



HANDBOOK

2025 - 2026

Boys & Girls Club of Greater Billerica
19 Campbell Road
Billerica, MA 01821
Phone: (978) 667-2193
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Website: www.billericabgc.com

OUR MISSION:

The Sea Wolves Swim Team is a competitive swimming program for youth ages 6 to 18 that runs from September into February. We strive to provide a fun-filled, educational and safe experience for our swimmers. Our goals are for all swimmers to feel comfortable in the water, know how to do the basic swimming strokes, and have fun in a team environment. We swim against Boys and Girls Clubs in Massachusetts and New Hampshire. The Team averages 130 swimmers and, as a result, a huge emphasis of our program is teamwork. We follow all rules and codes of conduct within USA swimming regulations as well as the mission statement and guideline of Boys and Girls Clubs.

THE COACHES:

Nikita Kirik - Head Coach/Aquatics Director

Sammi Lyons - Assistant Coach

Sal Khosla - Assistant Coach

CONTACT INFORMATION:

19 Campbell Road

Billerica, MA 01821

(978) 667-2193 x 109

Email: seawolves@billericabgc.com

Website: <https://www.billericabgc.com/sea-wolves>

PRACTICE SCHEDULE:

Swim Team Practices will run: September 8th through Sectionals (Usually 3rd or 4th weekend of January)

2025 - 2026 Sea Wolves Practice Schedule							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun*
9 & under	3:45 - 4:45 pm	5:30 - 6:15 pm	OFF	5:30 - 6:15 pm	----- 12 & under 5:30 to 6:15 ----- 13 & up 5:30-6:15 land-work 6:15 to 7:00 pool	MEETS Early Nov through late Jan	
10-12	3:45 - 4:45 pm	6:15-7:15 pm	OFF	6:15-7:15pm			
13 & up	Off	7:15 - 8:45pm	7:15 - 8:30 pm	7:15 - 8:45pm			

FEES:

Swim Team Prices for the 2025 - 2026 Season:

\$430 for 1 child, \$688 for 2 children, \$900 for 3 children, \$1,060 for 4 children

There is a discount for swimmers who also compete on their high school team.

High School Varsity Team Swimmer Rate: \$250

Employee Rate: \$215

Payment is due by Monday, September 29th, 2025. If paying by check please make checks payable to the Billerica Boys and Girls Club. Registration is now open soon and will close after September 29th.

Swimmers must also maintain their annual membership in the Boys and Girls Club. Please inquire at the front desk about when yours expires. You are not allowed to come to meets or practice if you do not have an up to date membership. Swimmers must also scan in and out of the building whenever arriving or departing the facility.

GOALS AND EXPECTATIONS:

Coaches: To provide a safe, positive, team oriented place where individuals can express themselves, improve their skill level, and develop team concepts.

1. Be a positive role model.
2. Improve the skill level of all four competitive strokes among swimmers: butterfly, backstroke, breaststroke, and freestyle, as well as starts and turns
3. Design workouts to challenge individuals as well as the entire team.
4. Give 100% effort at all times.

Swimmers:

1. Give 100% effort at all times.
2. Show good sportsmanship and respect to fellow swimmers and coaches.
3. Display a positive attitude towards yourself, coaches, and other teammates.
4. Listen to the coach's instructions.
5. Ask questions when you have them.
6. Follow all safety rules.
7. Display team spirit in appropriate and sportsmanlike ways.

Swimmers are expected to train and compete in all competitive strokes (backstroke, breaststroke, butterfly and freestyle) as well as learn start and turn techniques. Should a child be unable to do one of these due to a medical issue, a parent or doctor's note is required. What events a child swims during a meet is based on a combination of the team's needs for that meet and those that will enhance the development of the swimmer. We also work to ensure that every child tries each event at least once per season, even if it is not their favorite stroke.

Parents:

1. Encourage your child(ren) to improve within the sport.
2. Be a good sport at meets and practice.
3. Participate at swim meets and other activities. (The more you do, the more the kids will want to do!)
4. Help. Whenever and wherever possible. Please. The team has various needs that arise throughout the season. Parents are required to volunteer at least twice over the course of the season. The Division Championships also require we supply a set amount of volunteers or the team is deducted points. A \$40 penalty made payable to the team will be issued for those who do not meet the volunteer requirements.
5. Parent Committee: Parents who have been with the team for more than one year may participate in the parent committee.

ATTENDANCE:

Meets:

We encourage attendance to all the swim meets during the season, as that will bring out the maximum amount of improvement out of our swimmers during the season. If that is not possible, your child is **required by our swim league to attend 50% plus 1 of the meets. Meaning if there are 9 swim meets during the season, you have to attend 5.** They are also required to attend the Sectionals championship at the end of the season.

Should a swimmer miss more than the allowed meet absences, they will be immediately dismissed from the team, including practice. Should the swimmer desire to return to the team the following year, they will be required to try out again. Medical exceptions will be made for medically documented long term illnesses or injury.

It is expected that all swimmers *will attend the meet for its duration* unless you let us know otherwise. We utilize Sign-up Genius to meet requests. Requests are due by 9 pm the Tuesday before the weekends meet. In case of an emergency absence, please email the team at seawolves@billericabgc.com by 10 am the day of the meet and print in the subject line "Sick Swimmer."

If your child misses an event due to unreported illnesses, last minute conflicts, or simply because we could not find them for their race, you will be **charged \$10/per race missed**. Children swim up to 3 events per meet and we work hard to make sure they know what events they are swimming in and which races are coming up.

Practice:

Our program is designed to teach and acquaint swimmers with the strokes and training involved in today's competitive swimming world. Emphasis is placed on learning the proper stroke, start and turn techniques, as well as personal improvement. Swimmers must arrive at practices on time and ready to swim. Swimmers are expected to provide their practice suits, goggles, caps to practice, and are encouraged to bring water bottles to stay hydrated (no soda). **Swimmers are expected to arrive 10 minutes before practice time begins so that they are ready to jump in the pool when practice commences.**

We recommend younger swimmers (**10 & under**) **practice at least two to three times a week, 11-12 year olds at least three to four times, and older swimmers (13 and up) attend four or five practices times.** High school swimmers who practice with their team during their season are not required to come to Sea Wolves practices, but are still expected to come to swim meets.

SEASON AGE-UP:

Each swimmer will compete through the end of Sectionals at the age that they are at as of 9/1/2025. For example, if a swimmer is 10 on 9/1 with a birthdate of 11/28, they will continue to swim in the 9-10 age group through sectionals even though they turned 11 mid-season. For Nationals, swimmers compete in the age group they are in as of the date of competition (age up is 4/01/2026). (Subject to change)

BASIC SWIM MEET INFO:

Meets run about 3-5 hours from start to finish. Since we are a large team, they can sometimes run longer. Swimmers will usually swim 2 individual events, and 1 relay every swim meet.

Things to bring: bathing suit, towels (for drying and sitting on), goggles, swim cap, lunch or \$ to buy lunch, something to play with if needed. Please mark all of their belongings.

Children under the age of 12 may not be dropped off, unless under the supervision of an older sibling who is at least 14 years of age, as the coaching staff is unable to supervise your children during the meet.

VOLUNTEERING:

Parents are expected to volunteer at least at 2 home meets or they will incur a \$40 volunteer fee. If a parent is volunteering, they must volunteer for the entire meet and *may not leave even if their swimmer is done with their events.* There are many jobs to choose from and sign-ups are online. A swim meet will not run unless we have volunteers helping us!

In order to maintain a safe environment, we do require all volunteers to go through a background check. You'll need to submit a form with your information, which will be shredded after the background check is run.

TRAVEL:

About half of the scheduled meets are away and transportation is primarily provided by the parents. Families may choose to make their own travel arrangements and/or carpool. The Billerica Boys and Girls Club is not liable for any incidents in any other traveling vehicle.

LEAGUE RULES ON MULTIPLE TEAM PARTICIPATION:

Per N.E.N.E.A.P.C. Swim League rules, swimmers are not allowed to be on multiple swim clubs at the same time. The only exception is participation on a high school swim team. From November (or whenever swim meets start) to January (or whenever the Sectionals Championship meet is) swimmers can only be on the Sea Wolves, and a high school team. There is no restriction on swimming with other teams for the rest of the year.

OUTINGS:

We usually have a few optional events throughout the year such as the team banquet or holiday party. These are not drop off events. High School age children may be dropped off, or drive themselves. All children at a grade level lower than 8th grade must have a parent or high school age siblings accompanying them.

BULLYING / HARASSMENT / HAZING POLICY:

The goal of the Boys & Girls Club of Greater Billerica and the Sea Wolves swim is to provide a **safe and welcoming environment** for all children. Any form of bullying, cyberbullying, harassment or hazing will not be tolerated.

Bullying Defined:

Bullying in the Sea Wolves swim team is defined as, the repeated use by one or more swimmers or by a staff member of a written, verbal or electronic expression or a physical act or gesture or any combination thereof, directed at a victim that: (i) causes physical or emotional harm to the victim or damage to the victim's property; (ii) places the victim in reasonable fear of harm to himself or of damage to his property; (iii) creates a hostile environment at the Boys and Girls

Club of Greater Billerica, or at any team events; or (iv) infringes on the rights of the victim at the Boys and Girls Club of Greater Billerica.

Reporting Procedure:

Any swimmer that feels as if they are being bullied, or see someone else being bullied are asked to do one of the following things:

- Talk to your parents;
- Talk to one of your coaches;
- Write a letter/email to one of your coaches;

How we handle bullying:

- Incidents will be reviewed and handled on a case by case basis.
- Severe or repeated incidents will result in immediate dismissal from the team.

COMMUNICATION:

By working together we can accomplish great things. Please let us know if you have any questions or concerns so that we can improve our swim team. However, please try not to ask questions during practice or meets so we can concentrate on your children. Send us an email, and we will do our best to answer all emails in a timely fashion. Parents may also approach coaches before and after practices, or talk to a team Captain.

FUNDRAISING:

Fundraising is critical for the success of the team. It is responsible for assisting with costs such as equipment improvements, financial aid, the holiday party, Sectionals entry fees, the banquet, ribbons, trophies, starting cash at meets for concession stands etc.

NATIONALS:

Each year we enter Nationals as part of Team New England. This is a completely optional addition to the regular season, which requires a separate registration process. We will be swimming with Woburn, Watertown, Waltham, Chelsea, South Boston and Blue Hills Boys and Girls Clubs. It is held at North Shore Pool (Aquatics Complex) in St. Petersburg, Florida. The dates last year were April 12th to April 14th - this year is TBD.

Swimmers compete in the age group they are in as of the date of competition (age up is 4/01/26). Swimmers must qualify in at least 2 events by the end of December to attend with the team.

There is a formal process for registering for nationals which will be emailed to the team in the fall. Those who do not follow the procedure will not be allowed to attend.

By signing up I (Swim Parent/Guardian) and my child (swimmer) agree to the terms discussed within the outline of this handbook. These terms will be followed by myself and child(ren) to the best of our ability for the 2025-2026 Billerica Boys and Girls Club Sea Wolves Swim Team.