



EPSC Summer Swim 2025

Program Information and Policies

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Welcome!

We are looking forward to a fun season of Summer Swim within the Mid-Atlantic Summer Swim League (MASSL). This document covers the EPSC Summer Swim season practice and meet schedules, as well as team policies and procedures.



Team communications will be posted on the News page of epscswim.com for your future reference. The information in this document can also be found on the website (epscswim.com) or app (SportsEngine) under the appropriate pages.

Program Updates

Eastern Panhandle Swim Club . . . Pelicans!

Over the past few years our swim team has undergone some shifts in organization and branding. You can read more about that [here](#) and [here](#). **One big change is that we are now retiring the Sea Snakes name. Summer swim will join the rest of EPSC programs and become the Pelicans!**

All Competitive Swim Programs at the Shepherd University Wellness Center are now in a partnership with the Eastern Panhandle Swim Club. The changes in organization also called for a change in the swim team's mascot. With their keen senses, incredible agility and example of cooperative social dynamics, the Pelicans have been chosen to represent our EPSC Swim Team and programs. [Read this article](#) to learn more about why archaeologist and Wildlife Manager, Russ Cash, encourages all to embrace this powerful bird as our new mascot. You will see deep navy hues and bright cobalts punctuated with orange and white start to appear on merchandise and branding.

The "Sea Snakes" will remain close to our hearts as part of our team's heritage, along with every other team our swimmers and coaches have participated in. They are what got us all here now. Please enjoy wearing Sea Snakes gear at practices and around town, but make sure swimmers are representing EPSC with their team caps and shirts at all swim meets. Go Pelicans!



Registration and Fees

All EPSC Programs at the Shepherd University Wellness Center have two registrations/fees, including all Summer Swim Groups. Both of these fees need to be paid in full before the start of the season: [Registration Instructions](#)

Costs (June-July):

The EPSC Summer Swim Program is a two part, one-time payment with no refunds. It includes all MASSL meets, practices, and team activities. Participants in the Copper groups will be invited to participate in MASSL meets as their coaches feel they are ready.

- **SUWC Practice Fee:** See Chart Below
- **EPSC Team Fee:** \$100[^]

SUMMER SWIM 2025			
Group	Age	Date/Time	SUWC Practice Cost
Gold	High School	M-Th 6-7:15 am	\$315.00
Silver	Middle School	M-Th 7:15-8:15 am	\$227.50
Bronze	Elementary School	M-Th 8:15-9 am	\$183.75
Copper	Beginners Ages 12&U	T/Th 9-10:30*	\$91.00

*Copper time slots are 30 min each at 9, 9:30, or 10 am. Shifting may continue to occur during the first week or two of practice.

[^]If you initially registered for only Spring Boot Camp and then later added Summer Swim, your card on file at epscswim.com will be charged the \$100 Summer Swim Team Fee on June 1, 2025.



Communication and Websites

The main platform for our team roster and communication is epscswim.com. You will receive emails from this platform and we try to post every email/update on the [News](#) page of the website. The [Meets and Events](#) tab will have all the calendar events of swim meets and activities- please RSVP there if you will be attending or not. If you notice a page that needs to be updated, please reach out to us.

The platform epscswim.com is also known as *TeamUnify*, *SportsEngine*, *Gomotion*, and “our team website.” The app form of the website is *SportsEngine* (used to be OnDeck). The shepherdseasnakes.com domain will direct you to the same site as epsc.com. Sometimes it pops up as *Shepherd University Wellness Center* ([Shepherd University Wellness Center - About](#)). They all use the same sign-in. It is very confusing, we agree. 😊

The actual facility of Shepherd University Wellness Center website is shepherdwellness.com for information and then myshepherdwellness.com for registering for practice fees and other classes that the facility has to offer.

Communicating with the coaches

We encourage you to talk with us! After practice is a great time - coaches will be around for 15 minutes after practice making sure everyone gets picked up. Email also works well:

- **Bronze, Copper, General inquires/concerns/billing:** erica@epscswim.com
- **Gold, Silver, Senior/Junior:** tim@epscswim.com

This can include general questions, if your swimmer is going to be out, or any concerns that you may have. Communication is critical and we want to know what’s going on so we can better support your swimmer.



Practice Schedules

EPSC Summer Swimmers practice Monday through Thursday at the Shepherd University Wellness Center. Swimmers participating in the USA Long Course program have additional practices on Fridays and weeknight evenings (group dependent).

Arrival Times

All groups should report to the pool deck (or out front of the Wellness Center) 15 minutes prior to their assigned practice time for Stretch & Chat. Swimmers and families will sign in and enter through the center desk.

Attendance

There is no practice attendance requirement for EPSC Summer Swim, as we encourage swimmers to also spend time with their family and enjoy summer camps. However, please do not allow your swimmer to use that as an excuse to sleep in or skip a day “just because.” We are proud of what our team members can accomplish in a short summer season and that is only possible if they show up to practice and work hard.

Please email if you are going to miss more than a day or two:

- Gold, Silver, Senior/Junior: tim@epscswim.com
- Bronze, Copper: erica@epscswim.com

Weekly Practice Schedule						
	Monday	Tuesday	Wednesday		Thursday	Friday
6-7:15 am	Gold	Gold	Gold	LC Senior (HS)	Gold	
7:15--8:15 am	Silver	Silver	Silver		Silver	7-8:15 am LC Senior (HS)
8:15-9 am	Bronze	Bronze	Bronze		Bronze	
9-10:30 am		Copper*	LC Senior (HS)		Copper*	LC Senior (HS)
Evening	4-5:30 pm LC Senior (HS/MS)			6:15-8:15 pm LC Senior & Junior Team POTTERFIELD LC Platinum Gold		4-5:30 pm LC Senior (HS/MS)

* Copper time slots are 30 min each at 9, 9:30, or 10 am. Shifting may continue to occur during the first week or two of practice.



2025 Meet Schedule and Other Dates

While there is no mandatory requirement, all EPSC Summer Swimmers are strongly encouraged to participate in as many meets as they can. This includes Copper participants when their coaches say they are ready.

Below is a list of the planned events for the season; visit the [Meets & Events page](#) for up-to-date scheduling as the season continues. Instructions for how to RSVP for swim meets can be found on the [FAQ page](#) of our website.

June 7 - Home vs HAGY/Waynesboro 3 pm warmup, 4 pm start

June 10 - AWAY @ Mercersburg 5:30 WU, 6 pm start

June 26 - Home vs FAST 5 pm warmup, 6 pm start

July 1 USA Block Party Hosted by FAST (for previously registered USA swimmers only)

July 10 AWAY @ Northwood. 5:30 pm WU, 6 pm start

July 14 AWAY @ Marlins 5:30 pm WU, 6 pm start

July 19 League Meet Summer Splash Last-Chance at Shepherd

July 26 League All-Stars Championships at HAGY

Other Dates:

June 19th/20th No Practice

July 4 No Practice...**EPSC Swimmers march in the Shepherdstown 4th of July Parade!**

July 21-25 Practice for All-Star Qualifiers ONLY (practice times may be modified)

July 25, End of Season Team Party, 5-8 pm at Morgan's Grove Park

League Teams and Addresses for Away Meets: [Mid-Atlantic Summer Swim League \(MASSL\)](#)



Practice and Meet Gear

See full Equipment and Gear lists and instructions at epscswim.com. You can purchase equipment on SwimOutlet at [Eastern Panhandle Swim Club \(EPSC\) Team Store](http://Eastern Panhandle Swim Club (EPSC) Team Store). A portion of your sales go back to the team! Amazon will also have most of these items.

- Everyone on the team will receive 1 free year of our SwimOutlet+ membership! You should have received an email about this.
- If you want or use a different email for swimoutlet.com or want to add a family member to have a swimoutlet.com account, please email their name and email address.

Swim Meet Packing List

- | | |
|---|--|
| <ul style="list-style-type: none">• <i>Competition Suit + Backup</i>• <i>Competition team cap + Backup</i>• <i>Goggles + Backup</i>• <i>2-3 towels</i>• <i>Healthy Snacks</i>• <i>Water/Electrolyte Drink</i>• <i>Warm apparel - even if the weather is warm!</i> | <ul style="list-style-type: none">• <i>Change of clothes</i>• <i>Crocs/Slides</i>• <i>Chairs/Tents (for outdoor meets)</i>• <i>Games/Puzzles/Books</i>• <i>Sunblock, hat</i>• <i>Markers & highlighters</i> |
|---|--|

Summer Swim Practice Equipment and Gear

Group	Required	Optional
Copper	- Practice Suit - Practice Cap - Goggles - Towel	Solid Navy Competition Suit
Bronze	- Practice Suit - Practice Cap - Goggles - Water Bottle - Towel - Sneakers/Closed Toed Shoes - Fins	- Solid Navy Competition Suit - Kickboard - Mesh Bag
Silver	- Practice Suit - Practice Cap - Goggles - Water Bottle - Towel - Sneakers/Closed Toed Shoes - Fins	- Solid Navy Competition Suit - Kickboard - Mesh Bag - Snorkel
Gold	- Practice Suit - Practice Cap - Goggles - Water Bottle - Towel - Sneakers/Closed Toed Shoes - Fins	- Solid Navy Competition Suit - Kickboard - Mesh Bag - Pullbuoy - Snorkel
Junior/Senior	- Practice Suit - Practice Cap - Goggles - Water Bottle - Towel - Sneakers/Closed Toed Shoes - Fins - Kickboard - Mesh Bag - Pullbuoy - Snorkel - Paddles (Senior Only)	Solid Navy Competition Suit

For other information on specific equipment and care, please visit epscswim.com.



Code of Conducts

Parent Code of Conduct

Parents should:

- Complete the Safe Sport Training for non-athletes [here](#)
- Each swimming family is required to volunteer as timers, officials, etc at all meets their swimmers are entered in (Home and Away), as well as participate in one [EPSC Volunteer Committee role](#).
- Practice teamwork with all parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment, and hard work.
- Not coach or instruct the team or any swimmer at practice/meets (from the stands or any other area). Coaching is not permitted during open swim times. The Shepherd University Wellness Center does not allow outside people (including family members) to coach in our facility.
- Not interfere with coaches on the pool deck. Any communication with the coaching staff will occur either at least 15-minutes prior to the start of a coach's shift or after the conclusion of his/her coaching day.
- Remain on observation deck during all meets/practices (unless volunteering) and refrain from accessing the facility without a membership.
- Maintain direct supervision of non-practicing children at all times. Parents and children are not permitted to utilize any part of the facility without membership/guest pass.
- Not watch meets/practices from upstairs window on track.
- Demonstrate good sportsmanship in a manner that earns the respect of other swimmers, parents, officials and coaches at meets and practices.
- Maintain self-control at all times. Swimmers swim, coaches coach, officials officiate, and parents parent.
- Provide appropriate transportation to and from practices and swim meets. EPSC/SUWC will not be providing any form of transportation.
- Ensure that their child upholds their commitment to participate in practice and in meets.
- Ensure that their child is picked up on time after all practices and meets.
- Ensure that all property and equipment are properly maintained and returned.
- Fulfill all team registration fees, participation, and fundraising commitments by their deadlines.
- Ensure all contact information (e-mail and phone number) are accurate in the Wellness Center system and on TeamUnify for updates on team news, meet/practice cancelation, etc.
- Enjoy involvement with the EPSC Team by supporting the swimmers, coaches, and other parents with positive communications and actions.



- During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only - ideally after the meet.
- Understand that criticizing, name-calling, and use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- Follow all additional Shepherd University Wellness Center rules and policies. See [Membership Handbook](#).
- Follow all away meet/practices rules and policies.

Athlete Code of Conduct

Athletes should:

- Check-in at the front desk/middle desk for entry into practice and with their coach on the pool deck. Check in with their coaches at meets.
- Conduct themselves with dignity and respect for others and for the property of others.
- Be on time for practice, training sessions, and meets. Swimmers should arrive 15 minutes before the scheduled practice time and meet their coaches behind the blocks, on the 10-ft side of the pool. All belongings should be left on the chairs on the pool deck or in a locked locker.
- Have the right gear: a well-fitting suit, effective goggles, and a ponytail and cap for those with hair past their eyebrows. If your faulty gear is getting in the way of your workout, make sure you correct it before the next practice. If you need recommendations, please check with your coaches. Bring a water bottle to keep next to your lane.
- Use the bathroom before or after practice. Permission to use the restroom will only be granted in emergencies.
- As a matter of team pride and courtesy to meet hosts, swimmers will leave the team area in a neat and clean condition at the conclusion of each practice session and/or swim meet. This also applies to pool lockers/restrooms, bleacher areas, pool decks, etc.
- Practice and teach good sportsmanship and promote positive team spirit and morale.
- Offer congratulations and encouragement to their opponents.
- Support their teammates at practice and at the competition.
- Follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be permitted. Failure to follow directions may result in removal from a set or removal from practice if poor behavior continues.
- Follow all Shepherd University Wellness Center rules and policies. See Membership Handbook.
- DO YOUR BEST! Learning how to swim each stroke correctly is the goal.



EPSC Team Policies & Procedures

Practice Policies & Procedures

Practices are held at the Wellness Center pool at each group's assigned times. All parents, other family members, and swimmers must follow the below procedures and all other Wellness Center policies and procedures when in the facility.

- Parents may watch practices and swim meets from the observation deck. Parents must sign a waiver and stay in observation area.
- Outdoor areas around the Wellness Center throughout campus are available for families to relax during practice times. There is no designated outdoor seating provided – bring a blanket, towel, chair, etc.
- Parents and swimmers are not permitted to be on courts or upstairs track/gym without a valid membership or guest pass.
- Parents may drop swimmers off and return after practice for pick-up. If swimmers are routinely not following Wellness Center policies, this will no longer be permitted.
- Parents are not permitted to be on the deck without authorization from the coaching staff.
- Swimmers should arrive 15-minutes early for practices for set-up and stretching.
- Swimmers are not permitted to be in the water before their scheduled practice time and without the supervision of an EPSC coach.
- Attendance is taken at all practices. Swimmers are encouraged to attend all scheduled group practices in order to progress. Missing a practice or swim meet is a forfeit of instruction for that event.
- Swimmers are responsible for their swim equipment during practices and swim meets.
- Swimmers are not permitted to leave personal items in Wellness Center locker rooms, unless stored in a locked locker. Any items left in the locker rooms will be removed and taken to the front desk lost-and-found.
- Practice schedules are subject to change. Schedule changes are communicated via email and posted on the EPSC Team Unify website.

Discipline Policy

1. Participants receive a verbal reminder from their coaches or lifeguards.
2. The participant is pulled out of the water. Coaches will talk to the participant to see what the problem is and if there is a way the coach can help them, and let them know why the behavior is unsafe and/or disruptive and how it needs to change. Generally, this is communicated to a head coach and the parent/guardian is notified.



3. Participant is asked to sit out the remainder of practice. A deeper conversation is had with the participant and parent/guardian after practice and a plan is made of how behavior will be corrected.
4. If the behavior persists, participants will be asked to discontinue the season and/or program.

Swim Meet Participation

Swimmers are encouraged to participate in as many meets as possible. The process for attending/signing up for a particular swim meet will be posted on Team Unify for each meet. If you have signed up for a swim meet and are unable to attend, please notify Coach Erica (erica@epscswim.com) at least 48 hours in advance so accurate event entries and relays can be submitted. If an emergency comes up and you are unable to attend a meet less than 48 hours ahead, please email Coach Erica as soon as possible so the swimmer can be removed from the events list and any relays can be reassigned.

Communication with Coaching Staff

All communications outside of practice and swim meets should be between the adult/guardian and the head coaches. The content and intent of all communications must adhere to the [USA Swimming Code of Conduct](#).

High School Swimmer Policy

All high school-age swimmers are encouraged to swim for both EPSC and their high school team.

Electronic Communication General Policy

EPSC recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. All electronic communications should be between the parent/guardian and Coach Erica (erica@epscswim.com) or Coach Tim (tim@epscswim.com). The communication should be professional in nature and for the purpose of communicating information about team activities only. Text/Email exchanges between coaches and swimmers should include a parent/guardian. The content and intent of all electronic communications must adhere to the [USA Swimming Code of Conduct](#).



Social Media Communication Policy

Coaches and swimmers are not permitted to have each other join their personal page(s) as a "friend." Coaches and swimmers are also not permitted to communicate through social media or any other forms of instant message chatting. All coaches are encouraged to set their pages to "private" to prevent others from accessing their personal information.

Team Travel General Policy

Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles, and hotel rooms – is less structured and less familiar.

- All participants are required to provide their own transportation and accommodations for any away events. Any time spent traveling is not considered a part of the program.
- Athletes should not ride in a coach's vehicle without prior written parental permission.
- When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.

Anti-Bullying Policy

Bullying of any kind is unacceptable and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. Our Club is committed to providing a safe, caring, and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is encouraged to report the incident to a coach as soon as possible. More information may be obtained at the [USA Swimming Safe Sport website](#).



Reporting of Misconduct

The University reserves the right to terminate the membership of any employee member or community member for the welfare of all patrons of the Wellness Center. Cause for termination of membership and suspension from campus activity privileges may include but are not limited to, willful harassment, abuse, or intimidation of other patrons or employees, theft, disorderly conduct, or any other conduct that is unreasonably disruptive or dangerous to other patrons.

If you have any questions or concerns to report, you are encouraged to contact any of the following:

Jennifer Flora Wellness Center Director JFlora@shepherd.edu 304-876-5295	Andria Moyer Wellness Center Aquatics Director AMoyer@shepherd.edu 304-876-5440	Shepherd University Police Chief Lori Maraugh LMaraugh@shepherd.edu 304-876-5374
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Wellness Center Policies & Procedures

All other Wellness Center policies and procedures may be found in the Membership Handbook [here](#).