Parent
Handbook

2026-2027

Rockfish swimming

2026-11

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Mission Statement

Rockfish Swimming strives to create a swimmer-first environment in which every athlete is provided with opportunity, training and encouragement to reach his or her full potential both in and out of the pool.

Vision Statement

COMMITMENT

- Build the highest quality swim program in Southern Maryland through compassionate coaches, dedicated swimmers, and enthusiastic families working together in an inclusive environment
- Teach perseverance through challenges and set-backs to maintain forward momentum towards a goal
- Model integrity and sportsmanship through adherence at every level to the rules and policies set forth by Maryland Swimming and USA Swimming
- Mold athletes into future leaders by instilling positive life skills
- Celebrate successes at every level of achievement

COMMUNITY

- Create a safe, fun and encouraging team for all athletes and their families
- Maintain integrity and respect in all interactions among swimmers, parents, coaches, other teams, and the community
- Provide robust volunteer training and education for swimmers and their families
- Pursue ways to give back through fundraising, scholarships and donations

COMPETENCE

- Administer age and developmentally appropriate practice, drills, drylands and other instruction, no matter skill or speed of swimmer
- Operate a challenging, swimmer-focused, skills-based team environment utilizing coaches' varied experiences at the collegiate, high school, club, and summer swim levels
- Develop and maintain a transparent leadership team consisting of coaches, board members and parents singularly focused on the success of our swimmers and the association

2026-2027
Board of Directors

- President - Jessica Lively
  board@rockfishswimming.com
- Vice President- Brian Gillingham
  vicepresident@rockfishswimming.com
- Secretary- Kim Thompson
  kwarwick99@yahoo.com
- Treasurer- Daniel Kitts
  treasurer@rockfishswimming.com
- Registrar- Duane Witmer
  registrar@rockfishswimming.com
- Safe Sport Rep- Kristin Wathen
  safesport@rockfishswimming.com
- Member-At-Large- Karen Kern
  karen@skyedesign.net
- Member-At-Large- Ashley Gallo
  ashleybothel@yahoo.com
- Member-At-Large- Kristyn Grube
  kristynmgrube@gmail.com
- Head Coach- Justin Truitt
  headcoach@rockfishswimming.com

2026-2027
Coaching Staff

- Head Coach & Silver Group Coach - Justin Truitt
  headcoach@rockfishswimming.com
- Gold Group Coach - Chris Morgan
  coachmorgan@rockfishswimming.com
- Gold Group Coach - Justin Shoger
  coachshoger@rockfishswimming.com
- Silver Group Coach - Abby McCauley
  coachabby@rockfishswimming.com
- Bronze Group Coach - Elizabeth DeLoggio
  coachliz@rockfishswimming.com
- Bronze Group Coach - Amelie Tonkyro
  coachamelie@rockfishswimming.com
- Copper Group Coach - Joanna Rooney
  coachjoanna@rockfishswimming.com

To read more about our coaches in their bios please visit our website at https://rockfishswimming.com/rockfish-swimming-coaches.html

Session Schedule
& Registration Links- SHORT COURSE SEASON

All Swimming Groups

Session 1: August 31, 2026 – November 14, 2026 (11 weeks)

https://bit.ly/rockfish-reg-sc-session1

Session 2: November 16, 2026 – March 20, 2027 (18 weeks)

https://bit.ly/rockfish-reg-sc-session2

*no practice 9/7 (Labor Day); 11/25-11/2 (Thanksgiving); 12/24-12/26 (Christmas); 12/31-1/1 (New Years)

Pricing- SHORT COURSE SEASON

Session 1 (August 31, 2026 - November 14, 2026):

Copper - $280
Bronze - $340
Silver - $450
Gold - $800
Gold 10 Punch Pass and Meets - $180 (pay in full)

Session 2 (November 16, 2026 - March 27, 2027):

Copper - $515
Bronze - $620
Silver - $825
Gold (High School & 8th Grade) - $1250
Gold Punch Pass 1 and Meets* - $550

*Gold Punch Pass during Session 2 is for our HIGH SCHOOL swimmers who participate on their school swim teams and allows for one Rockfish practice per week during their school season (~13 weeks) followed by full time attendance for the final weeks of Short Course season and attendance at meets.

Gold Punch Pass 2 and Meets** - $250

**Gold Punch Pass during Session 2 is for our HIGH SCHOOL swimmers who who participate on their school team but do not plan to come back to full-time practices for the final 7 weeks of Session 2 following the end of the SMAC season. Allows for 20 punches/practices throughout the Session and attendance at meets.

Bronze/Copper Keep Your Feet Wet - $200

*Allows for 1 practice each week, Tuesday evening, with the Copper Group

Session Schedule
& Pricing- LONG COURSE SEASON

Long Couse Session 1 Registration & Pricing

March 29 – May 29, 2027 (9 weeks)

Registration Link will be added closer to Long Course Season

**no practice Memorial Day Weekend (5/29 & 5/31)*

Pricing

Copper- $280
Bronze- $340
Silver- $450
Gold- $790
Gold HS ONLY*, 10 Punch Pass and Meets- $150
Gold HS ONLY*, 20 Punch Pass and Meets- $270

Gold Punch Pass payment is due in full at time of registration. All other groups may pay in full or split payment; half at time of registration, half on April 26, 2027.

*Gold Punch Pass allows Gold group swimmers to attend one or two (depending the pass selected) Rockfish practices per week and meets.

Long Course Session 2 Registration & Pricing

May 31 – July 25, 2027 (8 weeks)

Registration Link will be added closer to Long Course Season

Pricing

Copper- $170
Bronze- $188
Silver- $339
Silver+- $436
Gold- $436
Gold HS ONLY*, 15 Punch Pass and Meets- $180

*Silver+ allows Silver swimmers to practice with the Gold group
*Gold Punch Pass allows Gold group swimmers to attend their choice of Rockfish practices per week (up to 15 total practices) and meets.

Additional Fees-
LSC Fee

Annual season fee per swimmer required by our LSC, Maryland Swimming. This $32 fee is in addition to the price per session listed on the previous page, is paid once during the 2026-2027 season, and covers both short and long course season. The fee is built into and paid for via your USA Swimming Registration (see next page for details).

Should you have any questions regarding the LSC Fee please contact our team Registrar at registrar@rockfishswimming.com

Additional Fees-
USA Swimming Membership

ALL Rockfish swimmers **MUST** be registered members of USA Swimming. USA Swimming provides insurance coverage at practice and meets for all swim teams. Your child will not be able to attend practices until this is taken care of.

While USA Swimming offers a variety of membership options the only one that fully covers our team and as such will be required is the Premium Membership at a cost of $70/year. Memberships are valid until the end of the calendar year of the season you are registering for; for example, if you register/renew your membership in September 2026 it will be good through December 31, 2027.

Registration and payment for your USA Swimming membership and Maryland Swimming LSC Fee is handled outside of our team registration system. Our team Registrar will reach out to all new swimmers following registration with our team specific link and instructions on obtaining your swimmer's USA Swimming Membership. Current/returning Rockfish swimmers will receive renewal instructions as we approach the end of the calendar year.

Any questions regarding your swimmers' USA Swimming Membership can be directed to our team Registrar at registrar@rockfishswimming.com

Practice Schedule- SHORT COURSE SEASON

There are some dates when practices may be cancelled or rescheduled due to the the facilities not being available or other reasons (weather, coaching schedule conflicts, attending meets); we will communicate in advance via Commit.

All groups will practice at SMCM the first Tuesday of every month

Bronze/Copper Keep Your Feet Wet:

Tue 6:30 - 7:45 PM (WAC)*

*The first Tuesday of every month, practice will be held at SMCM

Copper:

Tue 6:30 - 7:45 PM (WAC)*, Wed 6:30-7:45 PM (WAC), Fri 6:30-7:45 PM (WAC)

*The first Tuesday of every month, practice will be held at SMCM

Bronze:

Tue 6:30-8 PM (SMCM), Thurs 6:30-8 PM (WAC), Fri 6:30-8 PM (SMCM)

Silver (All Middle School Session 1/6th & 7th Session 2):

Mon - Thurs 6:30-8 PM (SMCM)

Gold (High School Only Session 1):

Mon - Fri , 6:30-8:30 PM (SMCM)

Saturday, 7:00 - 8:30 AM (WAC)

Gold (High School Session 2/8th Grade Session 2):

During SMAC

Mon - Fri , 6:30-8:00 PM (SMCM)

Saturday, 7:00 - 8:30 AM (WAC)

After SMAC

Mon - Fri , 6:30-8:30 PM (SMCM)

Saturday, 7:00 - 8:30 AM (WAC)

Practice Schedule- LONG COURSE SEASON

Long Course Session 1 Practice Schedule

March 29 – May 29, 2027

Practice Schedule Pending

Long Course Session 2 Practice Schedule

May 31 – July 25, 2027

Practice Schedule Pending

Equipment List

All Rockfish Swimmers are required to furnish their own equipment for practice. If you have any questions regarding the required equipment, please reach out to your child's coach.

Required Swim Equipment

(PLEASE WRITE SWIMMER'S NAME ON EACH PIECE OF EQUIPMENT WITH PERMANENT MARKER

Equipment	Purpose	Suggested types	Notes
Competitive Swimming Goggles	Swimmer can keep eyes open while swimming	Speedo Vanquisher or other **competitive swimming** brands such as TYR or Arena	• Should fit tight and suction around eyes. • Please teach swimmer how to adjust their goggles.
Competitive Swimming Swim Cap	Keeps hair out of face for better vision, breathing and head position.	Latex or Silicone	• Male and female swimmers wear team cap at swim meets. • Wearing at practice helps swimmer get used to it.
Swim Fins for Competitive Swimmers	Teaches proper kick technique, helps keep swimmer buoyant for stroke technique work, strengthens kick.	Sporti Essential Training Fin TYR Stryker Silicone Fin Speedo Switchblade Swim Fin TYR Crossblade Training Swim Fin	• No Zoomers or short blade fins (weighs feet down) • Fins should not fit too tight. • Swimmers can wear socks with fins if slightly too big (as they grow into them)

Equipment List Continued

Equipment	Purpose	Suggested types	Notes
Kickboard Pull-buoy	Use to learn proper head, body, stroke and kicking technique	Speedo/Nike/Arena Pull Kick Pull Buoy TYR JR Kickboard	• Small kickboards work better • Kickboard/pull-buoy combo works well
Mesh Equipment Bag	Allows equipment to dry while keeping it organized.	TYR Big Mesh Mummy Backpack III Sporti Mesh Bag	

Equipment List- Con't

In addition to the equipment listed on the previous page, ALL swimmers participating in meets are required to wear a USA Swimming approved competition suit. Suggested equipment options and our team swimsuit can be purchased via our Swim Outlet Team Shop at the following link; https://www.swimoutlet.com/collections/rockfish.

The team swimsuit is suggested but not required for meets. If your child would prefer to wear a different USA Swimming approved competition suit (ex a tech suit or tech style suit, a different brand/style you prefer) we ask that those be solid black in color.

For our 12/Under swimmers please be aware of USA Swimming's Tech Suit restrictions for that age group. Further details and a list of approved tech style suits can be found at https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers

Parents
Code of Conduct

As a reminder, when registering your child for the team via Commit you signed the following Parent Code of Conduct…

The purpose of a code of conduct for parents is to establish expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

1. I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
2. I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
3. I will refrain from coaching my child from the stands during practices or meets.
4. I understand that criticizing, name calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
5. I will respect the integrity of the officials.
6. I will direct my concerns to the Head Coach first, then if not satisfied, the Rockfish Board.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Swimmers
Code of Conduct

As a reminder, when registering your child for the team via Commit you signed the following Swimmers Code of Conduct on their behalf.

The purpose of a code of conduct for athletes is to establish a consistent expectation for the athletes' behavior. By agreeing to this code of conduct on behalf of my swimmer, my child agrees to the following statements:

1. I will respect and show courtesy to my teammates and coaches at all times.
2. I will demonstrate good sportsmanship at all practices and meets.
3. I will set a good example of behavior and work ethic for my teammates.
4. I will be respectful of my teammates feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
5. I will attend all team meetings and training sessions, unless I am excused by my coach.
6. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
7. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
8. If I disagree with an officials call, I will talk with my coach and not approach the official directly.
9. I will obey all of USA Swimming's rules and codes of conduct.

I understand if I violate this code of conduct I will be subject to disciplinary action determined by my coaches and the Rockfish Board of Directors.

Discipline Policy

Should a swimmer be found in violation of any of the Code of Conduct rules listed previously the following disciplinary course of action will be taken:

Stage 1- Verbal Warning

Stage 2- Email to Parents

Stage 3- Two (2) Day Suspension (one (1) day for Copper)

Stage 4- Expulsion Hearing

Should Stage 4 be reached the swimmer, parents, all coaches involved, and a board representative shall be present at the hearing. **There will be NO REFUNDS issued for swimmers expelled from the team.**

Websites & Apps

The following websites are frequently visited/used by parents of Rockfish Swimmers

- Rockfish Swimming, https://rockfishswimming.com/
- Commit, https://team.commitswimming.com
- Maryland Swimming, https://www.gomotionapp.com/team/md/page/home
- USA Swimming, https://www.usaswimming.org/
- USA Swimming Membership Hub, https://hub.usaswimming.org/landing
- Swim Outlet (for suits, gear, etc), https://www.swimoutlet.com/
- Swim Outlet Rockfish Specific Team Shop, https://www.swimoutlet.com/collections/rockfish
- Rockfish Facebook Page (viewable by public), https://www.facebook.com/rockfishswimming
- Rockfish Swim Team Facebook Group (closed private group), https://www.facebook.com/groups/rockfishswimteamgroup/
- Instagram, https://www.instagram.com/rockfishswimming/

While not required, many parents find the following apps useful as well

- Meet Mobile
- Swimmetry
- USA Swimming

Meet Schedule

Please visit our website at https://rockfishswimming.com/rockfish-swimming-calendar.html for our meet schedule. You can also view meet notices and details on Maryland Swimming's website at https://www.gomotionapp.com/team/md/page/meets

Meets are typically (but not always) broken into five (5) sessions over three (3) days; Friday night, Saturday morning, Saturday afternoon, Sunday morning, and Sunday afternoon. Distance races (400-mile) are typically held Friday evenings and 50-200 events are typically held Saturday and Sunday. Typically (but again, not always) 12/Under swimmers are the morning session and 13/Up are the afternoon. You are able to choose how many sessions of a meet your child attends.

Attendance at all meets is not required but strongly encouraged. **Swimmers are required to attend at least three (3) meets during Short Course Season, including meets hosted by Rockfish.** While we do not require a minimum number of Long Course meets, we strongly encourage swimmers to participate in them. Since the season is much shorter than Short Course, the early meets are essential to obtain qualifying times for meets later in the season. There are several local meets (St Mary's College, Prince Frederick) each season so for those concerned with travel and hotel stays you will have options to avoid that.

Meets- Helpful Tips & Things to Know

Parents will not be allowed in the athlete locker rooms or on the pool deck. Arrive early to make note of where the swimmers enter/exit the pool area so that you know where to meet them at the end of the day. If you need to get in touch with your child during the meet and they do not have a cell phone, feel free to call/text the coach on deck to pass a message along.

- What to pack/tips for SWIMMERS
  - SWIMSUIT (most arrive wearing it), goggles, and swim cap. Pack extra just in case!
  - Water bottle
  - Healthy snacks (fruit (fresh or dried), raw veggies, cheese and whole grain crackers, protein/energy bars)
  - Two towels. They get wet quick!
  - Change of clothes
  - For some meets, a chair to sit on. Your coach will let you know leading up to the meet if bleachers are not available and you need to bring a chair.
  - Cards or travel sized games. While swimmers can have their phone on deck for contact with parents it is preferred they not use it during the meet. Cards or games to play between races help pass the time and build comradery with your teammates.

Meets- Helpful Tips & Things to Know- Con't

- What to pack/tips for PARENTS
  - Water bottle
  - Snacks. Most meets do not have concessions. Some will have vending machines but best to expect there won't be food available.
  - Seat cushion/bleacher chair. Most pool facilities have hard bleachers with no back. You can bring a pop-up chair but there is limited space to put those so you may not be able to use it.
  - Tylenol/Advil/Etc. Swim meets get LOUD and the chlorine smell can be STRONG. Have some relief available if needed.
  - DRESS IN LAYERS! It may be 20 degrees outside in January, but inside it will be HOT. Plan your outfit accordingly.
  - If you have one, a portable handheld or neck fan. See above, it gets HOT in the stands.

Note- whatever you decide to bring should fit in a small tote bag that can be stored on the floor under your seat/feet. The spectator areas will be packed and there isn't enough space for large coolers, etc. Most facilities won't allow them.

Hosting Meets

Rockfish plans to host meets throughout the season. These are a great way to raise money for the team and offer local meet options. We expect all families to participate in the home meets. There are numerous ways to be involved in supporting the meet including serving as a USA Swimming Official, volunteer during the meet, or being part of the meet planning committee. Non-USA Swimming Official jobs are loaded into Commit. USA Swimming Officials signup using the Officials Sign Up link posted to https://www.gomotionapp.com/team/md/page/system/res/221132

Meets- Motivational Times

Throughout the season you may hear coaches/parents/swimmers refer to motivational times or notice on the meet notices that eligibility is determined by the swimmer's motivational time (ie "B or slower," "A/Above," etc). These national time standards are set by USA Swimming every 4 years and are intended to give swimmers benchmarks to work toward throughout the season. Times range from B times (top 55% nationally) to AAAA times (top 2% nationally).

The 2024-2028 National Age Group Motivational Times can be found at the following link, https://websitedevsa.blob.core.windows.net/sitefinity/docs/default-source/timesdocuments/time-standards/2025/2028-motivational-standards-age-group.pdf

*Note, pages 1-3 are Short Course Yards times, pages 6-8 are Long Course Meters times. Be sure you're looking at the correct times depending on which season we're in

Meets- Championship Meets, Short Course

Short Course season culminates with the Maryland Championship swim meets held late February – late March. To give all swimmers an opportunity to compete there are three levels of Championship meets swimmers ages 9/over can qualify for; Champs, Junior Champs, and B Champs. Swimmers must meet a specified time standard to be invited to compete in Champs and Junior Champs. See the chart below for details. Swimmers are welcome to compete in as many Championship meets as they qualify for.

All 8/under swimmers are invited to swim in the 8/under Champs regardless of their motivational times.

Meet	Age Group	Dates	Location	Qualifying Times
LSC Senior Champs	Open	Feb 18-21, 2027	SMCM	*Review Meet Announcement
LSC 14/Under Champs	14/Under	Mar 4-7, 2027	SMCM	*Review Meet Announcement
Junior Champs	Open	Mar 12-14, 2027	Loyola	*Review Meet Announcement
11/Over B Champs	11/Over	Mar 20-21, 2027	TBD	B/Slower
9-10 B Champs	9-10 Years Old	Mar 20-21, 2027	Towson	B/Slower
8/Under Champs	8/Under	Mar 20-21, 2027	Towson	No time standards

Meets- Championship Meets, Long Course

Long Course Championships are held late July with just two levels available; Champs and Junior Champs. See the chart below for details. As with Short Course Champs, swimmers are welcome to compete in as many Championship meets as they qualify for.

Meet	Age Group	Dates	Location	Qualifying Times
LC Junior Champs	Open	Jul 23 -25, 2027	TBD	*Refer to the Meet Announcement
MD LC Champs	Open	Jul 28 - Aug 31, 2027	TBD	*Refer to the Meet Announcement

Glossary of Terms

- DQ- Disqualified. In a meet if a swimmer does a stroke incorrectly the stroke and turn judge will disqualify them and their results will show as “DQ.” Coaches receive a copy of the DQ slip detailing what the infraction was.

- LC- Long Course (50 meter pools)

- LSC- Local Swimming Committee. The local level of USA Swimming. Our LSC is Maryland Swimming.

- Motivational Times- National time standards are set by USA Swimming every 4 years intended to give swimmers benchmarks to work toward throughout the season.

- Tech Suit- A high-performance (and more expensive) competition suit defined as follows:
  a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
  b. Any suit with woven fabric extending past the hips.

Please be mindful of the tech suit restrictions for 12/Under swimmers outlined on page 15 of this handbook

- SC- Short Course (50 yard pools)

- SMCM- St. Mary’s College of Maryland

- WAC- Wellness and Aquatics Center. This is the name of our pool facility at CSM run by St. Mary’s County Recreation and Parks