmer's gear there.

3. Find the check in desk and your swimmer(s) check in personally check in for the entire day of scheduled events. Do not scratch an event without first receiving consent from a member of the coaching staff. At the check-in desk the swimmer or parent will be asked to circle the swimmers event number(s) and initial.

4. After checking in, write each event number down on a sheet, the swimmers hand, and / or highlight them in the meet program if you purchase one. This will help in assisting your swimmer in preparation before their event.

5. Your swimmer should then prepare for their meet warm-up. First, get your cap and goggles and report to the coach for specific warm-up instructions.

6. After warm-up, your swimmer will go back to the team area and relax until their event approaches. This is a good time to make sure your swimmer goes to the bathroom if necessary, drinks some water, or just gets settled in.

7. The meet will generally start shortly after the meet warm-up ends.

8. According to U.S.A. Swimming rules, parents are not allowed on the pool deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They in turn will pursue the matter through the proper channels should they deem it relevant.

9. Swim Meet Programs. Swim meet programs are available for sale at each swim meet, generally in the vicinity of the concession area. In it is a list of all swimmers entered in the meet in order of event and "seed" time. When a swimmers entry is sent in, each event and their previous best time is listed. If the swimmer is swimming an event for the first time they will be entered at NT, (no time) if acceptable.

10. Heat/Lane assignments. For each swim meet there is an official in charge of "seeding". This information will be posted, usually by the administration desk. It is very important that each swimmer knows the location of this information as they are required to give it to the coach well in advance of their swim.

11. Here is a breakdown of all a swimmer must do at each meet.

a. Bring a swim bag: towel(s), suit(s), goggles, warm-clothing, sleeping bag, warm dry shoes/boots, mittens/gloves, sun block, head gear, fluids. b. Arrival: Time varies. Check with your coach.

c. Team Area: Place gear there

d. Check In: Very Important

e. Report to Coach: Find out stretching routine and meet warm-up

f. Warm-up

g. Exit pool, shower and change into warm clothing.

h. Locate Heat/lane assignment information

i. Relax at team area

j. Report to coach a minimum of fifteen minutes before each and every race, to discuss race strategy and other pertinent information

k. Warm-up before a race in designated warm-up area. Swim Race

l. Warm down, IMMEDIATELY after each and every race, even if you've just broken a world record!

m. Report back to coach, to discuss race. This needs to happen regardless of the outcome of the event.

When reporting to the coach, the coach will give the swimmer specific feedback concerning their swim. The swimmer will be asked to relay information regarding their swim as well. Information given to the swimmer at this time will always be given in a constructive and positive manner. Criteria involving this feedback will generally entail, what was successful in the race, considerations for future swims regarding technique, and/or strategy.

PHILOSOPHY OF COMPETITION

TMEC engages in a multi-level competitive program under the auspicious of United States Swimming. In conjunction with our training program, it attempts to provide challenging, yet success oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy.

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even on the occasion that the swimmer places first, but has swum poorly in

comparison to their own past performances, they are encouraged to do better; the individual's Improvement is our primary objective.

2. Sportsmanlike behavior is of equal Importance to that of improved performance. The coaching staff teaches the swimmers how to behave like a champion whether the swimmer has a successful or sub par performance. Respect for officials, competitors, encouragement of teammates, determined effort, and mature attitudes are examples of behaviors expected, praised, and rewarded by the TMEC coaching staff.

IMPORTANT SWIM MEET INFORMATION

Meet Sheet each swim will receive an email with information on the location, date, time, directions, events, and reporting time for warm up.

Do not use this timeline to determine your arrival time at the meet. Your swimmers' coach will tell them when to arrive for warm-up.

9. CLASSIFICATION OF U.S.A. SWIMMING

TYPES AND LEVELS OF COMPETITION

Developmental Meets: These meet are designed for entry and novice level competitors. They generally do not have minimum standards for qualification. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each age group. Each swimmer is usually allowed to enter 3 to 5 events per day. These meets are generally referred to as "B" meets.

Qualification Meets: These meets have some type of minimum qualification time standards(s) that a swimmer must achieve in order to enter the meet. At some meets bonus events may be offered. This is where if a swimmer meets one time standard they may be eligible to enter two additional events, even if they have not met the qualification standard in those events. This will be stated on the meet sheet.

Southern California Age Group Invitational: Is for swimmers that have attained the June or December invitational time standards.

Southern California Junior Olympics: Is for swimmers that have attained the spring or summer JO time standards.

Senior Level Meets: Senior level competition can include CA/NV Sectionals, Senior

Invitationals, Futures, Speedo Champion Series, USA Swimming Grand Prix, Junior Nationals, Nationals, US Open, and Olympic Trials. All these meets a swimmer will need qualifying time standards established by USA Swimming.

10. DUES & ASSOCIATION MEMBERSHIPS

PAYMENT TERMS

When you become a member of the Temecula Tritons Swim Team, you agree to pay the following fees and charges associated with the program.

1.) Registration/Seasonal Fee: $75 per family

a.) Stroke School: The fee is assessed at online registration and is charged every season thereafter at the start of the short-course season (September) and again in long-course season (April)

b.) Competitive Swim Team: The fee is assessed at online registration and is charged every season thereafter at the start of the short-course season (September) and again in long-course season (April).

b.i.) New swimmers joining the Competitive Swim Team 1-month before the start of the next season will not be charged for the up-coming season. (i.e. a swimmer joining the club in March will be not have to pay both the short course and long course fee that year.

2.) USA Swimming (SCS) Annual Registration:

a.) Swimmers may not train with Temecula Tritons Swim Team unless he/she is current with SCS registration.
b.) Annual Registration for USA Swimming is determined by SCS and will be billed by TMEC and paid on behalf of the swimmer.

3.) Monthly Training Fee: Depends on practice group:

a.) Monthly amounts range from $100.00 to $177.00 (see Training Fee Schedule) and are due on the 1st of each month.

All payments are encouraged through Autopay with a credit card.

4.) Swim Meet Entry Fees: Varies- Depends on level of meet and number of events to swim.

a.) Amounts range per meet per swimmer. Head Coach(s) will identify travel swim meets in which the team participates. Members may sign-up online to compete in meets,

and entry fees are invoiced to your account with payment 1 to 2 days before the start of the meet.

b.) If enrolled in a meet and plans change after the Meet Entry Deadline, the fee cannot be refunded and your account will be charged (the meet entry fees have already been sent to the host).

5.) Team Support Hours: *(formally known as volunteer hours.)*

FAMILY COMMITMENT & MEMBERSHIP IN GOOD STANDING POLICY

Purpose - Temecula Tritons Swim Club (TMEC) is a nonprofit 501(c)(3) organization dedicated to developing young swimmers through excellence, discipline, and teamwork. TMEC relies on the involvement and generosity of its member families to successfully host swim meets, fund team operations, and maintain a positive environment for all athletes.

The Family Commitment Program ensures every family contributes equitably to the success of our club—either through Team Support service or a financial contribution.

Membership in Good Standing -Families are considered "Members in Good Standing" when they:

a Maintain current registration and financial accounts.
b Adhere to the TMEC Code of Conduct and Safe Sport policies; and
c Fulfill the annual Family Commitment Requirement through Team Support service and/ or a Family Support Contribution.

Family Commitment Requirement - Each registered family is asked to support TMEC operations and hosted events each season by either:

a Team Support requires a minimum of 10 service hours per season, or
b Contributing a $200 Family Support Contribution in lieu of Team Support service.

c TMEC Hosted meet requirements for Team support vary and will be published ahead of time, after decided by the Board. Incompleted hours will be $40 per hour. Any additional time outside of the required hours will go towards seasonal Team support requirements.

This commitment directly supports TMEC's ability to host meets, provide athlete resources, and maintain affordable program costs for all members.

Families may select their preferred option at registration and may adjust their choice mid-season if necessary.

Team Support Service - Team Support service *(most crucial)* may include, but is not limited to:

a Working sessions at hosted swim meets (timing, hospitality, setup/takedown);

b Assisting with fundraisers, team events, or committee roles;
c Supporting administrative, communications, or equipment needs;
d Providing certified officiating or technical assistance.

Team Support time is considered a donation of service to TMEC's nonprofit mission and does not create an employment relationship between the Team Support and the Club.

Family Support Contribution

Families who choose not to participate in Team Support hours, or who are unable to fulfill the minimum service hours, may contribute a $200 Family Support Contribution per season or $20 per missed hour if fulfilled some but not the full 10 hour requirement.

This contribution is treated as a fundraising donation to TMEC and is not considered a fine or penalty.

The contribution amount reflects the typical value of the time and resources required to support hosted meets and club operations.

Non-Compliance

Families who do not complete either their Team Support service hours *or* submit the Family Support Contribution by the end of the season will be considered *not in good standing***.

Members not in good standing may be ineligible for:

a Priority registration for subsequent seasons,
b Participation in hosted or travel meets, or
c Voting or leadership privileges within the Club.

Membership in good standing may be reinstated upon fulfillment of the Family Commitment Requirement.

Equity & Flexibility

TMEC recognizes that individual family circumstances may vary.

Requests for accommodation, hardship consideration, or modified arrangements may be submitted in writing to the TMEC Board of Directors prior to the end of the season.

The Board reserves the right to adjust or waive requirements to maintain fairness and inclusivity.

Acknowledgment

By registering with Temecula Tritons Swim Club (TMEC), families acknowledge and agree to abide by the Family Commitment & Membership in Good Standing Policy. By participating as a volunteer in lieu of the fee, you understand that you are not an employee of the swim club and are not entitled to wages or employment benefits.

6.) Past Due Invoices:

a.) Invoices not paid within 15-days of due date are subject to a $25 late charge

b.) Invoices that exceed 60-days past due will subject the swimmer to suspension from practices in addition to jeopardizing entry into Southern California Swimming meets. The billing system and coaches will attempt to notify members when invoices are in the arrears.

c.) Requests from members to continue practices while in the arrears must be presented to the board.

7.) Refunds:

a.) Refund Requests will not be honored once payments have been processed. In extenuating situations, WRITTEN requests with outside documentation (i.e. doctors note) will be reviewed on a case-by-case basis.

8.) Cancelation:

a.) To cancel membership, email coachnicole@tmecswim.org with the swimmer's first and last name at least 7-days before the next billing cycle, which is on the 1st of each month.

11. PARENT RESPONSIBILITIES AND FUNDRAISING

FUNDRAISING

TMEC is a non-profit organization. Participation by all families in fundraising is necessary to keep dues down and swimming affordable. All families are required to participate in fundraising by contributing $100 for competitive groups and $50 for pre-competitive groups. Information on fundraisers will be made available through e-mail and on the website. The Ways and Means Director is in charge of fundraising. This fundraising time period is November 1 to October 31.

The full fundraising policy and forms are available for review and download in the website library.

12. GLOSSARY OF SWIMMING RELATED TERMS

"B" MEET: Swim meets which requires swimmers to have previously achieved a "B" time standard in the event(s) they wish to enter.

"A/B/BB" MEET: Swim meet that offers separate competition for swimmers who have "A", "B" or "BB" times, usually with awards distributed based on the swimmers respective classification. Swimmers will generally compete in separate brackets.

"A/B/C" MEET: Swim meet that offers separate competition for "A", "B" or "C" times swimmers, usually with awards distributed based on the swimmers respective classification. Swimmers will generally compete in separate brackets. Swimmer with No Time, "NT", may enter in the "C" Division only for most of these meets.

AGGREGATE TIME: Times achieved by four swimmers in individuals' events that are added together to arrive at a provable relay entry time.

AGE GROUP: Division of swimmers according to age. The National age-group divisions are: 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-18. Some LSC's (Local Swimming Committees) have divided swimmers into more convenient divisions specific to their situations. (I.e.) 8and under, 13-over, Junior and Senior.

ALTERNATE: In a prelims/finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the two being the first alternate and the next being the second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moment's notice.

ANCHOR: The fourth or final swimmer in a relay. ;

ASCA: The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. It certifies coaches and offers many services for coaches' education and career advancement.

AWAY MEET: Defined as any meet hosted by another swim club, Southern California Swimming, USA swimming entity.

BACKSTROKE: One of the four competitive racing strokes. Basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and the second stroke in the Individual Medley. Racing distances are (depending on age-group) 25, 50, 100 and 200 yards or meters.

BONUS HEAT: The heat held during the finals session of a prelims/finals meet that is slower than the swimmers participating in the championship finals. The bonus heat may refer to consolation finals or an extra heat in addition to consolation finals.

BREASTSTROKE: One of the four competitive strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third in the Individual Medley. Racing distances are (depending upon age-group) 25, 50, 100, 200 yards or meters.

BUTTERFLY: One of the four competitive strokes. Butterfly, also referred to as "fly", and is swum as the third stroke in the Medley relay and the first stroke in the Individual medley. Racing distances are (depending upon age-group) 25, 50, 100, 200 yards or meters.

CAMP: A swimming function offered by U.S.A. Swimming, a LSC, or coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coach's advice as to what will be the best for the swimmer. Many of the camps offered through U.S.A. Swimming are by invitation only.

CARBOHYDRATES: The main source of food energy used by athletes. Championship Finals: The top 6-8 swimmers, (depending on the number of lanes), in a prelims/finals meet who after the prelims swim, qualify to return for finals. The fastest heat of finals when multiple heats are held.

CHECK IN: The procedure required before a swimmer swims an event in a deck-seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.

CHECK OUT: The parent's job at the motel on travel trips. This is listed here to remind parents to request "late" check out times if offered at no charge by the motel. This makes the last day of the meet less hectic.

CIRCLE SEEDING: A method of seeding swimmers when they are participating in a prelim/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lane.

CLOSED COMPETITION: Swim meet that is open to the members of an organization or group; many times depending on zone affiliation.

CLUB: A registered swim team that is paying dues, and is considered a member in good standing by U.S.A. Swimming and the local LSC.

CODE OF ETHICS: A code of conduct that both swimmers and coaches are required to sign at certain U.S.A. Swimming/LSC events. The code involves common sense and proper behavior. Colorado: A brand of automatic timing system.

DQ: Disqualification for a rules violation. I.e. improper turn, stroke or touch at a wall etc. and generally applies only to the event that the violation occurred on. The swimmers time for the event is recoded as a DQ.

EASTERN SECTION: Section of SCS that TMEC is assigned to.

ELECTRONIC TIMING: Timing system operated on DC current (battery). The timing system usually has touch pads in the water; junction boxes on the deck with hook up cables, buttons

for back-up timing, and computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays the swimmers time.

ELIGIBLE TO COMPETE: The status of a member swimmer that means they are registered and have met ail the requirements for participation in meets, practices, or any sanctioned event.

EQUIPMENT: The items necessary to operate a swim practice or conduct a swim competition.

EVENT: A race or stroke over a given distance. An event equals (1) preliminary with its final or (1) times final.

FALSE START: When a swimmer leaves (or moves) from the starting block causing him or herself or another competitor to leave (or move) before the sound of the gun or horn. The swimmer or relay team may be disqualified from the event. Sometimes, the starter or referee will disallow the false start due to unusual circumstances.

FASTEST TO SLOWEST: A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girl's heat and one boy's heat until all swimmers have competed.

FINA: The international rules making organization for the sport of swimming.

FINALS: The final race of each event. See championship finals, consolation finals, times finals etc.

FINAL RESULTS: The printed report of the results for each race of a swim meets.

FINE: The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim an event, and cannot prove they have done the time previously.

FINS: Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.

FLAGS: Pennants suspended over the width of each end of the pool, approximately (5) yards from each wall. Used by backstrokers to gauge distance to a wall for a turn or the finish of a race.

FLY OVER: Swimmer completing a heat remains in pool at wall until next heat leaves starting block

FORMAT: The order of events and type of swim meet being conducted.

FUNDRAISER: A moneymaking endeavor by a swim team/club usually involving both parents and swimmers.

FREESTYLE: One of the four competitive strokes. Freestyle, (also referred to as "free") is swum as the fourth stroke in both the medley relay and the individual medley. Racing distances are, (depending on age-group) 25, 50, 100, 200, 500, 1000, 1650 yards; 50, 100, 200, 400: 800, 1500 meters.

GOALS: The short, mid-range, and long-term targets that swimmers aim for.

GUN LAP: The part of a freestyle race used in races 500 yards or longer, signaling the lead swimmer that they have (2) lengths remaining in the race. The starter fires a gun shot over the lane of the lead swimmer. Also known as the "bell" lap.

HEATS: The division of swimmers into separate races within the same event. Swimmers are separated generally by their seedtime, and will race swimmers of similar ability levels in preliminary heats.

HEAT AWARD: A ribbon or award given to the first place finisher within a given heat. These awards are given out at the discretion of the meet host.

HEAT SHEET: Commonly referred to as the "psych" sheet, it is the pre-meet listings of swimmers seed times in the various events at a swim meet. These vary in accuracy, since coaches or swimmers submit swimmers times weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all of the events they have signed up for. It also signifies the order of events to be swum.

HIGH POINT: Awards given to the swimmer scoring the most points in a given age group at a championship swim meet. All meets do not offer high point awards; check the pre-meet information.

HOME MEET: A non-official meet hosted by TMEC for swim school members at CRC, Blue/Black/White event, or the copper/bronze/middle/high school group intrasquad meet.

HORN: A sounding device used in place of a starting gun. It is the most commonly used mechanism for signifying the start of a race, or false start. Used in conjunction with automatic timing systems. A horn is placed under each block to ensure equal sounding of the device for all competitors.

HOST COORDINATOR: The Host Coordinator will checks in, assigns, and monitor all team support personal concerning attendance and see what duties are required

HOSTED EVENT

HOSTED MEET: Defined as any meet TMEC hosts for other teams within in our Eastern Committee to attend and compete versus TMEC swimmers. Typically located at but not limited to, Chaparral High School or Murrieta Mesa High School.

ILLEGAL: In swimming, this signifies a rules violation. This generally results in the swimmer being ("Dq'd") disqualified. This may be the result of a false start, turn, or stroke deficiency.

INDIVIDUAL MEDLEY (IM): Commonly referred to as the "IM". This event combines all four of the competitive stroke into a single race. The order is always the same - butterfly, backstroke, breaststroke, and freestyle. Equal distances of each stroke are swum in the IM (Individual Medley: Butterfly, Back, Breast and Free). Distances (depending upon age group) are 100, 200, and 400 yards or meters.

INSURANCE: U.S.A. Swimming requires all swimmers, coaches, officials, and any individual serving in an official capacity to be registered with its governing body. U.S.A. swimming insurance is applicable whenever a registered individual is participating in a sanctioned U.S.A. Swimming event, and serves in a secondary capacity behind the insured's primary coverage.

INTERVAL: A specific elapsed time for swimming or rest used during swim practice. Signifies send off times for swimmers when conducting repeats. Invitational: Form of a swim meet that requires a club to request an invitation to attend the competition.

JUMP: A term that signifies an illegal start by the 2nd, 3rd, or 4th, swimmer of a relay team. The swimmer on the block breaks contact with the starting platform before the relay swimmer in the water touches the wall.

KICK: The undulating movements of the legs and feet in competitive swimming resulting in increased propulsion. The kick works with the arms in a systematic and rhythmic fashion.

KICK BOARD: A flotation device used by swimmers during practice for kicking sets.

LANE: The specific area in which a swimmer is assigned to swim. (I.e.) lane 1 or lane 2 etc. Lanes are designated from the right (lane 1) to the left (lane 8) on the side of the pool where the starting blocks are located.

LANE LINES: Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and reducing the wave action caused during competition. ——

LAP COUNTER: The large numbered cards (or the person turning the cards) used during the distance freestyle events 400 meters/500 yards or longer. Counting is done from the end

opposite the starting end. The numbers on the cards are "odd" numbered only, with the final length being designated by a bright orange card.

LATE ENTRIES: Meet entries from a club or individual that is received by the meet host after the entry deadline. These entries are usually not accepted and returned to sender. For this reason it is Important to mail entries by the cited postmark date.

LEG: The part of a relay event swam by a single member. Also refers to a single stroke in the IM.

LENGTH: The extent of the competitive course from one end to the other.

LONG COURSE: A 50 meter pool also referred to as an Olympic pool. Also pertains to the season that runs from the completion of the Spring J.O. Championships and culminates in the Summer J.O. Championships

LOCAL SWIMMING COMMITTEE (LSC): The local level of administrative division of the corporation, (U.S.A. Swimming) with supervisory responsibilities within certain geographical boundaries designated by the governing body.

MALFUNCTION: A mechanical or electronic failure, not a human error by the swimmer.

MARK: The command given by the starter to assume the starting position at the commencement of a race.

MARSHALL: An official in charge of controlling the crowd and swimmer flow in designated areas of the swim complex.

MEDALS: Awards given to swimmers at meets. They vary in size and design and method of presentation.

MEET DIRECTOR: The official in charge of the administration of a swim meet. The individual directing the "dry" side of a meet.

METERS: The measurement of a length of a swimming pool built per specifications using the metric system. Long course is 50 meters in length; short course is 25 meters in length.

MILE: Term used to signify the 1500-meter or 1650-yard freestyle event. NAIA: National Association of Intercollegiate Athletics.

NATATORIUM: A building constructed for the purpose of housing a swimming pool and related equipment.

NATIONALS: U.S.A. Swimming National level competitions. Conducted in the spring (short course) and summer (long course). There is no age limitation regarding this event.

NATIONAL REPORTABLE TIME (NRT): A list of times published once a year, (see Pacific Swim Guide) which if a swimmer equals or betters the listed time may submit the swim for national recognition.

NCAA: National Collegiate Athletic Association.

NON-CONFORMING TIME: A short course time submitted to qualify for a long course meet, or vice-versa.

NON-CONSISTENT TIMES: Allows a swimmer who has achieved a time standard in Long Course to enter the same event in Short Course with the same time standard at the standard minimum and visa versa. I.e. Blue time in short course is Blue minimum in long course or Blue time in long course is Blue minimum in short course.

NO TIME (NT): The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before. This is acceptable for "White" level or non-entry specified competitions only.

OFFICIALS: The certified employees of USA Swimming who operate the many facets of a swim competition.

OLYMPIC TRIALS: The U.S.A. Swimming sanctioned long course swim meet held the year of the Olympic Games to decide which swimmers will represent the USA on our Olympic team. Qualification times are faster than Senior National cuts.

OMEGA: A brand of automatic timing system.

OFFICIAL TIME (OT): The swimmers event time recorded to one hundredth of a second, (.01).

OFFICIAL VERIFICATION CARD (OVC): A triplicate form certifying a national qualifying time standard achieved by a swimmer. Issued only by a verification official in the area in which the swimmer achieved the standard.

OLYMPIC TRAINING CENTER (OTC): Headquarter for U.S.A. Swimming and other amateur athletics. Located in Colorado Springs, Colorado.

OPEN COMPETITION: Competition which any qualified club, organization, or individual may enter.

PACE CLOCK: The large clock with highly visible numbers and second hands used daily during training. Used for interval work and gauging times of swims.

PADDLE: Training device worn on the hands to create added resistance for the swimmer.

Used to gain a better "feel" for the water as well as a strengthening tool. Used only in training.

PARKA: Large 3/4-length fur lined coats worn by swimmers.

POSITIVE CHECK IN: The procedure required before a swimmer swims an event in a deck or pre-seeded meet. The swimmer must mark their name on a list posted by the meet host.

PRELIMINARIES: Generally referred to as "prelims", it is the morning qualifying heats in a Trials and Final competition.

PRELIMINARY/FINAL: Generally referred to as a Trials/Finals meet. This type of meet has two sessions. The preliminary heats are held in the morning session. The fastest 6 to 8 swimmers from the morning heats are in the championship finals. The next fastest swimmers are in the consolation finals. These swimmers return for the evening session to compete in finals. A swimmer who has qualified in the consolation finals may not place in the championship finals, even if their finals time would place them among the top eight. The converse also applies.

PRE-SEEDED: A meet conducted in a manner which a swimmer knows which lane and heat they are in by looking at the published meet heat sheet, or posted meet program.

PROOF OF TIME: An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries.

PSYCH SHEET: The term used by swimmers and coaches in reference to the heat sheet or meet program.

PULL BUOY: A flotation device used during training. Held between the legs to retard the swimmers kick so that the swimmer has to rely on their pull (arms) for propulsion.

QUALIFYING TIMES: Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer such as "Blue", "Red" etc.

RACE: Any single swimming competition, (Ie preliminary, final, timed final.

READY ROOM: A quiet restricted area for swimmers competing in finals at National competitions just before the announcement of their event.

RECALL ROPE: A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way across the pool on short course pools and 50 feet on long course pools from the starting end of the pool.

REFEREE: The head official at a swim meet, in charge of all the "wet" side administration and decisions.

REGISTERED: A certified member of U.S.A. Swimming and the LSC.

RELAYS: A swimming event in which four swimmers from the same team participate. Each swimmer swims an equal distance of the race. There are freestyle relays in which each member swims freestyle, and the medley relay in which each member swims one of the four competitive strokes. The order for the medley relay is always the same backstroke, breaststroke, butterfly, and freestyle. Distances for the freestyle relay are 100 yards, 200, 400, and 800 yards or meters. Distances for the medley relay are 100 yards, 200, and 400 yards or meters.

REST AREA: Designated area (such as a gym) that is set-aside for swimmers to rest during a swim meet. Generally at National level competitions.

SANCTION: A permit issued by an LSC to a U.S.A. Swimming group member for issuing a sanction.

SANCTION FEE: The amount paid by a U.S.A. Swimming group member to an LSC for issuing a sanction.

SCS: Southern California Swimming

SCRATCH: To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, a swimmer can be disqualified from their remaining events. This should never be done unless the swimmer has the coach's permission.

SEED: Assignment of swimmers to heats and lanes according to their submitted or preliminary times.

SEEDING: Deck seeding swimmers are called to report to the Clerk of the course. After scratches are determined, the event is seeded. Pre-seeding swimmers are arranged in heats according to submitted times, usually a day prior to the meet.

SENIOR MEET: A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.

SENIOR NATIONALS: A national championship meet consisting of the top swimmers in the nation. Short course nationals are held in March, long course in August.

SESSION: Portion of a meet distinctly separated from other portions by locale, time, type of competition, or age group.

SHAVE: The process of removing all arm, leg, and exposed torso hair to decrease "drag" or resistance of the body moving through the water. Used primarily for senior level swimmers at championship meets.

SHORT COURSE: A 25 yard or 25 meter pool. Also pertains to the season that runs from the completion of the Summer J.O. Championships and culminates in the Spring J.O. Championships.

SIMULTANEOUS: A term used in the rules of butterfly and breaststroke, meaning that hands touch the wall at the same time, and the kick in butterfly is done with both legs working in unison with one another.

SOUTHERN CALIFORNIA SWIMMING: Local Swim Chapter (LSC) for TMEC

SPLIT: A timed portion of an event shorter than the total distance of the event. For example, for a 50 yard freestyle a coach will likely take 25 yard "splits". This is used for reference of gauging the pace of the swimmer during the event.

STARTER: official in charge of signaling the beginning of a race and insuring that all swimmers have a fair and simultaneous takeoff.

STAND UP: The command given by the starter of referee to release the swimmers from their starting position.

STEP DOWN: The command given by the starter or referees to have the swimmers move off the blocks. Usually this command is a good indication that there is some type of malfunction delaying the start of the race.

STROKE: There are four competitive strokes: butterfly (fly), backstroke (back), (breast), and freestyle (free).

STROKE JUDGE: The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the stroke judge sees something illegal, they report to the referee and the swimmer may be disqualified. The judge will signal a disqualification (DQ) with a raising of the arm with an open hand.

SUBMITTED TIME: Times used to enter swimmers in meets. The swimmer at a previous competition must have achieved these times.

SWIM-A-THON: A fundraiser where swimmers swim a pre-determined number of lengths of the pool with sponsorship for each length or for a flat fee.

SWIM OFF: In a prelims/finals type of competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or as the alternate. Otherwise, ties stand.

SWIMMING WORLD: The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription.

TAPER: The final phase of a training cycle (see 6.2) before a championship or important competition.

TEAM: A U.S.A. Swimming club that has a right to participate in sanctioned events.

TEAM RECORDS: The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group and event.

TIMED FINALS: Competition in which only heats are swum and final placing is determined by those swims.

TIME STANDARD: A time set by a meet or LSC or U.S.A. Swimming that a swimmer must achieve for qualification or recognition.

TIMER: The Team Support member sitting behind the starting blocks/finish end of the pool who are responsible for getting stopwatch times on events and activating the backup buttons for the timing system.

TIME TRIAL: An event or series of events where a swimmer may achieve or better a required time standard.

TIMING COORDINATOR: Team Support Member who is signed up for timing assignments during their shift, if those members show on time, and troubleshooting any issues with timers not showing during meet. This person must give completed attendance to Head Coach at completion of shift. Timing Coordinator must wear identifiable vest during shift.

TOUCHED OUT: To reach the touch pad (or finish) first in a close race. The 2nd swimmer finishes hundredths of a second behind the winner, and is consequently "touched out".

TRAVEL FUND: A sum of money set aside for a swimmer(s) use for travel expenses and entry fees to specified meets. Fund is generally reserved for National or championship competitions.

TRI-MEET: A meet with three teams competing for points.

UNATTACHED: An athlete member who competes, but does not represent a club or team.

UNOFFICIAL TIME: The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been posted, it will become the official time.

U.S.A. SWIMMING: The official governing body of amateur swimming in the United States. Formerly known as United States Swimming (USS).

U.S.A. SWIMMING NUMBER: The swimmer specific number and letters that appear on the individual's registration card. This number is required for entry into all sanctioned events that the swimmer will partake in.

U.S.O.T.C.: United States Olympic Training Center located in Colorado Springs, Colorado.

WARM-DOWN: The period immediately following any race completed by the swimmer. A loosening down period, both physically and mentally that enables the swimmer to relax the body and mind for ensuing races.

WHISTLE: The sound a starter/referee makes to signal for quiet before they give the command to start a race.

YARDS: The measurement of the length of a swimming pool that was built per specifications using the American system of measurement. A short course pool is 25 yards in length.

YARDAGE: The distance a swimmer races or swims during a short course practice/training session. Total yardage can be calculated for each practice session.

ZONES: The country is divided up into four major zones: Eastern, Southern, Central, and Western. At the end of the long course season in August, the Zone administration sponsors a championship age group meet of the top swimmers in each age group and event.

APPENDIX

BYLAWS OF TEMECULA TRITON SWIM CLUB

Temecula Triton Swim Club - A California Non-profit Public Benefit Corporation

ARTICLE 1

Name

1.1 Name

The name of this corporation is Temecula Triton Swim Club.

ARTICLE 2

Offices

2.1 Principal Office

The principal office for the transaction of the activities and affairs of the corporation ("principal office") is located at P.O. Box 891612 Temecula, California, Riverside County, California. The directors may change the location of the principal office at any time. Any change of this location shall be noted by the secretary on these bylaws opposite this section or this section may be amended to state the new location.

2.2 Other Offices

The board of directors may at any time establish branch or subordinate offices at any place or places within California or where the corporation is qualified to conduct its activities.

ARTICLE 3

Purposes and Objectives

3.1 Non-profit Corporation

This corporation is a non-profit public benefit corporation and is not organized for the private gain of any person. It is organized under the Non-profit Public Benefit Corporation Law for charitable purposes.

3.2 Tax-Exempt Status

This corporation is organized exclusively for charitable and educational purposes and for the purpose of fostering national or international amateur sports competition (but only if no part of its activities involve the provision of athletic facilities or equipment) within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1954 or the corresponding provision of any future United States internal revenue law. Notwithstanding any other provision of these bylaws, this corporation shall not, except to an insubstantial degree, engage in any activities or exercise any powers that are not in furtherance of the purposes of this corporation and the corporation shall not carry on any other activities not permitted to be carried on by:

(a) a corporation exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1954 or the corresponding provision of any future United States internal revenue law, or

(b) a corporation, contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code of 1954 or the corresponding provision of any future United States internal revenue law.

ARTICLE 4

Nonpartisan Activities

This corporation has been formed under the California Non-profit Public Benefit Corporation Law for the public purposes described above and it shall be non-profit and non-partisan. No substantial part of the activities of the corporation shall consist of the publication or dissemination of materials with the purpose of attempting to influence legislation and the corporation shall not participate or

Intervene in any political campaign on behalf of any candidate for public office or for or against any cause or measure being submitted to the people for a vote.

The corporation shall not, except in an insubstantial degree, engage in any activities or exercise any powers that are not in furtherance of the purposes described above.

ARTICLE 5

Dedication of Assets

The properties and assets of this non-profit corporation are irrevocably dedicated to charitable purposes. No part of the net earnings, properties or assets of this corporation, on dissolution or otherwise, shall inure to the benefit of any private person or individual or any member or director of this corporation. On liquidation or dissolution, all properties and assets and obligations shall be distributed and paid over to an organization dedicated to charitable purposes, provided that the organization continues to be dedicated to the exempt purposes as specified in Internal Revenue Code 501(c)(3). That organization shall be Southern California Swimming, Inc., if it qualifies as a distributee under this Article.

ARTICLE 6

Membership

6.1 Qualifications

(a) There shall be one class of membership in this corporation consisting of:

(i) the parents or legal guardians of and living with minor children who participate in amateur competitive swimming activities conducted by the corporation,

(ii) minor children who participate in amateur competitive swimming activities conducted by the corporation, and

(iii) emancipated persons who participate in amateur competitive swimming activities conducted by the corporation.

Members shall pay such dues and fees as may from time to time be fixed by the board of directors.

(b) No person may hold more than one membership or a fractional membership. The right of members to vote shall be determined as provided in Section 7.7(a).

6.2 Fees and Dues

Each member must pay, as determined by and within the time and on the conditions set by, the board of directors, a registration fee and monthly dues to be determined and in amounts to be fixed from time to time by the board of directors.

6.3 Termination of Membership

(a) Causes of termination. The membership of a member shall terminate upon occurrence of any of the following events:

(i) the resignation of the member,

(ii) the failure of the member to pay dues or assessments, if required, within the times set forth by the board of directors,

(iii) the determination by the board of directors or a committee designated to make such determination that the member has failed in a material and serious degree to observe the rules of conduct of the corporation or has engaged in conduct materially and seriously prejudicial to the interests and purposes of the corporation.

(b) Procedure for expulsion. Following the determination that a member should be expelled under subparagraph (iii) above, the corporation shall follow the expulsion procedure set forth in California Corporation Code 5341.

6.4 Transfer of Membership

No member may transfer for value a membership or any right arising from such membership. All rights of membership cease upon a member's death.

ARTICLE 7

Meetings of Members

7.1 Place of Meeting

Meetings of the membership shall be held at any place within the State of California as designated by the board of directors. In the absence of any such designation, members' meetings shall be held at the principal office of the corporation.

7.2 Annual Meeting

The annual meeting of members shall be held on the first Monday in October each year, unless the board of directors fixes another date and so notifies the members as provided in Section 7.4. If the scheduled date falls upon a legal holiday, the meeting shall be held on the next business day.

7.3 Special Meeting

(a) Authorized persons who may call. A special meeting of the members for any lawful purpose may be called at any time by any of the following: the board of directors, the president, or five percent or more of the members.

(b) Calling meetings by members. If a special meeting is called by members other than the board of directors, the request shall be submitted by such members in writing, specifying the general nature of the business proposed to be transacted and shall be delivered personally or sent by registered mail or by telegraphic or other facsimile transmission to the president, any vice-president or the secretary of the corporation. The officer receiving the request shall cause notice to be promptly given to the members entitled to vote, in accordance with the provisions of Section 7.4, that a meeting will be held and the date for such meeting, which date shall be not less than 10 nor more than 90 days following the receipt of the request. If the notice is not given within 20 days after receipt of the request, the persons requesting the meeting may give the notice. Nothing contained in this subsection shall be construed as limiting, fixing or affecting the time when a meeting of members may be held when the meeting is called by action of the board of directors.

7.4 Notice of Members' Meetings

(a) General notice contents. All notices of meetings of members shall be sent or otherwise given in accordance with Section 7.4(c) not less than 10 nor more than 90 days before the date of this meeting. The notice shall specify the place, date and hour of the meeting and:

(i) in the case of a special meeting, the general nature of the business to be transacted and no other business may in that case be transacted, or

(ii) in the case of the annual meeting, those matters which the board of directors, at the time of giving the notice, intends to present for action by the members.

(b) Notice of certain agenda items. If action is proposed to be taken at any meeting for approval of any of the following proposals, the notice shall also state the general nature of the proposal. Member action on such items is invalid unless the notice or written waiver of notice states the general nature of the proposal(s):

(i) removing a director without cause;

(ii) filling vacancies on the board of directors by the members;

(iii) terminating the contract of the senior head coach;

(iv) amending the Articles of Incorporation; or (v) voluntarily dissolving the corporation.

(c) Manner of giving notice. Notice of any meeting of members shall be given either personally or by first-class mail, telegraphic or other written communication, charges prepaid, addressed to each member either at the address of that member appearing on the books of the corporation or the address given by the member to the corporation for the purpose of notice. If no address appears on the corporation's books and no address has been so given, notice shall be deemed to have been given if either:

(i) notice is sent to that member by first-class mail or telegraphic or other written communication to the corporation's principal office, or

(ii) notice is published at least once in a newspaper of general circulation in the county where that office is located.

Notice shall be deemed to have been given at the time when delivered personally or deposited in the mail or sent by telegram or other means of written communication.

(d) Affidavit of mailing notice. An affidavit of the mailing or other means of giving any notice of any members' meeting may be executed by the secretary of the corporation giving the notice and, if so executed, shall be filed and maintained in the minutes book of the corporation.

7.5 Quorum

(a) Percentage required. Thirty-three and one-third percent (33 1/3%) of the voting members shall constitute a quorum for the transaction of business at a meeting of the members.

(b) Loss of quorum. The voting members present at a duly called or duly held meeting at which a quorum is present may continue to transact business until adjournment, notwithstanding the withdrawal of enough voting members to leave less than a quorum, if any action taken (other than adjournment) is approved by at least a majority of the voting members required to constitute a quorum.

7.6 Adjourned Meeting

Any members' meeting, annual or special, whether or not a quorum is present, may be adjourned from time to time by the vote of the majority of the voting members represented at the meeting, either in person or by proxy; provided, however, that in the absence of a quorum, no other business may be transacted at that meeting, except as provided in this Article 7.0. No notice need be given of the adjourned meeting if the time and place are announced at the meeting to be adjourned. No meeting may be adjourned for more than 45 days.

7.7 Voting

(a) Eligibility to vote. The members eligible to vote shall be those members defined in Section 6.1(a)(i) and (iii). There shall only be one vote per household for voting members. Such vote shall only be exercised by an adult and, in the event such adults fail to agree how such vote should be cast, then the vote shall be disallowed.

(b) Manner of casting votes. Voting may be by voice or ballot, provided that any election of directors may be by ballot if demanded by any voting member before the voting begins.

(c) Only majority of voting members represented at meeting required, unless otherwise specified. If a quorum is present, the affirmative vote of the majority of the voting members represented by the meeting, entitled to vote and voting on any matter (other than the election of directors), shall

be the act of the members, unless the vote of a greater number or voting by classes is required by California Non-profit Corporation Law or by the Articles of Incorporation.

7.8 Waiver of Notice or Consent by Absent Voting Members

(a) Written waiver or consent. The transaction of any meeting of members, either annual or special, however called or noticed and wherever held, shall be as valid as though taken at a meeting duly held after regular call and notice, if a quorum be present in person or by proxy and, if either before or after the meeting, each member entitled to vote, who was not present in person or by proxy, signs a written waiver of notice or a consent to a holding of the meeting or an approval of the minutes. The waiver of notice or consent need not specify either the business to be transacted or the purpose of any annual or special meeting of members, except that if action is taken or proposed to be taken for approval of any of those matters specified in Section 7.4(b), the waiver of notice or consent shall state the general nature of the proposal. All such waivers, consents or approvals shall be filed with the corporate records or made a part of the minutes of the meeting.

(b) Waiver by attendance. Attendance by a voting member at a meeting shall constitute a waiver of notice of that meeting, except when the voting member objects at the beginning of the meeting to the transaction of any business due to the inadequacy or illegality of the notice. Also, attendance at a meeting is not a waiver of any right to object to the consideration of matters not included in the notice of the meeting, if that objection is expressly made at the meeting.

7.9 Action by Written Consent without a Meeting

(a) General. Any action that may be taken at any annual or special meeting of members may be taken without a meeting and without prior notice upon compliance with the provisions of this section.

(b) Solicitation of written ballots. The corporation shall distribute one written ballot to each voting member entitled to vote; such ballots shall be mailed or delivered in the manner required by Section 7.4 for giving notice of special meetings. All solicitations of votes by ballot shall:

(i) indicate the number of responses needed to meet the quorum requirement;

(ii) with respect to ballots other than for the election of directors, state the percentage of approvals necessary to pass the measure(s); and

(iii) specify the time by which the ballot must be received in order to be counted.

Each ballot so distributed shall: (1) set forth the proposed action; and (2) provide the voting members an opportunity to specify approval or disapproval of each proposal, if more than one proposal is set forth. Directors may be elected by written ballot.

(c) Quorum; majority. Approval by written ballot pursuant to this section shall be valid only when the number of votes cast by ballot within the time specified equals or exceeds the

quorum required to be present at a meeting authorizing the action, and the number of approvals equals or exceeds the number of votes that would be required to approve at a meeting at which the total number of votes cast was the same as the number of votes cast by written ballot.

(d) Revocation. No written ballot may be revoked after delivery to the corporation or deposit in the mails, whichever first occurs.

(e) Filing. All such written ballots shall be filed with the secretary of the corporation and maintained in the corporate records.

7.10 Record Date for Member Notice, Voting, Giving Consents and Other Actions

(a) To be determined by board of directors. For the purposes of determining which members are entitled to vote or to take any other action, the board of directors may fix in advance a record

date, which shall not be more than 60 nor fewer than 10 days before the date of any such meeting. For the purpose of determining which members are entitled to receive notice of any meeting, the record date shall not be more than 90 nor fewer than 10 days before the date of any such meeting. Only members of record on the date so fixed are entitled to notice, to vote, or to take other action, as the case may be, notwithstanding any transfer of any membership on the books of the corporation after the record date, except as otherwise provided in the Articles of Incorporation, by agreement, or in the California Non-profit Corporation Law.

(b) Failure of board to determine date.

(i) Record date for notices or voting. Unless fixed by the board of directors, the record date for determining those members entitled to receive notice of a meeting of members shall be the next business day preceding the day on which notice is given or, if notice is waived, the next business day preceding the day on which the meeting is held. Unless fixed by the board of directors, the record date for determining those members entitled to vote at a meeting of members shall be the date of the meeting.

(ii) Record date for written consent to take action without meeting. Unless fixed by the board, the record date for determining those members entitled to vote by ballot on corporate action without a meeting, when no prior action by the board has been taken, shall be the day on which the first written ballot is mailed or solicited. When prior action of the board has been taken, it shall be the day on which the board adopts the resolution relating to the action.

(iii) Record date for other actions. Unless fixed by the board, the record date for determining those members entitled to take any other action shall be the date the board adopts the resolutions relating thereto, or the 60th day prior to the date of such other action, whichever is later.

(iv) Record date means as of close of business. For purposes of this subsection (b), an organization, association or agency holding membership as of the close of business on the record date shall be deemed the member of record.

7.11 Proxies

(a) Right of voting members. Any voting member may authorize another person or persons to act by proxy with respect to his or her membership. Such proxy shall be signed by the voting member and filed with the secretary of the corporation. A proxy shall be deemed signed if the voting member's name is placed on the proxy (whether by manual signature, typewriting, telegraphic transmission or otherwise) by the member or the member's attorney in fact.

(b) Revocability. A validly executed proxy shall continue in full force and effect unless:

(i) revoked by the voting member executing it, before the vote cast pursuant to that proxy, by a writing delivered to the corporation stating that the proxy is revoked by a subsequent proxy executed by such voting member or by personal attendance and voting at a meeting by such voting member or

(ii) written notice of the death or incapacity of the maker of the proxy is received by the corporation before the vote pursuant to the proxy is counted, provided, however, that no proxy shall be valid after the expiration of 11 months from the date of the proxy, unless otherwise provided in the proxy.

(c) Form of solicited proxies. In any election of directors, any form of proxy that is marked by a voting member "withhold", or otherwise marked in a manner indicating that the authority to vote for the election of directors is withheld, shall not be voted either for or against the election of a director. If the corporation has 100 or more voting members and solicits proxies from 10 or more of them regarding more than one proposal to be submitted to a vote of the members, it shall afford an opportunity on the proxy to specify approval or disapprove of each matter (or related group of matters) intended to be acted upon at the meeting for which the proxy is solicited and shall provide that when the voting member specifies a choice with respect to any such matter the vote shall be

cast in accordance therewith. Failure to comply with this paragraph shall not invalidate any corporate election taken but may be the basis for challenging the proxy at a meeting.

ARTICLE 8

Number and Composition of Board of Directors

The board of directors of the corporation shall consist of no fewer than 4 and no greater than 9 directors all of whom must be members of the corporation.

ARTICLE 9

Election of Directors

9.1 Nominations and Solicitations for Votes

(a) Nominating committee. The president shall appoint a committee from the voting members to select qualified candidates for election to the board of directors at least two months before the date of any election of directors. The nominating committee shall make its report at least 30 days before the date of the election and the secretary shall forward to each member, with the notice of meeting required by Section 7.4, a list of candidates nominated. The nominating committee shall not include any persons who are then serving as officers or directors of the corporation.

(b) Nominations by voting members. Voting members representing 2% of the voting membership or, if the corporation has 5,000 or more voting members, 1/20th of 1% of the voting power but in no event less than 100 nor more than 500 votes, may nominate candidates for directorships by filing a petition with an officer of the corporation at any time before the second day preceding such election. On timely receipt of a petition signed by the required number of voting members, the secretary shall cause the names of the candidates named on it to be placed on the ballot along with those candidates named by the nominating committee.

(c) Nominations from the floor. If there is a meeting to elect directors, any voting member present at the meeting, in person or by proxy, may place names in nomination.

(d) Mailing election material. On written request by any nominee for election to the board and accompanying payment of the reasonable costs of mailing (including postage), the corporation shall, within 10 business days after the request (provided payment has been made), mail to all voting members or such portion of them as the nominee may reasonably specify, any material that the nominee may furnish and that is reasonably related to the election, unless the corporation within five business days after the request allows the nominee, at the corporation's option, the right to do either of the following:

(i) inspect and copy the record of all the voting members' names addresses, and voting rights, at reasonable times, on five business days prior to written demand on the corporation, which demand shall state the purpose for which the inspection rights are requested; or

(ii) obtain from the president of the corporation, on written demand and tender of a reasonable charge, a list of the names, addresses, and voting rights of those members entitled to vote for the election of directors, as of the most recent record date for which it has been compiled or as of a date specified by the member subsequent to the date of demand. The membership list shall be made available on or before the later of 10 business days after the demand is received or after the date specified in it as the date by which the list is to be compiled.

(e) Refusal to publish or mail material. The corporation may not decline to publish or mail material that it is otherwise required hereby to publish or mail on behalf of any nominee on the basis of the content of the material; provided, however, that the corporation or any of its agents, officers, directors or employees may seek and comply with an order of the Superior Court allowing them to delete material that the court finds will expose the moving party to liability.

(f) Use of corporate funds to support nominee. No corporate funds may be expended to support a nominee for director.

9.2 Vote Required to Elect Director

Candidates receiving the highest number of votes shall be elected as directors.

ARTICLE 10

Directors

10.1 Powers

(a) General corporate powers. Subject to the provisions of the California Non-profit Corporation Law and any limitations in the Articles of Incorporation and these bylaws relating to action required to be proved by the members, the business and affairs of the corporation shall be managed, and all corporate powers shall be exercised, by or under the direction of the board of directors.

(b) Specific powers. Without prejudice to these general powers, and subject to the same limitations, the directors shall have the power to:

(i) select all officers, agents and employees of the corporation; remove all officers, agents and employees of the corporation other than the head coach and prescribe any

powers and duties for them that are consistent with law, with the Articles of Incorporation and with these bylaws;

(ii) change the principal office or the principal business office in the State of California from one location to another; cause the corporation to be qualified to do business in any other state, territory, dependency or country and conduct business within or outside the State of California; and designate any place within the State of California for the holding of any members' meeting or meetings, including annual meetings;

(iii) adopt, make and use a corporate seal and, where appropriate, alter the form of the seal;

(iv) develop an annual budget and borrow money and incur indebtedness on behalf of the corporation and cause to be executed and delivered for the corporation's purposes, in the corporate name, promissory notes, bonds, debentures, deeds of trust, mortgages, pledges, hypothecation and other evidences of debt and securities.

10.2 Election and Term of Office of Directors

Directors shall be elected at the first meeting of the members of the corporation and shall hold office until the next annual meeting; provided, however, that if any annual meeting is not held or the directors are not elected thereat, they may be elected at any special members' meeting held for that purpose. Each such director, including a director elected to fill a vacancy or elected at a special members' meeting, shall hold office until expiration of the term for which elected and until a successor has been elected and qualified.

10.3 Vacancies

(a) Events causing vacancy. A vacancy or vacancies in the board of directors shall be deemed to exist on the occurrence of the following:

(i) the death, resignation or removal of any director;

(ii) the declaration by resolution of the board of directors of a vacancy of the office of a director who has been declared of unsound mind by an order of court or convicted of a felony or has been found by final order or judgment of any court to have breached a duty under Sections 5230 and following of the California Non-profit Corporation Law;

(iii) the vote of the voting members or, if the corporation has fewer than 50 voting members, the vote of a majority of the voting members, to remove a director; provided, however, that no director who was designated as such, rather than elected by the voting members, may be removed without the written consent of the person or persons who designated such director;

(iv) the increase of the authorized number of directors;

(v) the failure of the voting members at any meeting of members at which any director or directors are to be elected to elect the number of directors to be elected at such meeting.

(b) Resignations. Except as provided in this paragraph, any director may resign, which resignation shall be effective on giving written notice to the president, the secretary or the board of directors, unless the notice specifies a later time for the resignation to become effective. If the resignation of a director is effective at a future time, the board of directors may elect a successor to take office as of the date when the resignation becomes effective. No director may resign when the corporation would then be left without a duly elected director or directors in charge of its affairs.

(c) Vacancies filled by directors or members. Except for a vacancy created by the removal of a director, vacancies on the board of directors may be filled by a majority of directors then in office or by a sole remaining director. The voting members may elect a director or directors at any time to fill any vacancy or vacancies not filled by the directors and vacancies created by the removal of a director but any such election by written consent shall require the consent of a majority of the voting power.

(d) No vacancy on reduction of number of directors. No reduction of the authorized number of directors shall have the effect of removing any director before that director's term of office expires.

(e) Restriction on interested directors. Not more than 49% of the persons serving on the board of directors at any time may be interested persons. An interested person is:

(i) any person being compensated by the corporation for services rendered to it within the previous 12 months, whether as a full-time or part-time employee, independent contractor or otherwise, excluding any reasonable compensation paid to a director as director and

(ii) any brother, sister, ancestor, descendant, spouse, brother-in-law, sister-in-law, son-in-law, daughter-in-law, mother-in-law or father-in-law of any such person.

However, any violation of this section shall not affect the validity or enforceability of any transaction entered into by the corporation.

(f) Restriction on related directors. No director shall be related to any other director by marriage or otherwise. However, any violation of this section shall not affect the validity or enforceability of any transaction entered into by the corporation.

10.4 Place of Meetings; Meetings by Telephone

Regular meetings of the board of directors may be held at any place within the State of California that has been designated from time to time by resolution of the board. In the absence of such designation, regular meetings shall be held at the principal office of the corporation. Special meetings of the board shall be held at any place within the State of California that has been designated in the notice of the meeting or, if not stated in the notice or, if there is no notice, at the principal office of the corporation. Notwithstanding the above provisions of this Section 10.4, a regular or special meeting of the board of directors may be held at any place consented to in writing by all the board members, either before or after the meeting. If consents are given, they shall be filed with the minutes of the meeting. Any meeting, regular or special, may be held by conference telephone or similar communication equipment, so long as all directors participating in the meeting can hear one another and all such directors shall be deemed to be present in person at such meeting.

10.5 Annual Meeting

Immediately following each annual meeting of members, the board of directors shall hold a regular meeting for the purpose of organization, election of officers and the transaction of other business, notice of this meeting shall not be required.

10.6 Other Regular Meetings

Other regular meetings of the board of directors shall be held without call at such time as shall from time to time be fixed by the board of directors. Such regular meetings may be held without notice.

10.7 Special Meetings

(a) Authority to call. Special meetings of the board of directors for any purpose may be called at any time bythe president, the vice president, the secretary or any two directors.

(b) Notice

(i) Manner of giving. Notice of the time and place of special meetings shall be given to each director by one of the following methods: (a) by personal delivery of written notice; (b) by first-class mail, postage paid; (c) by telephone communication, either directly to the director or to a person at the director's office who would reasonably be expected to communicate such notice promptly to the director; or (d) by telegram, charges prepaid. All such notices shall be given or sent to the director's address or telephone number as shown on the records of the corporation.

(ii) Time requirements. Notices sent by first class mail shall be deposited into a United States mail box at least four days before the time set for the meeting. Notices given by personal delivery, telephone or telegraph shall be delivered, telephoned or given to the telegraph company at least 48 hours before the time set for the meeting.

(iii) Notice contents. The notice shall state the time and place for the meeting. However, it need not specify the purpose of meeting, or the place of the meeting, if it is to be held at the principal office of the corporation.

10.8 Quorum

A majority of the authorized number of directors shall constitute a quorum for the transaction of business, except to adjourn as provided in Section 10.10. Every act or decision done or made by a majority of the directors present at a meeting duly held at which a quorum is present shall be regarded as the act of the board of directors, subject to the provisions of the California Non-profit Corporation Law, particularly those provisions relating to:

(a) approval of contracts or transactions in which a director
has a direct or indirect material financial interest,

(b) appointment of committees, and (c) indemnification of

directors.

A meeting at which a quorum is initially present may continue to transact business, notwithstanding the withdrawal of directors, if any action taken is approved by at least a majority of the required quorum for that meeting.

10.9 Waiver of Notice

The transactions of any meeting of the board of directors, however called and noticed or wherever held, shall be as valid as though taken at a meeting duly held after regular call and notice, if:

(a) a quorum is present and

(b) either before or after the meeting, each of the directors not present signs a written waiver of notice, a consent to holding the meeting or any approval of the minutes. The waiver of notice or consent need not specify the purpose of the meeting. All waivers, consents, and approvals shall be filed with the corporate records or made a part of the minutes of the meeting. Notice of a meeting shall also be deemed given to any director who attends the meeting without protesting before, or at its commencement, about the lack of adequate notice.

10.10 Adjournment

A majority of the directors present, whether or not constituting a quorum, may adjourn any meeting to another time and place.

10.11 Notice of Adjournment

Notice of the time and place of holding an adjourned meeting need not be given, unless the meeting is adjourned for more than 24 hours, in which case personal notice of the time and place shall be given before the time of the adjourned meeting to the directors who were not present at the time of the adjournment.

10.12 Action without Meeting

Any action required or permitted to be taken by the board of directors may be taken without a meeting, if all members of the board, individually or collectively, consent in writing to that action. Such action by written consent shall have the same force and effect as a unanimous vote of the board of directors. Such written consent or consents shall be filed with the minutes of the proceedings of the board.

10.13 Fees and Compensation

Directors and members of committees shall receive:

(a) no compensation for their services and

(b) such reimbursement of expenses as may be determined by resolution of the board of directors to be just and reasonable.

ARTICLE 11

Committees

11.1 Committees of Directors

The board of directors may, by resolution adopted by a majority of the directors then in office, designate one or more committees, each consisting of two or more directors, to serve at the pleasure of the board. Any committee, to the extent provided in the resolution of the

board, shall have all the authority of the board, except that no committee, regardless of board resolution, may:

(a) take any final action on matters which, under the Non-profit Corporation Law of California, also requires members' approval or approval of a majority of all the members;

(b) fill vacancies on the board of directors or in any committee which has the authority of the board;

(c) fix compensation of the directors for serving on the board or on any committee;

(d) amend or repeal bylaws or adopt new bylaws;

(e) amend or repeal any resolution of the board of directors which by its express terms is not so amendable or repealable;

(f) appoint any other committees of the board of directors or the members of these committees;

(g) expend corporate funds to support a nominee for director; or (h) approve any

transaction:

(i) to which the corporation is a party and one or more directors have a material financial interest; or

(ii) between the corporation and one or more of its directors or between the corporation or any person in which one or more of its directors have a material financial interest.

11.2 Meetings and Action of Committees

Meetings and action of committees shall be governed by and held and taken in accordance with, the provisions of Article 10 of these bylaws concerning meetings of directors, with such changes in the context of those bylaws as are necessary to substitute the committee and its members for the board of directors and its members, except that the time for regular meetings of committees may be determined either by resolution of the board of directors or by resolution of the committee. Special meetings of committees may also be called by resolution of the board of directors. Notice of special meetings of committees shall also be given to any and all alternate members, who shall have the right to attend all meetings of the committee. Minutes shall be kept of each meeting of any committee and shall be filed with the corporate records. The board of directors may adopt rules for the government of any committee not inconsistent with the provisions of these bylaws.

ARTICLE 12

Officers

12.1 Officers

The officers of the corporation shall be a president, vice president, a secretary and a treasurer. Any number of offices may be held by the same person, except that neither the secretary nor the treasurer may serve concurrently as the president.

12.2 Election of Officers

The officers of the corporation, except those appointed in accordance with the provisions of Section 12.3, shall be chosen by the board of directors and each shall serve at the pleasure of the board, subject to the rights, if any, of an officer under any contract of employment.

12.3 Subordinate Officers

The board of directors may appoint, and may authorize the president or another officer to appoint any other officers that the business of the corporation may require, each of whom shall have the title, hold office for the period, have the authority and perform the duties specified in the bylaws or determined from time to time by the board of directors.

12.4 Removal of Officers

Subject to the rights, if any, of an officer under any contract of employment, any officer may be removed, with or without cause, upon vote of two-thirds of the directors on the board of directors at any regular or special meeting of the board or, except in case of an officer chosen by the board of directors, by an officer on whom such power of removal may be conferred by the board of directors.

12.5 Resignation of Officers

Any officer may resign at any time by giving written notice to the corporation. Any resignation shall take effect at the date of the receipt of that notice or at any later time specified in that notice. Unless otherwise specified in that notice, the acceptance of the resignation shall not be necessary to make it effective. Any resignation is without prejudice to the rights, if any, of the corporation under any contract to which the officer is a party.

12.6 Vacancies in Offices

A vacancy in any office because of death, resignation, removal, disqualification or any other cause shall be filled only in the manner prescribed in Section 12.2 for regular appointments to that office.

12.7 Responsibilities of Officers

(a) President. Subject to such supervisory powers as may be given by the board of directors, the president shall, subject to the control of the board of directors, generally supervise, direct and control the business and the officers of the corporation. He shall preside at all meetings of the members and at all meetings of the board of directors. He shall have such other powers and duties as may be prescribed by the board of directors or the bylaws.

(b) Vice president. In the absence or disability of the president, the vice president shall perform all the duties of the president and when so acting shall have all the powers of and be subject to all the

restrictions upon, the president. The vice president shall have such other powers and perform such other duties as from time to time may be prescribed by the board of directors.

(c) Secretary. The secretary shall attend to the following:

(i) Book of minutes. The secretary shall keep or cause to be kept, at the principal office or such other place as the board of directors may direct, a book of minutes of all meetings and actions of directors, committees of directors and members, with the time and place of holding, whether regular or special and, if special, how authorized, the notice given, the names of those present at such meetings, the number of members present or represented at members' meetings and the proceedings of such meetings.

(ii) Membership records. The secretary shall keep, or cause to be kept, at the principal office as determined by resolution of the board of directors, a record of the corporation's members, showing the names of all members and their addresses.

(iii) Notices, seal and other duties. The secretary shall give, or cause to be given, notice of all meetings of the members and of the board of directors required by the bylaws to be given. He shall keep the seal of the corporation in safe custody. He shall have such other powers and perform such other duties as may be prescribed by the board of directors or the bylaws.

(d) Treasurer. The treasurer shall attend to the following:

(i) Books of account. The treasurer shall keep and maintain, or cause to be kept and maintained, adequate and correct books and records of accounts of the properties and business transactions of the corporation, including accounts of its assets, liabilities, receipts, disbursements, gains, losses, capital, retained earnings and other matters customarily included in financial statements. The books of account shall be open to inspection by any director at all reasonable times.

(ii) Deposit and disbursement of money and valuables. The treasurer shall deposit all money and other valuables in the name and to the credit of the corporation with such depositories as may be designated by the board of directors; shall disburse the funds of the corporation as may be ordered by the board of directors; shall render to the president and directors, whenever they request it, an account of all of his transactions as treasurer and of the financial condition of the corporation; and shall have other powers and perform such other duties as may be prescribed by the board of directors or the bylaws.

(iii) Bond. If required by the board of directors, the treasurer shall give the corporation a bond in the amount and with the surety or sureties specified by the board for the faithful performance of the duties of his office and for restoration to the corporation of all its books, papers, vouchers, money and other property of every kind in his possession or under his control on his death, resignation, retirement or removal from office.

12.8 Fees and Compensation Officer shall receive:

(a) no compensation for their services and

(b) such reimbursement of expenses as may be determined by resolution of the board of directors to be just and reasonable.

ARTICLE 13

Indemnification of Directors, Officers, Employees and Other Agents

13.1 Definitions

For the purpose of this article:

(a) "agent" means any person who is or was a director, officer, employee, or other agent of this corporation, or is or was serving at the request of this corporation as a director, officer, employee, or agent of another foreign or domestic corporation, partnership, joint venture, trust or other enterprise, or was a director, officer, employee, or agent of a foreign or domestic corporation that was a predecessor corporation of this corporation or of another enterprise at the request of the predecessor corporation;

(b) "proceeding" means any threatened, pending, or completed action or proceeding to which the corporation or its agent is a party, whether civil, criminal, administrative or investigative; and

(c) "expenses" includes, without limitation, all attorneys' fees, costs and any other expenses incurred in the defense of any claims or proceedings against an agent by reason

of his position or relationship as agent and all attorneys' fees, costs and other expenses incurred in establishing a right to indemnification under this Article.

13.2 Successful Defense by Agent

To the extent that an agent of this corporation has been successful on the merits in the defense of any proceeding referred to in this Article 13 or in the defense of any claim, issue or matter therein, the agent shall be indemnified against expenses actually and reasonably incurred by the agent in connection with the claim. If an agent either settles any such claim or sustains a judgment rendered against him, then the provisions of Sections 13.3 through 13.5 hereof shall determine whether the agent is entitled to indemnification.

13.3 Action Brought by Persons Other than the Corporation

Subject to the required findings to be made pursuant to Section 13.5, below, this corporation shall indemnify any person who was or is a party, or is threatened to be made a party, to any proceeding other than an action brought by, or on behalf of, this corporation, or by an officer, director or person granted related status by the Attorney General, or by the Attorney General on the ground that the defendant director was or is engaging in self-dealing within the meaning of California Corporations Code Section 5233, or by the Attorney General or a person granted related status by the Attorney General for any breach of duty relating to assets held in charitable tryst, by reason of the fact that such person is or was an agent of this corporation, for all expenses, judgments, fines, settlements, and other amounts actually and reasonably incurred in connection with the proceeding.

13.4 Action Brought by or on Behalf of the Corporation

(a) Claims settled out of court. If any agent settles or otherwise disposes of a threatened or pending action brought by or on behalf of this corporation, with or without court approval, the agent shall receive no indemnification for either amounts paid pursuant to the terms of the

settlement or other disposition or for any expenses incurred in defending against the proceeding, unless it is settled with the approval of the Attorney General.

(b) Claims and suits awarded against agent. This corporation shall indemnify any person who was or is a party, or is threatened to be made a party, to any threatened, pending or completed action brought by or on behalf of this corporation by reason of the fact that the person is or was an agent of this corporation, for all expenses actually and reasonably incurred in connection with the defense of that action, provided that both of the following are met:

(i) the determination of good faith conduct required by Section 13.5, below, must be made in the manner provided for in that section; and

(ii) upon application, the court in which the action was brought must determine that, in view of all of the circumstances of the case, the agent should be entitled to indemnity for the expenses incurred. If the agent is found to be so entitled, the court shall determine the appropriate amount of expenses to be reimbursed.

13.5 Determination of Agent's Good Fail Conduct

The indemnification granted to an agent in Sections 13.3 and 13.4 above is conditioned on the following:

(a) Required standard of conduct. The agent seeking reimbursement must be found in the manner provided below to have acted in good faith, in a manner he believed to be in the best interest of this corporation, and with such care, including reasonable inquiry, as an ordinarily prudent person in a like position would use in similar circumstances. The termination of any proceeding by judgment, order, settlement, conviction, or on a plea of nolo contendere or its equivalent shall not, of itself, create a presumption that the person did not act in good faith or in a manner which he reasonably believed to be in the best interest of this corporation or that he had reasonable cause to believe that his conduct was unlawful. In the case of a criminal proceeding, the person must have had no reasonable cause to believe that his conduct was unlawful.

(b) Manner of determination of good faith conduct. The determination that the agent did act in a manner complying with subsection (a) above shall be made by:

(i) the board of directors by a majority vote of a quorum consisting of directors who are not parties to the proceeding; or

(ii) the voting members by an affirmative vote (or written ballot in accord with Section 7.9) of a majority of the voting members represented and voting at a duly held meeting of members at which a quorum is present, which affirmative vote also constitutes a majority of the required quorum; provided, however, that the person to be indemnified shall not be entitled to vote; or

(iii) the court in which the proceeding is or was pending. Such determination may be made on application brought by this corporation or the attorney of the agent or other person rendering a defense to the agent, whether or not the application by the agent, attorney or other person is opposed by this corporation.

13.6 Limitations

No indemnification or advance shall be made under this Article 13, except as provided in Sections 13.2 or 13.5(b)(3) hereof, in any circumstance when it appears:

(a) that the indemnification or advance would be inconsistent with a provision of the Articles of Incorporation, a resolution of the members, or an agreement in effect at the time of the accrual of the alleged cause of action asserted in the proceeding in which the expenses were incurred or other amounts were paid, which prohibits or otherwise limits indemnification, or

(b) that the indemnification would be inconsistent with any condition expressly imposed by a court in approving a settlement.

13.7 Advance of Expenses

Expenses incurred in defending any proceeding may be advanced by this corporation before the final disposition of the proceeding on receipt of an undertaking by or on behalf of the agent to repay the amount of the advance, unless it is determined ultimately that the agent is entitled to be indemnified as authorized in this Article 13.

13.8 Contractual Rights of Non-directors and Non-officers

Nothing contained in this Article 13 shall affect any right to indemnification to which persons other than directors and officers of this corporation, or any subsidiary hereof, may be entitled by contract or otherwise.

13.9 Insurance

The board of directors may adopt a resolution authorizing the purchase and maintenance of insurance on behalf of any agent of the corporation against any liability other than for violating provisions against self-dealing asserted against or incurred by the agent in such capacity or arising out of the agent's status as such, whether or not this corporation would have the power to indemnify the agent against that liability under the provisions of this Article 13.

ARTICLE 14

Records and Reports

14.1 Maintenance of Corporate Records The

corporation shall keep:

(a) adequate and correct books and records of account;

(b) minutes in written form of the proceedings of its members, board and committees of the board;

(c) a record of its members, giving their names and addresses.

All such records shall be kept at the corporation's principal office.

14.2 Members' Inspection Rights

(a) (i) For a purpose reasonably related to such person's interest as a member, any member of the corporation may inspect and copy the records of members' names and addresses and voting rights during usual business hours on five days' prior written demand on the corporation, stating the purpose for which the inspection rights are requested; or

(ii) obtain from the secretary of the corporation, on written demand and on the tender of the secretary's usual charges for such a list, if any, a list of names and addresses of members who are entitled to vote for the election of directors, and their voting rights, as of the most recent record date for which that list has been compiled, or as of a date specified by the member after the date of demand. The demand shall state the purpose for which the list is requested. This list shall be made available to any such member by the secretary on or before the later of 10 days after the demand is received or the date specified in it as the date by which the list is to be compiled; and

(b) Any member of the corporation may inspect the accounting books and records and minutes of the proceedings of the members and the board and committees of the board, at any reasonable time, for a purpose reasonably related to such member's interest as a member.

(c) Any inspection and copying under this section may be made by an agent or attorney of the member and the right of inspection includes the right to copy and make extracts.

14.3 Maintenance and Inspection of Articles and Bylaws

The corporation shall keep at its principal office the original or a copy of the Articles of Incorporation and bylaws as amended, to date, which shall be open to inspection by the members or other authorized representatives at all reasonable times during office hours.

14.4 Inspection by Directors

Every director shall have the absolute right at any reasonable time to inspect all books, records and documents of every kind and the physical properties of the corporation and each of its subsidiary corporations, if any. This inspection by a director may be made in

person or by an agent or attorney and the right of inspection includes the right to copy and make extracts of documents.

14.5 Annual Report to Members

At such time that the corporation consists of more than one hundred members and has assets exceeding $10,000, it shall, not later than 120 days after the close of the corporation's fiscal year, cause an annual report to be sent to the members and directors. Such report shall contain the following information in reasonable detail:

(a) the assets and liabilities, including the trust funds, of the corporation as of the end of the fiscal year;

(b) the principal changes in assets and liabilities, including trust funds, during the fiscal year;

(c) the revenue or receipts of the corporation, both unrestricted and restricted to particular purposes, for the fiscal year;

(d) the expenses or disbursements of the corporation, for both general and restricted purposes, during the fiscal year;

(e) any information required by Section 14.6.

The report required by this section shall be accompanied by any report thereon of independent accountants or, if there is no such report, by the certificate of an authorized officer of the corporation that such statements were prepared without audit from the books and records of the corporation.

14.6 Annual Statement of Certain Transactions and Indemnifications

No later than the time the corporation gives its annual report, if any, to the members, and in any event no later than 120 days after the close of the corporation's fiscal year, the corporation shall prepare and mail or deliver to each member and director a statement of the amount and circumstances of any transaction or indemnification of the following kind:

(a) Any transaction(s) in which the corporation, its parent or its subsidiary, if any, was a party, and in which either of the following had a direct or indirect financial interest:

(i) any director or officer of the corporation, its parent or subsidiary, if any, (a mere common directorship shall not be considered such an interest); or

(ii) any holder of more than 10% of the voting power of the corporation, its parent or its subsidiary, if any, if such transaction involved over $50,000, or was one of a number of transactions with the same person involving, in the aggregate, over $50,000.

(b) Any indemnifications or advances aggregating more than $10,000 paid during the fiscal year to any officer or director of the corporation pursuant to Article 13 hereof, unless such indemnification has already been approved by the members pursuant to Section 13.5(b)(ii).

ARTICLE 15

Construction and Definitions

Unless the context requires otherwise, the general provisions, rules of construction and definitions in the California Non-profit Corporation Law shall govern the construction of these bylaws. Without limiting the generality of the above, the masculine gender includes the feminine and neuter, the singular number includes the plural, the plural number includes the singular and the term "person" includes both the corporation and a natural person.

ARTICLE 16

Amendments

16.1 Amendment by Members

New bylaws may be adopted or these bylaws may be amended or repealed by approval of the majority of the voting members. Further, where any provision of these bylaws requires the vote of a larger proportion of the voting members than otherwise required by law, such provision may not be altered, amended or repealed except by the vote of such larger number of voting members. No amendment may extend the terms of a director beyond that for which such director was elected.

16.2 Amendment by Directors

Subject to the rights of members under Section 16.1 and the limitations set forth below, the board of directors may adopt, amend or repeal bylaws. Such power is subject to the following limitations:

(a) The limitation set forth in Section 16.1 on the members' power to adopt, amend or repeal bylaws shall apply to actions by the board of directors.

(b) The board of directors may not amend a bylaw provision fixing the authorized number of directors or the minimum and maximum number of directors. However, if the articles or bylaws provide for a variable number of directors within specified limits, the directors may, subject to the other limitations of this Section, adopt, amend or repeal a bylaw fixing the exact number of directors within those limits.

(c) If any provision of these bylaws requires the vote of a larger proportion of the directors than otherwise required by law, such provision may not be altered, amended or repealed except by vote of such larger number of directors.

(d) The board of directors may not adopt or amend bylaw provisions concerning the following subjects without the approval of the members:

(i) any provision increasing the terms of directors;

(ii) any provision allowing one or more directors to hold office by designation or selection rather than election by the members;

(iii) any provision giving the board of directors power to fill vacancies on the board created by removal of directors;

(iv) any provision increasing the quorum for members' meetings; and

(v) any provision repealing or restricting proxy rights or expanding proxy rights created by law.

Certificate of Secretary

I, the undersigned, certify that I am the presently elected and acting secretary of Temecula Triton Swim Club, a California non-profit public benefit corporation, and the above bylaws, consisting of 75 pages, are the bylaws of this corporation as adopted by unanimous written consent of the board of directors on _____, ____.

Date: _____

Secretary: _____

TEMECULA SWIM CLUB HANDBOOK ACKNOWLEDGEMENT AND SIGNATURE PAGE

Acknowledgement of TMEC handbook

*By signing below I acknowledge that the parents/guardians and swimmer have been offered the opportunity to review the TMEC handbook located on the team web page.

_____ I would like to have a copy of the handbook in print.

_____ I would not like to have a copy of this handbook and can access it on line.

Swimmer's Name: _____ Date: _____

Swimmer's Signature: _____

Parent/Guardian Signature: _____

Acknowledgement and Understanding Policies in Handbook and on the Website

**By signing below, I acknowledge that my swimmer and family have read and understand all applicable TMEC policies with emphasis in the following areas: Parent and Swimmer Codes of Conduct, Payment Terms, Media Releases, Concussion, Travel, Fundraising, and Team Support Policies.

Swimmer's Name: _____ Date: _____

Swimmer's Signature: _____

Parent/Guardian Signature: _____

By selecting the "Team Handbook" link electronically on the Website, is the equivalent to filling out, signing and dating this sheet and presenting it to the Coaching Staff or Board of Directors.

****By selecting "Our club policies" link electronically on the Website, is the equivalent to filling out, signing and dating this sheet and presenting it to the Coaching Staff or Board of Directors.***