

A swimmer wearing a red swim cap with a black 'U' logo and goggles is captured in a dynamic swimming stroke, splashing water. The background is a blurred pool with lane lines.

**UNIVERSITY OF UTAH
CLUB SWIM
2024-2025 SEASON
FALL ORIENTATION**

WHO WE ARE:

The University of Utah Club Swim is a non-profit, co-ed, intercollegiate, competitive, and student-run swim team at the University of Utah.

Founded ten years ago, in 2014, we strive to create a fun and inclusive environment for swimmers of all levels



MEET THE BOARD



Jeila Bacon
President



Darcy Conder
Vice President



John Eckstrom
Marketing Director



Reef Yoked
Mens Captain



Aaron Kozlowski
Treasurer



Ethan Atzet
Secretary



Courtney Phelps
Womens Captain



MEET THE COACHES



Andy
Steinkamp



Clista
Galecki



PRACTICE SCHEDULE

Day	Time	Location
Monday-Thursday	6:00 PM - 7:30 PM	HPER Natatorium
Friday	4:00 PM - 5:00 PM	Student Life Center "Crimson Lagoon"
Saturday	11:00 AM - 1:00 PM	HPER Natatorium



MEET SCHEDULE

Fall Semester 2024	
Date	Meet
Sunday, September 15 th	Red vs Black @ HPER Natatorium
Saturday, October 5 th	Ram Invite @ Colorado State University
TBD, Sept. 28 th or Oct. 19 th	Buff Invitational @ CU Boulder
Saturday, October 26 th - Sunday, October 27 th	Rocky Mountain Invitational @ HPER Natatorium
Saturday, November 16 th - Sunday, November 17 th	Western Regionals @ UC San Diego
TBD, Beginning of April	College Club Swimming Nationals Championships @ Skyline Aquatic Center in Mesa, Arizona (ASU)



RED AND BLACK WEEK ACTIVITIES

Date	Activity
Sunday, September 8th	Shoot the Tube 11:30 @ Lassonde
Monday, September 9th	ENSIGN PEAK 4:15 @ Lassonde
Tuesday, September 10th	TEAM PICNIC 8 :00 @ TBD CATCH AN OFFICER All day until 5:30
Wednesday, September 11th	BOWLING 4:40 @ The Union LIBRARY DAY All day
Thursday, September 12th	BLAZIN' BDUBS 8:15 @ Sugar House BDubs
Friday, September 13th	VOLLEYBALL/SPIKEBALL 5:30 @ Lassonde Courts
Saturday, September 14th	PASTA PARTY 6:00 @ Location weather dependant
Sunday, September 15th	RED V. BLACK 11:00 @ HPER Natatorium



TEAM CALENDAR



POLICIES AND PROCEDURES



MISSION STATEMENT

The University of Utah Club Swim team strives to provide all students of the University of Utah with competitive swimming opportunities, create a supportive, friendly, and all-inclusive team environment at the University of Utah that emphasizes team unity above all else. We work to help students, faculty, and staff the University of Utah develop their swimming skills, learn performance techniques, and foster a love for competition and sportsmanship.



MEMBERSHIP

The University of Utah Club Swim strives to provide an equal opportunity to join for all:

- Students (Undergraduate, Graduate, PHD)
- Faculty
- Staff
- Alumni WITH CURRENT CRS MEMBERSHIP

All swimmers are required by Campus Recreation Services to have a current valid medical insurance policy.



CCS & USMS BRIDGE MEMBERSHIP

College Club Swimming (CCS) currently offers a \$25 bridge membership to swim US Masters Swimming (USMS).

When going through CCS Registration, they will ask if you want to participate in this, it is completely optional.



CODE OF CONDUCT

All athletes are expected to represent the University of Utah when participating in club activities. This includes:

- Practices
- Meets
- Any out-of-pool activity

We adhere to three core values that set the expectations for our athletes:

- Mutual respect
- Work ethic
- Team spirit



CODE OF CONDUCT (CONT.)

Mutual Respect: Coaches and teammates should be treated with respect. Input is welcome and encouraged!

Work Ethic: Athletic ability is not assessed. However, a reasonable amount of effort should be put forth at practice.

Team Spirit: Support teammates in practice and at meets by keeping morale high.



DRUG AND ALCOHOL POLICY

“The use and/or purchase of alcoholic beverages and non-prescription drugs at any official Club activities is strictly prohibited to all members, including those over the legal age of consumption. Doing so will result in immediate removal from the roster...”

“Official Club Activities” include:

- Practices
- Competitions (including the entire duration of travel competitions)
- Service projects
- Fundraisers
- Etc.

Violation of the Code of Conduct and the Drug and Alcohol Policy could result in the removal from the team and roster:

- Zero tolerance, you will be asked to leave practice/activity immediately
- 3 strikes, resulting removal from team for full season



ATTENDANCE

Everyone is required to attend at least ONE official team activity (or equivalent) every week. If the attendance requirement is not met, there will be a one-week social probation that will be lifted once you fulfill your attendance requirement. Three social probations in a semester will result in removal.

We are happy to review excusal requests, just submit them via the Google form (provided in the weekly team emails) before the last practice of the week. Everyone is granted one automatic excusal (grace week)



TRYOUTS



TRYOUTS

Tryouts begin Monday, August 26th and end Friday, September 6th

To participate in tryouts, the “(REQUIRED) 2024-2025 Sport Club Assumption of Risk & Release of Liability and Proof of Insurance” must be completed. This form can be found on Campus Connect

Once completed, please email a photo of the completed screen, along with your full name to utahclubswimming@gmail.com.

Risk & Liability
Insurance Form



TRYOUTS ATTENDANCE

At least one practice is to be attended in a one week period (Monday-Sunday). This may include any team activities.



POST TRYOUTS

Registration through Campus Connect and College Club Swimming, our Registration form, and team dues must be submitted by September 6th

Red v. Black Week begins September 8th, and these forms all need to be completed to participate!



TEAM DUES

FALL SEMESTER	~\$225
SPRING SEMESTER	TBD (LESS THAN FALL SEMESTER)

WHAT YOU GET:

- Team Shirt & Team Swim Cap
- The ability to attend all team practices, events, and meetings

NOTE!!!

- Travel swim meets require extra fees, and vary in price from meet to meet
 - These may be subsidized or discounted depending on the meet



REGISTRATION FORMS



Registration Form



Join our Campus Connect roster



**WE CAN'T WAIT
TO SEE YOU
THIS SEASON!**



