

CHELSEA PIERS CONNECTICUT

EST.  2012

COMPETITIVE TEAM HANDBOOK

CHELSEA PIERS
AQUATICS CLUB

CHELSEA PIERS
BASKETBALL

CHELSEA PIERS
FIELD HOCKEY

CHELSEA PIERS
GYMNASTICS

CHELSEA PIERS
JUNIOR TENNIS

CHELSEA PIERS
SOCCER CLUB

CHELSEA PIERS
SQUASH

CHELSEA PIERS
VOLLEYBALL CLUB

CHELSEA PIERS
WATER POLO



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I want to congratulate your child on being selected for a Chelsea Piers competitive team. At Chelsea Piers, our mission is to develop the complete athlete: well-conditioned, skilled and of strong character. Your child has clearly demonstrated the potential to achieve this goal.

As a nationally recognized sports training facility, we set high standards for our athletes and for ourselves. Our skilled, dedicated and caring coaches and staff take a holistic approach when working with each child to effectively develop the skills needed for success in sports and life. At all times, safety, commitment, community, team and good sportsmanship are emphasized and encouraged.

Building strong athletes and teams requires dedication, passion and cooperation from everyone involved in the program: athletes, coaches and parents. The journey to become a successful athlete doesn't happen overnight or by chance; it takes hard work, extensive planning and time, as well as mental and physical toughness. Our commitment to you is that our coaches and staff will match the hard work you and your child put into every training session, tournament and meet, from the first practice of the season to the final game.

We hope that the time spent training and competing as a Chelsea Piers athlete will be a rewarding experience for your child. We have so much to offer our athletes and their families. I encourage you to explore all of our world-class facilities, meet our coaches and staff, and learn more about our wide range of programming options. We suspect you will be spending a fair amount of time here over the next year, in which case you may want to consider a family membership so that you can enjoy all aspects of Chelsea Piers.

We've created the Competitive Team Handbook as a guide to our program. If you have questions, please feel free to reach out to your coach or any member of our staff – they are eager to help.

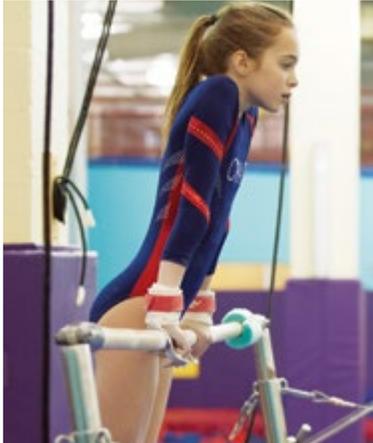
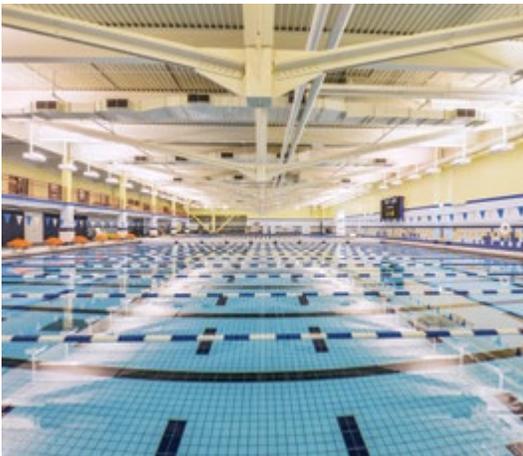
We look forward to an exciting and challenging season!

Best Regards,

A handwritten signature in black ink, appearing to read "Greta Wagner", written in a cursive style.

Greta Wagner
Executive Director

COMPETITIVE TEAMS



The Chelsea Piers Athletic Club offers an unprecedented opportunity in the region for student-athletes from a wide variety of sports to compete under one banner with shared goals, resources and core values.

MISSION

Chelsea Piers is dedicated to the education and empowerment of its young team members. The underlying ethos that informs every component of our competitive program is that athletics provides a vehicle for developing the personal qualities and characteristics that are needed to be successful in life.

COACHING

Our most valuable resource at the Chelsea Piers Athletic Club is our talent pool of top-level coaches. The staff roster includes coaches with Olympic, NCAA and professional backgrounds, as well as seasoned and certified youth coaches. All coaches are selected not only for their knowledge and experience, but also for their communication skills and ability to connect with athletes. Chelsea Piers' proprietary Coaches Academy provides professional development and training for all of its coaches, across all sports, to grow, share ideas and training methods and build an ethos of excellence.

FACILITIES

Chelsea Piers is widely recognized for its world-class indoor sports facilities. Chelsea Piers Connecticut features two indoor ice rinks, an Olympic pool, a gymnastics training center, one hardball doubles and eleven singles squash courts, seven indoor tennis courts, a Field House with a 100-yard turf field, 1/5-mile track, four hardwood basketball/volleyball courts, a volleyball courts, Ninja +Parkour Training Facility, state-of-the-art fitness club and a dedicated Competitive Team Training Center.

CORE VALUES

Chelsea Piers coaches strive to help each individual athlete reach his or her highest potential, resulting in teams that successfully compete at the highest level possible. The staff takes a holistic approach to coaching, where teaching life lessons is as important as teaching athletic skills.

RESPECT – Respect for oneself and one's community is the basis of excellence.

TEAMWORK – Team camaraderie drives athletes to be loyal and enthusiastic in the pursuit of a common goal.

HONESTY – Honesty is a fundamental virtue that is of primary importance to all athletes who participate on one of the Chelsea Piers teams.

COMMITMENT – Success is driven by consistency of action: showing up, doing one's best and supporting one's teammates.

WORK ETHIC – Our athletes are expected to demonstrate a relentless, indefatigable work ethic – a level of effort that turns heads in the gym and lifts eyebrows on the field.



TEAM TRAINING

The Chelsea Piers Athletic Club's "360 Athlete" program is committed to helping our athletes find success – on and off the field of play. Our approach fosters an enthusiastic commitment to the individual's health and sports-related goals. Our carefully designed, professionally coached program is rooted by our core values: age-appropriate training, education, commitment and the whole athlete. Chelsea Piers utilizes both sport-specific and cross-training modalities that generate positive results. Each athlete will be prepared to compete at his or her highest level and achieve success both as an individual and as part of a team.

ATHLETIC TRAINING OVERVIEW

	Ages 11-13	Ages 13-15	Ages 15-18
Injury Prevention	◆	◆	◆
Coordination	◆	◆	◆
Core Development	◆	◆	◆
Mobility	◆	◆	◆
Nutrition	◆	◆	◆
Speed		◆	◆
Strength		◆	◆
Agility		◆	◆
Cardio		◆	◆
Performance			◆

Principal Modalities
Dynamic warm-up
Group exercise
Plyometrics
Strength
Diet/Nutrition
Yoga
Functional training
Periodization
BlueStreak (speed)



CORE VALUES

AGE-APPROPRIATE TRAINING

The Chelsea Piers Strength and Conditioning training program is designed with many variables in mind, and one of the most crucial is age. Young athletes grow at different rates – physically and emotionally. Chelsea Piers carefully considers each athlete, and designs a program that will help them find success. Our young athletes are healthier, stronger, less prone to injury and ultimately more competitive on the playing surface.

EDUCATION

Chelsea Piers places an emphasis on the educational components of training. By understanding the physical objectives of each exercise and how they apply to an athlete's sport, one can achieve both short-term and long-term success.

COMMITMENT

In sport, just as in life, there are no shortcuts. Commitment is necessary to reach and maintain your full physical and mental potential. Our training program enables and guides athletes to develop a firm commitment to, and understanding of, the rigors of being a successful athlete and person.

THE WHOLE ATHLETE

Our focus on a holistic approach to sports training helps our athletes hone their talents via a diverse set of modalities. This multi-faceted approach not only helps them with their sport, but also helps them as students and with overcoming the challenges of everyday life. Chelsea Piers is committed to helping its athletes learn and understand the importance of a balanced approach to fitness and life – on the field of play and beyond.

SPORT-SPECIFIC AND CROSS TRAINING

Our 360 Athlete team of coaches curates a training schedule with each Sport Director: part sport-specific, part cross-training. Each program is tailor-made to the individual athlete to maximize improvements to athleticism, endurance, concentration and skill.

The program is carefully designed to help young athletes deliver peak performance at the appropriate time within each season, avoid injury and be ready for the next competition.

We are dedicated not only to improving athletes' seasons, but also to teaching them that the factors that lead to a productive playing career also help build strategies for everyday life.

NUTRITION

Proper nutrition leads to better performance and mental acuity. Nutritional science is complex, but the guidelines are easy. Our goal is to reinforce positive, consistent and conscious eating habits.

As important as on-and off-surface training is to our overall goals at Chelsea Piers, so is fueling those sessions. Developing proper nutritional habits takes time and encouragement. Our Chelsea Piers athletes learn the effects that proper nutrition has on success.



ATHLETE CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of good sportsmanship. We ask every athlete to pledge to follow the Athlete Code of Conduct:

1. I will demonstrate good sportsmanship by my actions and positive support for all athletes, coaches and officials at every practice and competition.
2. I will maintain a respectful and courteous attitude to others. The use of vulgar or profane language is unacceptable anywhere and at any time.
3. I will promptly inform my coach of any injury, physical/mental disability or challenge that might affect my performance or participation.
4. I will not ridicule, bully, blame or yell at other athletes, coaches, officials or volunteers for any reason.
5. I will treat other athletes, coaches, fans, volunteers, officials and staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to my coach or the appropriate authorities.
6. I will applaud effort in both victory and defeat.
7. I will resolve conflicts calmly and peacefully without resorting to hostility or violence.
8. I will do my best to be at all practices and competitions on time.
9. I will respect the decisions made by officials during competitions.
10. I will become familiar with the policies, rules and guidelines of my sport.
11. I understand that there is zero tolerance of any form of hazing, drugs or alcohol.
12. I will strive to be a good role model for others.

PARENT CODE OF CONDUCT

Chelsea Piers is committed to creating a safe and positive environment for its members' physical, emotional and social development. The essential elements of character building and ethics in sports are embodied in the concept of good sportsmanship. We ask every parent to pledge to provide positive support, care and encouragement by following the Parent Code of Conduct:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all athletes, coaches and officials at every practice and competition.
2. I will place the well-being of my child and others ahead of my desire to win.
3. I will encourage my child to maintain a respectful and courteous attitude to others. I will teach my child to resolve conflicts peacefully without resorting to violence, hostility, vulgarity or profane language.
4. I will promptly inform my child's coach of any physical/mental disability or challenge that may affect my child's performance, or the safety of my child or others.
5. I will respect the decisions and authority of officials during competitions and will teach my child to do the same. I will not ridicule, bully, blame or yell at my child or other athletes, coaches, officials or volunteers in response to a poor performance, an official's call, or for any other reason.
6. I will teach my child to treat other athletes, coaches, fans, volunteers, officials and staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the coach or appropriate authorities. I will respect my child's coach and refrain from "sideline" coaching my child or other athletes.
7. I will do my best to have my child at all practices and competitions on time.
8. I will reinforce with my child a zero tolerance policy for hazing, drug and alcohol usage. I will personally refrain from alcohol/drug use before or during competitions.
9. If I have a concern, I will talk to the coach in an appropriate setting, never before, during, or immediately after a competition, and never in front of my child or other athletes or parents.
10. I understand that coaches are professionals and that they make decisions based on what they believe is best. Choices of competitions and athletes' playing time will be left to the sole discretion of the coach.
11. I will strive to be a good role model for my child and others. I will encourage my athlete to learn to lose with dignity and win with grace.

TRAVEL CODE OF CONDUCT

It is a privilege to practice, train and compete for Chelsea Piers competitive teams. This privilege is even more important when athletes travel to compete under the Chelsea Piers banner. We expect our athletes to act as ambassadors for our program by following these guidelines:

1. We are guests of the event and the hotel. Players must follow event and hotel policies at all times.
2. Athletes must be in their own rooms by 9:00pm, with lights out by 10:00pm. (Coaches may identify an earlier or later curfew as appropriate.)
3. Players will bring their cell phones when traveling out of town. Cell phones must be turned to vibrate at lights out. Parents will be provided with a list of adult cell phone numbers at the event (in case of any emergency).
4. Athletes in grades below high school are not allowed to be alone in the hotel. Athletes may not be in the same hotel room as teammates of the opposite sex. No exceptions.
5. Athletes must promptly report any illness or injury to the coach and/or chaperone.
6. Athletes who damage any hotel or competition property will be personally responsible for the damages and subject to a team disciplinary review.
7. The hotel will be asked to communicate with the coaches and chaperones if athletes are acting against hotel policies.
8. Athletes in grades below high school are not allowed to leave the hotel grounds without an official chaperone. High school athletes must have a signed parent permission form, get permission from a chaperone, travel with at least two teammates and check in with their chaperone upon returning. Athletes are not allowed to go beyond a 2-mile radius from the hotel.
9. Athletes should attend all Chelsea Piers official team meals unless a parent/guardian communicates directly with a coach or chaperone. No exceptions.
10. All athletes will be courteous and respectful to hotel employees, competition officials and the entire coaching staff.

Failure to comply with the Travel Code of Conduct may result in disciplinary action, which may include, but is not limited to:

1. Disqualification from one or more events, or all events of the competition
2. Dismissal from the trip and immediate return home at the athlete's expense
3. Disqualification from future competitions
4. Dismissal from the team

Parent Volunteers

Our teams and players need the support of parent volunteers. All parent/guardians are encouraged to provide assistance when they can, whether on the road or at an in-house event.

Team Managers

Team Managers play a vital role in the success of Chelsea Piers teams and athletes. Managers help coordinate team schedules and activities. They communicate regularly with players and families.

Chaperones

Chaperones are crucial to the success of our competitive teams. Chaperones assist in the planning for supervision and transportation of athletes when they are traveling as a team.

Should you be interested in any of these positions, please contact your head coach.

MEMBER BENEFITS

A **Chelsea Piers Membership is required** for athletes to be eligible to compete for a Chelsea Piers team, and provides a wide range of benefits to young athletes. Family Membership upgrades are available for those who are interested in taking full advantage of all that Chelsea Piers has to offer, for an active and healthy lifestyle for the whole family!

RECOMMENDED MEMBERSHIP	ENHANCED MEMBERSHIP
<h2 style="text-align: center;">CLUB FAMILY</h2> <p>A Club Family Membership gives all members of your family access to our world-class sports and athletic facilities.</p> <ul style="list-style-type: none"> World-class Fitness Center Olympic-sized pool for Adult Lap and Family Swim 15% off youth classes and camps 20% off youth swimming and adult tennis programs 20% off basic birthday party package Babysitting Services Eligibility Chelsea Piers Competitive Teams Discounted Tennis Court rental and reservation privileges (peak: \$50; off-peak: \$25)* Complimentary Splash Zone, Little Athletes Zone for family members only 50% off Jump + Climb, Batting Cage Tokens and Hockey Drop-Ins Complimentary access to Indoor Turf Fields and Basketball Courts* Invitation to a robust calendar of events Complimentary Squash Court usage* 10% off at ZSTRICK 10% off Remedy Bodyworks 	<h2 style="text-align: center;">PLATINUM FAMILY</h2> <p>Upgrading to Platinum gives your family a superior experience, including exclusive access and enhanced benefits.</p> <p>All Club Member Benefits plus</p> <ul style="list-style-type: none"> Complimentary Pilates Reformer and Training Series 50% Off Babysitting Services Complimentary Drop-in Sessions: Ninja + Parkour, Jump + Climb and Ice Hockey Unlimited Squash Court usage and reservation privileges Access to Elite Squash Training, Tournaments + Clinics Tennis Court rentals (Complimentary during off-peak hours) and reservations privileges 50% off Masters swim Add one grandparent to your membership complimentary – \$45 for any additional grandparent One complimentary trial youth or adult class per semester Complimentary 45 minute express Training Session once per quarter One day pass per month to other Chelsea Piers Fitness locations 20% off Remedy Bodyworks 10% off Remedy Bodyworks
<h2 style="text-align: center;">CLUB YOUTH</h2> <p style="text-align: center; font-size: small;">MINIMUM MEMBERSHIP</p> <ul style="list-style-type: none"> Priority registration for youth classes and camps 15% discount on youth classes and camps 10% discount on basic birthday party packages 50% discount on drop-ins: Jump & Climb, Batting Cages, General Ice Skating, Hockey & Figure Skating sessions Open play times on the indoor turf fields and basketball courts Access to the Clubhouse, family lounge, ping pong, billiards and study rooms 	<h2 style="text-align: center;">TEAM BENEFITS</h2> <ul style="list-style-type: none"> Exclusive use of the 4,000 sq-ft Competitive Team Training Center Group fitness classes, including yoga and Pilates Access to additional Chelsea Piers Connecticut partner resources: <ul style="list-style-type: none"> ACL screenings, lectures, concussion testing Athlete nights for socializing and team building activities

**Subject to availability*

Chelsea Piers teams are comprised of outstanding athletes who are committed to their sports. When an athlete is selected to join a team, Chelsea Piers makes a commitment to that athlete for the duration of the program – including training, competition and total player development.

All tryouts are open and no position is guaranteed. If your athlete is selected, you will receive a welcome email from the director of your program containing links for membership enrollment, team registration, the Chelsea Piers Competitive Team Handbook and any additional registration requirements for your sport.

All membership and team registrations are processed online and must be completed in a timely manner.

For information about membership, call 203.989.1234 or membership@chelseapiersCT.com

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