



# **SWIM TEAM HANDBOOK**

**2009 - 2010**

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## GLOSSARY

# INTRODUCTION

## THE ZEUS SWIM TEAM PHILOSOPHY

The Norwalk ZEUS Swim Team, a year-round USA Competitive Swimming co-ed club team, for swimmers five years and older. ZEUS uses the Norwalk High School pool and the pool at Norwalk YMCA. The Norwalk ZEUS Swim Team has remained to be the best-priced swim program in Fairfield County over the last decade.

ZEUS is based on the philosophy of encouraging each swimmer to strive for excellence and to “be the best you can be”. It is the team's belief that “the process” of achieving is as significant as realizing the achievement itself, thus we strive to instill in our swimmers the team concept of support for each and every swimmer on the ZEUS Swim Team. We also teach that no one on the team is bigger than the team itself.

Not everyone will be a “super star”, but the benefits – self discipline, goal setting and achieving self motivation, honesty, self-confidence, team camaraderie, academic structure and strength, physical fitness and development, and friends – all gained from the “swimming experience” are valuable tools for life. As a result, all swimmers receive the attention they deserve.

The ZEUS Swim Team also offers monthly swim clinics for those swimmers who are not quite ready for the swim team.

The ZEUS program has a unique reciprocal concept of "Senior swimmers teaching our Future Stars and Little Bolts". As our swimmers progress through the program, the older, more experienced swimmers “return” to the novice levels and share their knowledge and expertise with our age-groupers, through teaching stroke techniques and the sharing of meet experiences. This philosophy of excellence will continue to strengthen the foundation of the team: We always remember where we began – “our elite swimmers were once novices too”.

## COACHING STAFF



**OMAR CRUZ, Zeus Head Coach**

This is Omar's eighth year as Head Coach of the Norwalk ZEUS Swim Team. Omar has 28 years experience in the sport both as a swimmer and as a coach. Omar has quadrupled the size of the ZEUS team since his arrival and has become one of the TOP 10 Swim Teams in Connecticut.

In that time span, Omar has produced 10 ZEUS swimmers to qualify for the USA Sectional Championships. Also during his tenure, Omar has helped coach several ZEUS swimmers to qualify for the Connecticut High School State Open Championships for Norwalk High School, Staples High School, and Fairfield Prep. In addition, he has helped coach several High School All-Americans in the last few years. The past two years several Norwalk High School relays won the State Championships with several ZEUS swimmers. Four years ago, Omar was nominated as Connecticut Coach of the Year.

Currently Omar is on the Technical Planning committee for Connecticut Swimming and the Nominating committee for Connecticut Swimming.

Before joining ZEUS, Omar was the Assistant Head Coach of the Montclair YMCA, in New Jersey. In one year with Montclair YMCA, the girls won the New Jersey YMCA State Championships. Also Omar coached Chaminde High School in Mineola, New York. There he helped guide them to a C.H.S.A.A. championship.

Omar has spent most of his coaching career as the Head Age Group Coach of the YWCA Middies in White Plains, New York. There he worked every day with all swimmers on the team from the novice level to athletes qualifying for the 2000 and 2004 United States Olympic Trials. He helped coach the Middies to its 15th consecutive National YWCA National Championship and back-to-back Metro Junior Olympic Championships.

Omar has helped produce several National Age Group top 16 Qualifiers, 6 Eastern Zone All-Star Champions, 31 YMCA National Qualifiers, 29 Junior National qualifiers, 27 U.S. Open Qualifiers, and several Senior National qualifiers. Eight years ago, Omar was invited to be a coach at the U.S. Olympic Training Center in Colorado to work with an elite group of select athletes from all around the country. Three years ago, Omar was selected by Connecticut Swimming to coach a swim camp and work with swimmers from all over the state.

The last three summers Omar has coached the Shorehaven Golf Club swim team in Norwalk.

As a swimmer, Omar was captain of both his high school swim team and college swim team, Fordham University. He was also a Junior National finalist in the 100 yard and 200 yard butterfly in the late 1980s and early 1990s.

Omar has chosen to make coaching his profession because of his passion to work with athletes who want to work hard and achieve their goals of reaching the next level of excellence. He believes helping individual athletes to accomplish this goal will teach the athletes as a group to come together to work hard as a team and succeed as a team. This philosophy of hard work makes athletes become better people.



**DENNIS FLORES, Zeus Assistant Head Coach and Age Group Coach**

This will be Dennis' fifth year with the Norwalk ZEUS Swim Team as the Head Age Group Coach. He has been in the sport for 16 years as a swimmer, a swim instructor, and the last nine years he has been on the deck as a coach. During his tenure with ZEUS, he has doubled the size of the ZEUS swimmers who have qualified for the Connecticut Age group Championships.

In the last two years, five ZEUS swimmers in the Age Group program qualified for the Eastern Zone All-star meet. Last winter, the ZEUS 10 and under won the Connecticut State Championships, after placing third last summer. With all these accomplishments with ZEUS, Dennis won the Connecticut Age Group Coach of the Year Award for 2008.

Before joining ZEUS, Dennis was the assistant Age Group Coach of the White Plains YWCA Middies for two years. There he helped produce numerous of Metro Junior Olympic Qualifiers. In his two-year stint with the Middies, he helped produce 15 of the younger Age Group swimmers to become Eastern Zone All – Star Qualifiers. Also while at the Middies, he took many swimmers from the developmental stages and made them enjoy the sport.

The last three summers Dennis has also been the head coach of the Roton Point swim team. This past summer the team had its first undefeated season. They also won their Divisional Championships. During his first year at Middies, Dennis was the assistant head coach of the Mamaroneck Barracudas in the Westchester/Fairfield Swim League. There he posted the best dual meet record to date. They also placed in the TOP 10 at their League Championships for the first time in their history.

Dennis was the assistant aquatic director at the White Plains YWCA, where he started as a swim instructor back in 1997. Dennis graduated Gorton High School in Yonkers, New York in 1997 where he was a varsity swimmer all four years. He then earned a degree in business management & marketing at the Westchester Business Institute.

Dennis coaches because he loves the sport and his strong desire to help develop young athletes. He believes that the lessons learned in the pool, while not necessarily those that are performance related, are life long lessons. Dennis has been in the business world and knows that an athlete is better prepared for the challenges that life brings to all of us. Teamwork, determination, patience, self-discipline and self-confidence are all-important aspects to a swimmer and Dennis looks to teach that to all swimmers. Dennis resides with his family in Norwalk, Connecticut.

### **JOANNA MALICKA**

Joanna Malicka is a W.I.T.S. certified personal trainer as well as a Madd Dog spinning instructor. In addition, she has a certification in TRX Suspension Training and is CPR certified. Joanna has more than 10 years experience in the allied health field.

Joanna's experience started in the hospital setting where she was a certified nurse assistant on a rehabilitation floor. Joanna then turned her attention to out-patient orthopedic rehabilitation working in a physical therapy office. There she assisted patients with a variety of physical conditions by helping them through their strengthening and physical rehabilitation program. Most recently, Joanna has decided to venture into personal training within the gym atmosphere. Combining knowledge from experience in the rehabilitation setting and that of personal training, Joanna focuses on strengthening the individual while paying close attention to posture and proper body mechanics to avoid injury.

In her free time, Joanna enjoys spending time with her son. Going for hikes, bikes rides or just relaxing are some of the things Joanna enjoys. In addition, Joanna is an avid concert goer with an eclectic taste in music.

### **AMY SUE NORTON**

The 2009-2010 swim season will mark Amy's first year as a ZEUS Swim Coach. A native of Connecticut, Amy swam for Stamford High School before joining the club swim team of Syracuse University. At Syracuse she was not only a competitive swimmer, but also a member of the university's water polo squad.

Amy has a Bachelor of Science degree in Inclusive Elementary Education and Philosophy. She is a certified Elementary and Special Education teacher in NY and CT, and is currently working on her Masters Degree from the University of Bridgeport in Remedial Reading. Amy is employed at Giant Steps School in Southport, CT as an Instructional Aid. In addition, she currently works with children diagnosed with autism and tutors privately.

Amy started lifeguarding at the Darien YMCA in 2006 and is now the Darien Y's lead swim instructor. She enjoys all kinds of active sports and travelling.

### **ALBERT PALATIELLO**

Albert Palatiello's 14-year competitive swimming experience began as an 8 and under with the Trumbull Pisces. Swimming quickly became "his sport", continuing competition through high school with the Trumbull High Eagles and finishing in college as a four year NCAA athlete with the Southern Owls.

Albert graduated from Southern Connecticut State University in 2008 with a Bachelor's Degree in Sociology with concentrations in Criminal Justice and Criminology. While swimming for Southern, he helped the team win seven championships -- four of these titles were garnered at the Northeast-10 Conferences Championships and three were from the Metropolitan Conference Championships. Albert was a finalist in both conferences all four years in 100 and 200 backstroke. He was Top 8 for the Northeast-10 all four years and Top 16 freshmen and sophomore years. Additionally, Albert was Top 8 and finalist in the 1640 freestyle his junior and senior years.

Albert started his coaching career with the Westport YMCA as an assistant age group coach. He has also coached his former high school swim team -- Trumbull -- as head boys swimming

and diving coach. Albert has great expectations for his first season with ZEUS and is excited to help fulfill them with the team.

### **ROB POLLEY**

Returning to his swim roots, Rob Polley joined the Zeus Swim Team last year in a newly created position of coach to its youngest team members. Polley, an original Zeus swimmer (then called the Norwalk Aquatic Seahawks) under the legendary coach Betty Philcox, is a native and a life long resident of Norwalk. He also swam on the St. Thomas School swim team, the Ascension Beach Club swim team, the Norwalk High School swim team, the Southern Connecticut State University Swim team, and the Connecticut Masters swim team. Rob has swum across Long Island Sound (once) and around Manhattan Island (four times).

Rob began coaching as a "swimmer-coach" of the Ascension Beach Club Swim team. He continued coaching with the Norwalk BEST (Board of Education Swim Team) program, and was later both an assistant coach and the head coach of the Norwalk Aquatic Club Seahawks program. He has operated SwimAmerica for the past 15 years. Through SwimAmerica, he and his staff have taught thousands of children to swim. Rob was also the race director for Swim Across The Sound for 4 years. Rob is recognized as a "level 2" coach by the American Swimming Coaches Association. Rob is also an elementary school computer teacher.

### **ALLISON SMOLENSKY**

This is Allison's second year as a ZEUS Swim Coach. She is definitely not a stranger to the ZEUS Swim Team. She was a member of the ZEUS team at the age of eight years old and graduated from the program to swim for Southern Connecticut University, where she is majoring in Exercise Science.

While a member of the ZEUS Team she was in the Connecticut top 16 in the 100 and 200 backstroke events. In 2003, she won the CIAC LL Divisional ALL-State swim award. In 2005, she was a member of the ZEUS relay that competed in the Speedo Sectional championships. While at Southern Connecticut University she was a member of the 2005 - 2006 Northeast 10 Womens swimming team championship team. That same year she was a finalist in the 100 backstroke. In 2006, she helped her team win their conference championship. Currently, she is still one of Southern Connecticut State University top five all time performers in the 100 yard backstroke.

Allison is really happy to give back to the program that has given her so much.

### **EMILY UHLMANN**

This will be Emily's fourth year coaching with the ZEUS team. Having moved to Norwalk at the age of three, Emily considers herself a lifelong Norwalk resident. Emily swam competitively for 13 years, as a member of her summer club swim team, New Canaan YMCA, Norwalk High School and of course the ZEUS team. In addition to her coaching responsibilities, she is a director for the SwimAmerica swim lesson program and a teacher at All Saints Catholic School.

While a student at Norwalk High School, Emily made finals at the FCIAC Championships and the States Championships several times. As a member of the ZEUS Swim Team, Emily consistently made Age Group cuts throughout her years on the team. Emily has been teaching swimming lessons for eight years. She has recently been promoted to a supervisor in the SwimAmerica program where she has worked for five years, teaching public and private lessons.

Emily attended Bucknell University where she majored in Elementary Education. Emily will be working with the Future Stars and Age Group Team this year.

### **DR. BRIAN YOMTOV**

This will be Dr. Yomtov's second year with the ZEUS Team. He has done a little work with the Senior Team last year. Dr. Brian Yomtov is a licensed Chiropractic Physician and a Board Certified Acupuncturist who owns his own practice, Advanced Chiropractic & Wellness, LLC., located in both in Stamford and Norwalk CT. He received his Doctor of Chiropractic degree

from National University of Health Sciences in Lombard, Illinois; he did his undergraduate study in Exercise Science at The University Of Rhode Island. Prior to attending Chiropractic College, Dr. Yomtov worked as a Personal Fitness Trainer and designed different strength and conditioning programs for his clients.

In addition to his private practice, Dr. Yomtov currently teaches at the Connecticut Center of Massage Therapy in Westport CT. He teaches courses in anatomy, kinesiology, pathology, exercise, and nutrition. He greatly believes in the importance of educating his students, and his patients on a daily basis, as well as the public through his many speaking engagements. Aside from ongoing health talks in town, he has lectured at ZEUS Swim Team in Norwalk, Synagogues, Wild Oats, Stamford JCC, Norwalk Senior Center, Ladies Workout Express and other Fitness Centers

Along with his traditional sports medicine experience, his passion ranges from treating someone with chronic pain or fatigue desperately searching for a solution, to the average person who wants to decrease stress and improve their health, all the way up to the most elite athletes looking to prevent injuries and maximize their performance.

When not practicing, writing, teaching, or attending seminars himself, he enjoys running, mountain biking, weight training, sports, reading, listening to music, fly fishing, and spending time with his wife Sally, daughter Rowan, dog Delilah, family, and friends.

As a youth, Dr Yomtov swam for the Echo Park Rebels and Long Beach Seahawks in Long Island, NY.

## **WE CARE**

Before hiring any new coach and every two years after that, Zeus (via the US Swimming coach credentialing process) performs a background check on the candidate. We care that our coaches are of the very best character for our young swimmers!

## ZEUS SHORT COURSE TEAM RECORDS

Girls Name	Time	Year	8 and Under	Boys Name	Time	Year
K. Butler	15.97	'08 – '09	25 Free	G. McGoldrick	16.09	'00 – '01
O. Haskell	34.79	'05 – '06	50 Free	J. Libby	33.24	'06 – '07
K. Butler	1:20.00	'08 – '09	100 Free	J. Libby	1:14.17	'06 – '07
K. Butler	2:55.62	'08 – '09	200 Free	J. Balderrama	2:40.81	'08 – '09
K. Butler	19.30	'08 – '09	25 Back	D. DiGuglielmo	18.78	'05 – '06
K. Butler	39.17	'08 – '09	50 Back	J. Libby	37.82	'06 – '07
K. Butler	1:25.09	'08 – '09	100 back	J. Libby	1:26.52	'06 – '07
M. Pramer	21.86	'01 – '02	25 Breast	T. Lally	21.31	'00 – '01
K. Butler	50.11	'08 – '09	50 Breast	J. Balderrama	45.83	'08 – '09
G. LeBlanc	1:50.11	'04 – '05	100 Breast	J. Balderrama	1:41.75	'08 – '09
K. Butler	19.02	'07 – '08	25 Fly	J. Libby	18.18	'06 – '07
K. Butler	38.44	'08 – '09	50 Fly	J. Libby	36.11	'06 – '07
K. Butler	1:43.00	'08 – '09	100 Fly	J. Balderrama	1:30.94	'08 – '09
K. Butler	1:30.08	'08 – '09	100 I.M.	J. Balderrama	1:25.15	'08 – '09
K. Butler	3:12.75	'08 – '09	200 I.M.	J. Balderrama	3:03.00	'08 – '09
K. Butler, T. Dowrich, E. Reinoso, L. Dell'Isola	1:16.38	'07 – '08	100 F.R.	H. Knapp, N. Gupta, J. Libby, P. Chajon	1:22.33	'06 - '07
R. Cavanagh, K. Czulewicz, E. Lenskold, X. Kusek	2:49.32	'08 – '09	200 F.R.	D. DiGuglielmo, N. LaSala, C. Farrell, A. Dell'Isola	2:44.00	'05 – '06
R. Cavanagh, K. Czulewicz, E. Lenskold, X. Kusek	1:31.20	'08 – '09	100 M.R.	D. DiGuglielmo, A Dell'Isola, Featherston, Hosokowa	1:30.63	'04-'05
O. Haskell, K. Devine, P. Delago, M. Valle	3:27.68	'05 – '06	200 M.R.	D. DiGuglielmo, C. Farrell, A. Dell'Isola, P. Stacom	3:32.43	'05 – '06

Girls Name	Time	Year	9/10 yr. olds	Boys Name	Time	Year
M. Valle	28.89	'07- '08	50 Free	G. Balderrama	29.28	'08 -'09
M. Valle	1:02.96	'07- '08	100 Free	G. McGoldrick	1:05.22	'02-'03
M. Valle	2:16.23	'07- '08	200 Free	G. Balderrama	2:21.24	'08 -'09
O. Haskell	6:05.68	'07- '08	500 Free	G. Balderrama	6:15.00	'08 -'09
S. Lopez	33.78	'01- '02	50 Back	G. McGoldrick	35.18	'02-'03
O. Haskell	1:11.79	'07- '08	100 Back	G. McGoldrick	1:17.89	'02-'03
K.Timmerman	37.42	'01- '02	50 Breast	H. Knapp	39.48	'08 -'09
K.Timmerman	1:23.82	'01- '02	100 Breast	T. DiGuglielmo	1:26.71	'02-'03
P. Delago	34.26	'07- '08	50 Fly	G. McGoldrick	32.86	'02-'03
P. Delago	1:17.57	'07- '08	100 Fly	G. Balderrama	1:15.80	'08 -'09
M. Pramer	1:18.54	'03- '04	100 I.M.	G. Balderrama	1:16.39	'08 -'09
O. Haskell	2:37.10	'07- '08	200 I.M.	G. Balderrama	2:41.90	'08 -'09
K. Schaffer, K. Wargo, M. Valle, O. Haskell	1:58.97	'07- '08	200 F.R.	G.Balderrama, V. Brito, N. Gupta, H. Knapp	2:07.05	'08 -'09
K. Schaffer, K. Wargo, M. Valle, O. Haskell	4:24.99	'07- '08	400 F.R.	G.Balderrama, N. Gupta, M. Parra, N. Roldan	4:51.05	'08 -'09
K. Wargo, O. Haskell, P. Delago, M. Valle	2:17.74	'07- '08	200 M.R.	G.Balderrama, V. Brito, N. Gupta, H. Knapp	2:27.46	'08 -'09
K. Wargo, O. Haskell, P. Delago, M. Valle	5:06.30	'07- '08	400 M.R.	G.Balderrama, N. Gupta, M. Parra, N. Roldan	5:27.33	'08 -'09

Girls Name	Time	Year	11/12 yr. olds	Boys Name	Time	Year
L. Czulewicz	26.80	'08-'09	50 Free	G. McGoldrick	26.76	'04-'05
C. Tran	57.34	'01-'02	100 Free	G. McGoldrick	58.86	'04-'05
L. Czulewicz	2:03.84	'08-'09	200 Free	T. Lally	2:07.95	'04-'05
S. Lopez	5:36.59	'03-'04	500 Free	T.DiGuglielmo	5:43.39	'04-'05
S. Lopez	12:12.21	'03-'04	1000 Free	T.DiGuglielmo	11:52.76	'04-'05
S. Lopez	20:14.50	'03-'04	1650 Free	T.DiGuglielmo	19:36.00	'04-'05
C. Tran	29.82	'01-'02	50 Back	J. Snellman	31.50	'01-'02
S. Lopez	1:04.71	'03-'04	100 Back	T.DiGuglielmo	1:09.90	'04-'05
S. Lopez	2:18.76	'03-'04	200 Back	T.DiGuglielmo	2:27.36	'04-'05
G. LeBlanc	34.89	'08-'09	50 Breast	T. Lally	33.98	'04-'05
G. LeBlanc	1:15.08	'08-'09	100 Breast	T. Lally	1:13.72	'04-'05
G. LeBlanc	2:42.47	'08-'09	200 Breast	T. Lally	2:36.15	'04-'05
J. Carter	28.23	'05-'06	50 Fly	G. McGoldrick	29.59	'04-'05
J. Carter	1:02.79	'05-'06	100 Fly	T. Pramer	1:09.10	'04-'05
J. Carter	2:21.34	'05-'06	200 Fly	T. Pramer	2:36.72	'03-'04
L. Czulewicz	1:06.22	'08-'09	100 I.M.	R. Pramer	1:06.54	'01-'02
L. Czulewicz	2:21.72	'08-'09	200 I.M.	T.DiGuglielmo	2:23.90	'04-'05
M. Pramer	5:05.34	'05-'06	400 I.M.	T.DiGuglielmo	5:17.82	'04-'05
L. Czulewicz, O. Haskell, K. Schaffer, M. Valle	1:50.38	'08-'09	200 F.R.	McGoldrick, DiGuglielmo, Lally, Pramer	1:54.35	'04-'05
L. Czulewicz, O. Haskell, G. LeBlanc, M. Valle	4:01.38	'08-'09	400 F.R.	DiGuglielmo, T. Pramer, McGoldrick, Lally	4:14.90	'03-'04
L.Timmerman, Shields, K.Timmerman, Lopez	8:53.32	'03-'04	800 F.R.	Lally, T. Pramer, McGoldrick, DiGuglielmo	9:09.61	'03-'04
L. Czulewicz, P. Delago, O. Haskell, G. LeBlanc	2:04.01	'08-'09	200 M.R.	Ospina, Lally, McGoldrick, Neumann	2:10.08	'04-'05
L. Czulewicz, P. Delago, O. Haskell, G. LeBlanc	4:31.97	'08-'09	400 M.R.	DiGuglielmo, Lally, T. Pramer, McGoldrick	4:53.28	'03-'04

Girls Name	Time	Year	13/14 yr olds	Boys Name	Time	Year
C. Tran	24.84	'03-04	50 Free	O. Castillo	24.31	'06-'07
C. Tran	54.11	'02-03	100 Free	O. Castillo	52.11	'06-'07
C. Tran	1:58.71	'02-03	200 Free	O. Castillo	1:52.79	'06-'07
N. LeBlanc	5:21.01	'06-07	500 Free	O. Castillo	5:07.84	'06-'07
S. Czulewicz	11:04.27	'08-'09	1000 Free	J. O'Connor	10:39.32	'03-'04
N. LeBlanc	18:33.48	'06-07	1650 Free	T. Pramer	17:50.92	'06-'07
C. Tran	1:02.26	'03-04	100 Back	O. Castillo	:57.71	'06-'07
S. Czulewicz	2:12.76	'08-'09	200 Back	O. Castillo	2:06.95	'06-'07
C. Tran	1:12.28	'03-04	100 Breast	T. DiGuglielmo	1:08.89	'05-'06
C. Tran	2:40.26	'03-04	200 Breast	J. O'Connor	2:27.18	'03-'04
J. Carter	1:00.11	'07-08	100 Fly	T. Pramer	59.02	'06-'07
J. Carter	2:14.07	'06-07	200 Fly	J. O'Connor	2:13.08	'03-'04
N. LeBlanc	2:16.61	'06-07	200 I.M.	O. Castillo	2:07.07	'06-'07
N. LeBlanc	4:44.81	'06-07	400 I.M.	J. O'Connor	4:34.38	'03-'04
M. Pramer, N. LeBlanc, Carter, R.S molensky	1:49.62	'06-'07	200 F.R.	S. He , R. Touger, T. Pramer, O. Castillo	1:50.77	'06-'07
N. LeBlanc, Carter, M. Pramer, M. Shields	3:55.56	'06-'07	400 F.R.	J. Ospina, O. Castillo, T. Pramer, T. DiGuglielmo	3:52.30	'05-'06
			800 F.R.			
M. Shields, N. LeBlanc, Carter, R. Smolensky	2:03.92	'06-'07	200 M.R.	O. Castillo, S. He, T. Pramer, R. Touger	2:01.94	'06-'07
M. Shields, N. LeBlanc, Carter, M. Pramer	4:23.99	'06-'07	400 M.R.	O. Castillo, T. DiGuglielmo, T. Pramer, J. Ospina	4:18.79	'05-'06

Girls Name	Time	Year	Senior	Boys Name	Time	Year
C. Tran	24.84	03-04	50 Free	A. Shields	21.89	04-05
C. Tran	54.11	03-04	100 Free	A. Shields	48.12	04-05
C. Tran	1:58.71	03-04	200 Free	J. O'Connor	1:49.22	07-08
C. Tran	5:22.43	04-05	500 Free	J. O'Connor	4:54.33	05-06
A. Smolensky	11:30.84	02-03	1000 Free	J. O'Connor	10:15.73	05-06
A. Smolensky	19:07.07	02-03	1650 Free	J. O'Connor	17:00.16	05-06
C. Tran	1:00.30	04-05	100 Back	O. Castillo	54.77	08-09
N. LeBlanc	2:10.89	08-09	200 Back	O. Castillo	1:58.84	08-09
C. Tran	1:09.99	05-06	100 Breast	G. Falcone	1:01.27	00-01
C. Tran	2:39.53	04-05	200 Breast	G. Falcone	2:12.15	00-01
J. Carter	58.66	08-09	100 Fly	G. Falcone	53.99	00-01
J. Carter	2:11.66	08-09	200 Fly	J. O'Connor	2:00.19	07-08
N. LeBlanc	2:14.12	08-09	200 I.M.	K. Lam	1:59.26	03-04
C. Tran	4:49.06	04-05	400 I.M.	J. O'Connor	4:18.44	07'08
M.Hennessey A.Gryglewska C. Tran, A.Smolensky,	1:42.65	04-05	200 F.R.	Castillo, R. Pramer, O'Connor, T. Pramer	1:35.92	06- 07
J. Lopez, A.Gryglewska N. LeBlanc, C. Tran	3:43.55	05-06	400 F.R.			
J. Carter, N. LeBlanc, M. Pramer, M. Shields	8:16.43	08-09	800 F.R.			
A.Gryglewsk C. Tran, A.Smolensky, M.Hennessey	1:59.25	04-05	200 M.R.	Castillo, O'Connor, T. Pramer, R. Pramer	1:45.51	06-07
J. Carter, S. Czulewicz, M. Pramer, M. Shields	4:15.78	08-09	400 M.R.			

# TRAINING PROGRAM

## TEAM STRUCTURE

The ZEUS Swim Team is a fully-sanctioned USA Competitive Swimming program. In keeping with our team philosophy of providing a quality competitive swim program for swimmers of all ages, abilities and levels of interest, the ZEUS Swim Team offers seven levels of professional instruction and training.

*The Coaching Staff will move swimmers up or down levels throughout the year based upon the swimmer's PRACTICE PERFORMANCE AND ATTENDANCE*

### LITTLE BOLTS

1. Develop stroke technique in all four strokes
2. The team practices two days a week at the Norwalk YMCA
3. Participants are usually 5 & 6 years old
4. Develop the child's self-esteem and confidence
5. To improve the swimmer's listening skills and the ability to follow directions
6. To help them relate positively with other teammates and develop a positive attitude about swimming

### FUTURE STARS

1. Develop stroke technique in all four strokes
2. The team practices 4 days a week at both Norwalk High School and the Norwalk YMCA
3. Participants are usually 6 years old and up
4. Develop the child's self-esteem and confidence
5. Improve the swimmer's listening skills and their ability to follow directions
6. To help them relate positively with teammates and develop a positive attitude about swimming
7. To develop a sense of responsibility and commitment in regard to attendance at practice and meets
8. To prepare the swimmer for the Rocket Squad

### ROCKETS

1. To continue to develop stroke technique in all four strokes
2. The team practices four days a week at both Norwalk High School and the Norwalk YMCA
3. Participants are usually 8 and 9 year olds
4. Develop the child's self-esteem and confidence
5. To improve the swimmer's listening skills and the ability to follow directions
6. To help them relate positively with other teammates and develop a positive attitude about swimming
7. To develop a sense of responsibility and commitment in regard to attendance at practice and meets
8. To educate parents on expectations and abilities of all younger swimmers
9. Create active team members to have a healthy respect for teammates, coaches and the community
10. To prepare the swimmer for age group swimming

## THUNDER

1. Advanced stroke technique and advanced stroke training in all four strokes
2. Introduction to endurance based training and develop a base for conditioning
3. The team practices six days a week at Norwalk High School and Norwalk YMCA
4. Participants are usually 9 years old and up
5. To continue to develop positive attitudes about swimming by developing team unity
6. To educate & communicate with parents on expectations & abilities of age group swimmers
7. To help swimmers develop and understand the importance of setting personal goals
8. To develop a strong work ethic with discipline in all swimmers
9. Create active team members to have a healthy respect for teammates, coaches, and the community
10. To prepare the swimmers for Lightning swimming

## LIGHTNING

1. Advanced stroke technique and advanced stroke training
2. Endurance-based training for high level competition
3. The team practices six days a week at Norwalk High School and Norwalk YMCA
4. Participants are usually 11 years and older with 11/12 Connecticut State AG Championship time standards or can make a 10x100 1:30 freestyle
5. To continue to develop positive attitudes about swimming by developing team unity
6. To educate & communicate with parents on expectations & abilities of age group swimmers
7. To help swimmers develop and understand the importance of setting personal goals
8. To develop a strong work ethic with discipline in all swimmers
9. Create active team members to have a healthy respect for teammates, coaches, and the community
10. To prepare the swimmers for Seniors swimming

## SENIORS

1. High level of intense training for national and regional level competition
2. The team works out 6 days a week at both Norwalk High School and the Norwalk YMCA. Morning practices are offered 2 days a week in addition to the evening practices.
3. Dryland training is a requirement
4. To further develop goal setting using mental imagery
5. To understand that success is directly related to practice attendance
6. Demonstrate responsibility and commitment to the team by consistently attending practices and meets
7. To provide leadership and positive role models to younger swimmers
8. To have respect for fellow teammates, the team as a whole, the coaches, and the local community
9. To develop swimming as a life-long sport to be continued through college and beyond
10. To achieve the rewards of personal growth and satisfaction through volunteer service
11. To help with the younger swimmers in the ZEUS program
12. To understand training the different energy systems as they relate to races
13. To prepare them for Senior Elite swimming

## SENIOR ELITE

1. High level of intense training for national level competition
2. The team works out 6 days a week at both Norwalk High School and the Norwalk YMCA. Morning practices are offered 3 days a week in addition to the evening practices.
3. Dryland training is a requirement
4. Swimmers must have a Connecticut Senior Open Championship qualifying time in at least one event
5. To further develop and utilize goal setting using mental imagery
6. To understand that success is directly related to practice attendance (They must attend a minimum of seven practices a week.)
7. To provide leadership and positive role models to younger swimmers
8. To have respect for fellow teammates, the team as a whole, the coaches, and the local community
9. To develop swimming as a life-long sport to be continued through college and beyond
10. To achieve the rewards of personal growth and satisfaction through volunteer service
11. To help with the younger swimmers in the ZEUS program
12. To understand training the different energy systems as they relate to races

# ZEUS PRACTICE SCHEDULE

## LITTLE BOLTS

Day	Time	Location
Monday and Wednesday	6:15-6:45pm	Norwalk YMCA
Friday	4:15-4:45pm	Norwalk YMCA

## FUTURE STARS (2 practices a week are recommended)

Day	Time	Location
Tuesday and Thursday	6:15-7pm	Norwalk High School
Friday	4:00-4:45pm	Norwalk YMCA
Saturday	8:30-9:15am	Norwalk High School

## ROCKETS (2 - 3 practices a week are recommended)

Day	Time	Location
Tuesday and Thursday	6:00-7:00pm	Norwalk High School
Friday	4:00-5:00pm	Norwalk YMCA
Saturday	7:30-8:30am	Norwalk High School

## THUNDER (3 practices a week is the minimum)

Day	Time	Location
Monday and Wednesday	6:30-8:00pm	Norwalk YMCA
Tuesday and Thursday	7:00-8:15pm	Norwalk High School
Friday	6:00-7:15pm	Norwalk YMCA
Saturday	7:00-8:30am	Norwalk High School

## LIGHTNING (4.5 practices a week is the minimum)

Day	Time	Location
Monday and Wednesday	4:30-6:30pm	Norwalk YMCA
Tuesday and Thursday	4:30-6:00pm	Norwalk High School
Friday	4:45-6:00pm	Norwalk YMCA
Saturday	6:00-8:00am (8:15-10:15am after November 20)	Norwalk High School

**SENIORS (8 Practices offered)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	4:30-6:30pm	Norwalk YMCA
<b>Tuesday and Thursday</b>	4:30-6:15pm	Norwalk High School
<b>Friday</b>	4:45-6:00pm	Norwalk YMCA
<b>Saturday</b>	6:00-8:00am (8:15-10:15am after November 20)	Norwalk High School

**SENIORS (Dryland practices)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	5:15-6:15am Beginning September 21 and ending in 5-6 weeks	Norwalk YMCA
<b>Friday</b>	4:00-4:35pm Beginning late October	Norwalk YMCA

**SENIORS (Early morning practices)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	5:00-6:30am Beginning late October	Norwalk YMCA

**SENIOR ELITE (9 Practices offered)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	4:30-6:30pm	Norwalk YMCA
<b>Tuesday and Thursday</b>	4:30-6:30pm	Norwalk High School
<b>Friday</b>	4:45-6:00pm	Norwalk YMCA
<b>Saturday</b>	6:00-9:00am (8:15-11:15am after November 20)	Norwalk High School

**SENIOR ELITE (Dryland practices)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	5:15-6:15am Beginning September 21 and ending in 5-6 weeks	Norwalk YMCA
<b>Friday</b>	4:00-4:35pm Beginning late October	Norwalk YMCA

**SENIOR ELITE (Early morning practices)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Monday and Wednesday</b>	5:00-6:30am Beginning late October	Norwalk YMCA

**DRYLAND TRAINING**

Dryland training is offered for all swimmers on the Senior team 13 years and over.

Dryland training for all members of the Senior team who are 13 years old and older is **MANDATORY**. Dryland training will include stretching, moderate calisthenics, medicine ball training, and for those 14 years old and older weight lifting is part of your dry land training.

Any Age Group dryland will consist of an introduction to the above concepts for the senior team and will exclude any weight lifting. Dryland training for the Age Group team is **MANDATORY** for those who have been invited, please see your child's coach if you have any questions regarding this issue.

## **ATTENDANCE AND PRACTICE POLICIES**

During practice sessions it is expected that swimmers pay attention and listen carefully to directions. Coaches are in essence teachers and are to be treated with respect. A coach's major objective is to teach, therefore, swimmers should be able to learn in a suitable environment. This environment includes the swimmers and their parents.

### For the Swimmers

1. Always be present at least 10 minutes before the start of practice so that we can start on schedule and make efficient use of the allotted time. The Senior team meets on the pool deck of the large pool. All other swimmers are to wait in the bleachers on the deep end of the pl until called down by their coaches. Swimmers are to enter the water when the coaching staff has begun the warm up with a feet first entry.
2. In case a swimmer is late for practice, it is our hope that the parents will send a note with the swimmer explaining the reason for the tardiness. Proper warm up helps enhance practice performance and prevent injury.
3. Plan to stay the entire practice. The last part of practice is very important, and usually there are announcements made at the end of each practice. In the event that the swimmer needs to be dismissed early from practice, a note from the parent for each dismissal is appreciated. A swimmer is NOT allowed to walk out of the practice before it ends without the consent of a coach. If a swimmer does leave practice without the coach's consent, he/she will NOT be allowed back in the water until his/her parents meet with the coach.
4. When a swimmer cannot attend the recommended number of practices for his/her group, we will expect the PARENT to notify the swimmer's coach to discuss the situation.
5. When a swimmer will be out of the water for a long period of time due to injury or illness, or other family matters, the PARENT should notify the Swim Team coaching staff at (203) 838 - 5836, so that they will be aware of the situation.
6. How often a swimmer attends practice depends on both the swimmer's age and team level of training. Talk to your coach if you are unclear about your situation(s).
7. Swimmers need to attend practices consistently. The ZEUS swim team is an all year round program. It is expected that its swimmers train and compete with the ZEUS Swim Team during ALL months of the year. Some meets may be by invitation only by the coach with attendance as a major requisite.
8. The ZEUS Swim Team members have established an exemplary reputation for their fine behavior and we will maintain that tradition whether at our own facility or another facility. It is expected that each ZEUS swimmer will behave properly at meets and at practice. Coaches will NOT tolerate any fooling around or anyone with any unacceptable behavior on the pool deck, in the locker room, in the bleachers, or anywhere else throughout any facility.

If this behavior is at practice, the swimmer will be asked to leave practice and will NOT be allowed back in the water until his/her parents meet with the coach. If this happens at a meet, the swimmer will be scratched from the meet and sent home. Foul language from anyone, parents or swimmers, at practice or at a swim meet, is considered to be inappropriate behavior and will be treated as behavior described above.

9. If a swimmer is asked to leave practice for behavioral reasons, disrespecting swimmers or coaches, or a lack of effort in practice, then he/she must get changed in the locker room and then come back out and watch practice from the bleachers until practice is over.
10. If a swimmer is asked to leave practices three times during the course of the year, severe disciplinary action will take place.
11. As a matter of pride, leave the rest area, the locker rooms, pool area in a neat and clean condition at the conclusion of each practice. All swim team equipment (i.e. water bottles, etc.) must be picked up by the swimmers at the end of each practice session. The ZEUS staff is NOT responsible for picking up after the swim team.
12. ZEUS is NOT responsible for personal belongings. It is recommended that valuables be left at home or with a parent, or locked in a locker. Please do not give valuables to the coaches. Swimmers are encouraged to bring a lock for their locker each day or to bring their swim bags out onto the deck while swimming. Swimmers are also encouraged to write their full name on any of their equipment and uniform.
13. No gum or food is allowed in the pool area during practice. Swimmers are encouraged to bring their own water bottles to practice labeled with their name.
14. Swimmers are required to check their mailboxes on a DAILY basis.
15. Swimmers are NOT permitted to speak with the coach while he/she is conducting another group's practice, unless requested by the coach.
16. No jewelry is to be worn in the pool either at meets or at practice. This is for safety reasons and we do not want anyone to lose their expensive jewelry.
17. Our team is sponsored by Nike Swim, therefore all our swimmers MUST be wearing Nike Swim apparel on the deck at all times and in the water.

#### For the Parents

1. Parents should never interrupt or talk to coaches or swimmers on deck during practice.
2. Videotaping and timing swimmers during practice is NOT permitted. Parents are welcome to observe practice from the bleachers. "Coaching" by parents or anyone else NOT a member of the ZEUS Swim Team coaching staff, from the bleachers or anywhere else and at any time will NOT be tolerated.
3. No parents or friends of swimmers will be permitted on the deck during practice time. Please remain in the stands at all times during practice. Feel free to approach the coach before or after practice, or call the office at (203) 838-5836.
4. Please leave the seating area in a neat and clean condition at the conclusion of each practice session. Also please close all doors in the pool area.
5. NO SMOKING is allowed in the building.
6. FOUL LANGUAGE by any parent will NOT be tolerated in the facility or anywhere else, and will be asked to leave the premises.

7. Lack of parent/family volunteer requirements as per the team agreement (credits/points) signed at the start of the season may result in the suspension of meet participation of your child(ren).

## HIGH SCHOOL SWIMMING

The ZEUS Swim Team philosophy is that swimming for one's high school and ZEUS can be compatible. Representing his/her high school during the swim season is important for each high school age athlete. However, an athlete must recognize the level of commitment necessary to achieve the goals he/she has set. Swimmers competing in high school meets should:

Always try their hardest not only to get the best place for the high school team, but also to better their previous times.

Always do a complete warm-up drill, which will help to avoid injury.

Senior swimmers MUST attend ZEUS swim practice consistently. In the event of a conflict between a high school meet and ZEUS practice, the coach and swimmer should discuss how to resolve it best. Please remember that there are a minimum number of practices that a senior swimmer must attend. As a result, this will affect the swimmer's year to date practice attendance percentage. This is the category where the coaching staff decides who will represent the ZEUS Swim Team at major competitions, such as, Holiday Classic, States, Connecticut Senior Opens, USA Sectionals, USA Junior Nationals, and USA Senior Nationals. Questions concerning high school swimming should be addressed to the Head Coach.

## YMCA POLICY

ZEUS is thrilled to announce that we have made the Norwalk YMCA pool our home pool! There are a few team specific rules that we need to follow in using this amazing resource:

1. Swimmers MUST ALWAYS present their YMCA ID card at the check-in desk at YMCA practice nights.
2. YMCA requires that swimmers place all belongings in the YMCA lockers with the use of a lock (key or combination) just like at school.
3. No belongings can ever be left on the locker room benches or floor, as this is discourteous to other patrons and generally unsafe.
4. We recommend parents accompany children into the locker rooms to be sure the rules are followed. If broken, there will be consequences.
5. Any items of value should be left home or at the front desk of the YMCA when there. They will keep them safe in our ZEUS team bin with your ID card.
6. No bags are to be left on the benches as we need to be mindful of other YMCA members who would like to use those benches.

Parents, please be mindful of your own children when they are at the YMCA and especially in the locker rooms. We need your help to eliminate the horseplay that often happens there and to keep our kids safe. Finally, our team needs to adhere to all general YMCA guidelines regarding equipment and facility usage.

# SWIM MEET INFORMATION

## PHILOSOPHY OF COMPETITION

The ZEUS Swim Team engages in a multi-level competition program with United States Swimming that, like our training program, attempts to provide challenging, yet success oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. ZEUS emphasizes competition with oneself. Winning ribbons, medals or trophies are not our main goal. Even if the swimmer finishes first, but has swum poorly for his/her own capability level he or she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of EQUAL IMPORTANCE to improved performance. Respect for officials, congratulations to competitors, encouragement to teammates, determined effort, and mature attitudes are examples of proper behavior praised and rewarded by the ZEUS coaching staff.
3. A swimmer is praised for improving his/her technique, strategy, time, etc. It is the Coach's job to "critique" the swimmer's performance. It is the parent's responsibility to provide love and encouragement to the swimmer.
4. Swimmers are taught to set realistic, yet challenging goals for meets and to relate those goals to practice to direct their training efforts.
5. Swimmers are prepared and encouraged to compete in all swimming events, distances and strokes. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming.

## USA SWIMMING

### United States Swimming Geographic Alignments

For the purposes of governing, reducing travel time and equalizing competition, USA Swimming, Inc. has defined geographic alignments nationwide, and each level has its own championship meet(s).

Nationwide there are 59 LSC's (Local Swimming Committees), 14 Regions (#1 to #14), Four Zones Eastern, Southern, Central, and Western), and 1 Senior National Championship. The ZEUS swim team is a member of the Connecticut LSC (CT). The Connecticut LSC governs all of Connecticut.

The Connecticut LSC is part of Region 1, which includes seven LSC's: Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, and Niagara.

Connecticut Swimming is part of the Eastern Zone which includes 12 LSC's: Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, and Virginia.

The Senior National Championships include all 59 LSC's in the 50 states. Based upon their performances at Senior Nationals, swimmers are then chosen to be competitors in the U.S.

Olympic Festival, on National Teams for the Pan American Games, the Pan Pacific Games, and other international meets. Selection for the World Team and the Olympic Team occurs at the respective “trials” meets, which are held every four years.

## CLASSIFICATION AND TYPES OF MEETS

The Zeus Swim Team participates in USA Swimming competitions. USA Swimming meets are conducted utilizing its own rules. These rules are published every January.

There are seven (7) age groups in United States Swimming:  
8 and under; 9-10 (sometimes combined as 10 & under); 11 – 12;  
13 – 14; 15 – 16; 17 – 18 (sometimes 15 – 18); and Senior.

For USA swimming meets, the swimmer competes in the age group of his/her actual age on the first day of each meet. The Senior age group includes any USA registered swimmer who has achieved the prescribed qualifying time for the event. Age on the first day of the meet will govern the swimmer’s age for the entire meet.

Practice for the season begins in September according to detailed practice schedules and calendars, which are listed earlier in the handbook.

Within each age group, there are different “ability levels” or “classifications” (B, BB, A, AA, AAA, AAAA). Time standards for each classification are established and published each year by USA Swimming. To swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification. This allows fair, yet challenging competition on all levels.

It is not uncommon for a swimmer to be in a different classification in each stroke (i.e., “B” breaststroke, “A” butterfly, “AA” freestyle, etc).

## TYPES OF COMPETITIONS

### USA Swimming (USA) Meets

USA Swimming is the national governing body for swimming in the United States and is responsible for the conduct and administration of swimming in the United States and is affiliated with FINA (the international federation for aquatics). It is responsible for certifying the local swim committee (LSC) of USA swimming in which we compete. Our LSC is Connecticut Swimming. USA swimming rules apply to all USA sanctioned competitions. Swimmers will gain valuable experience by competing in USA Swimming sanctioned meets. These meets occur throughout the season. Coaches will enter swimmers in USA swimming competitions to learn about the sport of swimming, themselves, and to test the skills they have been practicing. All meets that the swimmers compete in will be determined by the coaching staff as well as the events in which they compete. Schedules and notices for USA Swimming/CT Swimming competitions will be distributed and posted during the season.

### USA Swimming Championship Meets

In February and March there are Regionals, States, and the Connecticut Open, for swimmers who have achieved respective time standards for these meets. There is also a regional Zone Championship in which the top Connecticut age-group swimmers compete. USA Swimming also has the most elite meet in the nation by having USA Senior National Championships. The following is a list of championship meets sanctioned by Connecticut Swimming and/or USA Swimming:

### *Connecticut Championship Meets*

At the end of each short course (fall and winter) and each long course (summer) season, various meets are held for each level of swimming:

### *Connecticut States/ Connecticut Age Group Championships*

This is an age group meet sponsored by the Connecticut LSC, and held locally within the Connecticut LSC area. Qualifying times are required. During the short course season this is one of the meets used by Connecticut Swimming to determine who will compete on the Connecticut All – Star Zone Team. Swimmers who qualify for this meet must compete for the ZEUS team.

### *Connecticut Senior Open Championship*

This is a “senior” level meet, no age groupings, held in recent years at Wesleyan University. This meet has time standards faster than the Connecticut State Championships. This is considered to be the fastest meet offered by Connecticut Swimming.

### *Connecticut Regionals*

This is an age group meet sponsored by the Connecticut LSC, and are held locally within the Connecticut LSC area. Qualifying times are required. However, this meet is for those swimmers who do not qualify for the above State Championships.

### USA Championship National Meets

At the end of each short course (fall and winter) and each long course (summer) season, USA Swimming hosts various “National” Level meets:

### *USA Sectional Championships*

This is a “senior” level meet, no age groupings, held in recent years in Long Island, New York, and in Boston, Massachusetts. In the summer it has been held in Buffalo, New, York. This meet has time standards faster than the YMCA Nationals, but slower than USA Senior Nationals. Qualifiers will be partially outfitted by Nike Swim. Swimmers who qualify for this meet must compete for the ZEUS team.

### Eastern Zone Championships (Zones)

This is an age group meet where each LSC is represented by a composite team. “Connecticut All – Stars” are those swimmers who earned a berth on the Zone Team by having the first or second fastest time in that event by age group, in the short course season. During the Long Course season there are qualifying times that must be obtained in order to compete in the meet.

### USA National Championships (Senior Nationals)

Other than the Olympic Trials and the World Championship Trials, each of which is held once every four years, the highest level of competition for our senior swimmers is the USA National Championships. As with the Junior Championships and USA Sectional Championships, any ZEUS swimmers meeting the national time standards travel to various cities in the U.S. to compete against America’s best swimmers. By their performance in these meets, swimmers often qualify for United States teams that engage in international competition. Qualifiers will be outfitted by Nike Swim.

Beyond having the qualifying times for National Championship meets the ZEUS swimmer has to have completed the following obligations each year in order to represent ZEUS:

1. Attend a high percentage of the practices in their practice group and that includes the dryland exercises and morning practices

2. Have participated, financially and physically, to our team's fundraising efforts. This would include contributing to our annual Swim-a-thon, working the meets that we host, or any other fundraising activities the team may have that particular year.
3. Must be current with all financial obligations with the Norwalk Aquatic Club.

*After qualifying to represent the ZEUS Swim Team, all swimmers will travel together to the host state, to and from the pool, to and from the hotel, stay in the same hotel, eat at the same time, nap at the same time, and sleep at the same time.*

*All these activities will be under the supervision of the coaching staff and the selected chaperones, NOT the parents. No swimmer will be permitted to travel separately from the team and stay in a separate hotel.*

## SWIM MEET PROCEDURES

Swimmers should check their mailboxes for meet information one or two weeks before a meet. If you think you should have been entered, but have not received a sheet, be sure to check with your coach.

The following guidelines are for both parents and swimmers, regardless of the meet the ZEUS swim team is competing:

- Arrive at the pool facility at least 20 minutes prior to warm up time. It is very important that all the swimmers arrive on time: you are expected to be on the deck and ready to swim 15 before warm ups begin.
- All swimmers are to check in with the coach immediately after arriving on the deck so the coaches can hand in the scratch sheets on time.
- A member of the ZEUS Swim Team Coaching Staff will always conduct the team warm – up regardless of the meet.
- Each swimmer MUST warm up with the TEAM regardless of the meet.
- All ZEUS swimmers are required to wear the team suit and the team cap (if you wear a cap). The complete team uniform promotes team unity and pride and greatly aids spectator recognition.
- Each ZEUS swimmer is responsible for knowing which events he/she is swimming and for being present on time to swim.
- Before reporting to the blocks for each race, the swimmer MUST ALWAYS confer with a member of the coaching staff to review technique, race strategy and goals. At the conclusion of each race, the swimmer MUST proceed DIRECTLY to the coaching staff. This gives the coaches an opportunity to discuss the race with each swimmer and add positive comments concerning splits, stroke technique, race strategy, etc., regardless of the meet and the competition. Parents are prohibited to take the child away before the swimmer and coach are finished.
- In between races, the swimmers are to rest and stay warm. All energy is to be stored up and used in competition. If swimmers must eat, a light nutritious snack with juice or water is recommended.
- In between races, all swimmers MUST SIT WITH THE TEAM at all times. If a swimmer needs to leave the pool deck, to use the rest room or to get something to eat or to speak

with their parents, then the swimmer is to ask for the coach's permission. We need to establish team camaraderie and we do not want our swimmers to get lost or miss an event.

- It is very important that the parents check with the coaching staff prior to leaving a swim meet to make certain that their swimmer has not been placed on a relay team. Swimmers are NOT PERMITTED to leave the meet without the coach's approval. If a swimmer has to leave for a medical reason, it is the swimmer or the parents' responsibility to notify the coach.
- Relays will be decided at the meet, but with enough time to notify their parents. If a swimmer has been selected to swim on a relay, then that swimmer stays until the relay is finished. If a swimmer is unable to stay until the relays are complete, then the coach MUST be notified before posting the relays.
- At the end of the meet each swimmer is required to clean up after themselves. The coaches or the host team should not have to clean our garbage.
- All swimmers MUST warm down after each race and at the end of the meet, if the facility has the capabilities of a warm down area. If it means that the team stays an extra half hour to warm down together, then it MUST be done.

AT TRIALS – Finals meets, swimmers are encouraged to stay the whole session and come back for the Finals and warm up. For the Senior Team it is required that the **WHOLE TEAM** stay until the prelims have concluded. Then **ALL** members of the Senior team, whether they have qualified for the finals or not, come back for finals and stay until our last team member has finished competing. All Senior swimmers will warm up in the Finals session of the meet.

*Part of the success of each individual athlete is how well he/she warms down throughout the competition.*

*Please do NOT put the coaching staff in a position where they have to ask the swimmer NOT to compete because they did NOT follow the above guidelines.*

#### WHAT TO BRING TO A SWIM MEET

ZEUS Swim Team uniform racing suit  
MORE than one team uniform cap  
Team apparel (uniform T-shirt, sweatshirt, sweats, parka, hat, etc.)  
More than one pair of goggles  
2 Team towels  
Books or quiet games,  
Food (nutritional snacks)  
Moderate amount of money (\$5 - \$10)  
A water bottle

Please remember that our team is sponsored by NIKE Swim . No other company's swim apparel or logo may be worn by a Zeus swimmer.

## **ZEUS IS A PEANUT FREE TEAM**

We have children on the team with severe food allergy to peanuts. We kindly request that NO peanut containing foods be brought to swim meets, practices or team parties. Thank you for helping to keep all our children safe.

Many years ago we decided due to the abundance of anaphylactic (sudden shock and death) food allergies on the team we elected to be a PEANUT FREE TEAM. Each new year, this Peanut Free notice will be in your welcome letter to the new season and to the team.

Because our team is all about caring for each other, concern for our swimmers and keeping all our kids safe. We kindly request NO peanut containing foods be brought to swim meets, practices or team parties. You will also notice our concession stands do not have peanut products either. If you would like to know more about how to read food labels and how to keep foods safe please contact Omar and he will direct you to team parents expert on the topic.

*NOTE: If your child also suffers from a severe/anaphylactic reaction to certain foods please See Coach Omar to discuss similar safety precautions.*

## **TEAM UNIFORM**

Whenever and wherever ZEUS swimmers are representing the team in swimming competition, the swimmers are required to wear the ZEUS swimsuit and cap (if the swimmer wears a cap), team shirt and towel, and other optional ZEUS team uniform apparel on deck. Swimmers are not to wear "fun" swim t-shirts or apparel dedicated to other swim meets. These items should be worn at practice or recreation only.

Any ZEUS swimmer who has qualified for a "national qualifying" meet, i.e., USA Sectional Championships, USA Junior Nationals, USA Senior Nationals, is required to wear a ZEUS senior team jacket or team parka, as part of the uniform, to these respective meets.

All ZEUS Swimmers who qualify individually for USA Senior Nationals will receive a "national team uniform" of warm ups (long pants and jacket with team logos embroidered). This is a one time reward for an individual qualifier.

The mandatory all team uniform includes at minimum:

Racing Suit: The ZEUS suit is a print racing suit. All team members, including "unattached" ZEUS Swimmers must wear the team suit in competition.

Swim Caps: The ZEUS cap is the only one cap allowed at meets.

T-Shirts: Two versions - a white and a blue shirt with ZEUS logo

Team Towel: Towel with team logo

Additional mandatory Senior and Senior Elite apparel includes:

Senior Boathouse Jacket (partially paid for by team as a congratulatory gift)

High Performance Suit (if coach recommended): Suit in color and brand per team requirements only

Occasional mandatory meet apparel includes:

For special national meets we are occasionally required to create a “special event” team uniform. When these events are posted and you are deciding to attend, the need and cost for the uniform will be posted at that time.

Optional team logo apparel includes:

Parkas/Fleece Jackets: ZEUS parkas are also recommended.

Warm - up Suits: The official ZEUS swim team warm-up suit (long pants and jacket) are available to team members.

Sweat Shirts, Shorts, and Pants: These items are all available to team members and their families.

*Non-Zeus flannel shorts and long pants, baseball caps, knit caps, long sleeve t-shirts, as well as optional meet shirts are not considered uniform and are not allowed at meets (unless they were designed for that specific meet and the coaches have instructed the team to wear them.)*

For more information on our team uniform please call our team apparel committee.



Nike Swim is the proud sponsor of the Zeus Swim Team. As a NIKE team, all our swimmers MUST be wearing Nike Swim apparel on the deck at all times and in the water.

Please do NOT put the coaching staff in a position where they ask the swimmer not to compete because they are not wearing the appropriate team uniform or Nike Swim apparel.

## MEET ETIQUETTE

ZEUS Swim Team members have established an exemplary reputation for their fine behavior and we will maintain that tradition whether at our own facility or another. It is expected that each ZEUS Swimmer will behave properly at meets and at practice. Coaches will NOT tolerate any fooling around and anyone with unacceptable behavior will be scratched from the meet and sent home.

All ZEUS swimmers must sit together at meets. They are not to sit nor stay with their parents during competition, without the coach's consent. No parents are allowed on deck unless they are working at the meet.

Whenever and wherever a ZEUS Swimmer wears any item of the team uniform, you, the individual, should remember that your actions and words reflect on the team you represent, and you should behave accordingly. Let your behavior reflect the pride you have in the ZEUS organization. We are trying to teach our young swimmers how to be fine young men and women, therefore, how they behave at meets and at practice is as important as how hard they are swimming.

As a matter of courtesy, all questions a swimmer or parent may have concerning meet results, an officiating call, etc., should be referred to a ZEUS coach only. They, in turn, will pursue the matter through proper channels. If a parent does NOT agree with a coach's decision, the

parents are to approach the coach at an appropriate time and in a behavior that is deemed appropriate.

As a matter of pride, leave the rest area, the locker rooms, the pool area, and parents please leave the seating area in a neat and clean condition at the conclusion of each session of the meet and at the end of each practice.

The ZEUS coaching staff has the final decision as to which events a swimmer will swim and at what meets they will compete. Never is a swimmer to scratch or late enter an event on his or her own: this is a coaching decision **ONLY**. Never is a swimmer to enter a meet in which ZEUS is not competing. Not only does this pose a serious insurance and liability issue, but it also goes against the seasonal plan that had been created for all the swimmers on team.

In a meet with preliminaries and finals, it is expected that any ZEUS swimmer qualifying to swim in the finals will do so. Failure to report for finals results is a \$50 per incident fine from Connecticut Swimming Headquarters.

### Receiving Awards

Remember, a ZEUS swimmer represents the team and the city of Norwalk. Let your actions and words reflect your respect and pride in the ZEUS Swim Team organization. A full ZEUS team uniform should be worn when accepting the award.

It is also customary for our swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and to receive like congratulations with poise and a "thank you."

## **GOOD SPORTSMANSHIP IS ESSENTIAL**

If photos are being taken, we ask the swimmer to cooperate with the photographer and to remain until the shooting is complete. Do NOT ham it up! The picture may be special to someone else.

Behavior at swim meets, from parents, swimmers, and coaches is as important as the swimmers' performances. Every person, swimmer, parent, and coach, is a direct representative of the team for our children, and the meet hosts. Behavior that is deemed inappropriate by anyone, foul language, yelling at each other, or with other teams, will be treated as such, and may ask the people in question to leave the meet.

### Out of Town Meets

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through age group ranks. The ZEUS Swim Team has established the following policies for the safety of the swimmer and peace of mind of his/her parents:

1. PARENTS MUST either BE PRESENT to provide supervision, transportation, lodging and meals for their own swimmer OR MAKE ARRANGEMENTS WITH ANOTHER PARENT or responsible adult to be present to see that your child is properly supervised at all times. DO NOT ASK YOUR SWIMMER TO HANDLE THIS JOB.

Specifically, our older, driving-age swimmers must be under the direct supervision of a designated adult, especially if the swimmer(s) is spending the night at an away meet. Prior to the meet, arrangements must be made PARENT TO PARENT, NOT between swimmers themselves NOR swimmer to parent. In the event of an emergency, it is UNREASONABLE for you to expect other attending parents or coaches to be burdened with the responsibility of un - chaperoned children. Swimmers without "Parent to Parent" agreements, either in print or by phone, will be expected to return to their own homes immediately following the meet.

The ZEUS Parent Committee will NOT PERMIT our coaching staff to assume responsibility for any swimmer other than for the time the swimmer is participating "on deck" during the meet. Failure to comply with this policy could result in the swimmer's exclusion from away meets.

Parents are encouraged to attend away meets with their swimmers. These trips can be great fun for parents and swimmers alike and are rare opportunities to participate in a special way in each young swimmer's career.

Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the ZEUS behavior at all times.

2. A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.

An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline, tolls, parking fees or other expenses.

3. Please provide your swimmer with sufficient money to cover food and lodging expenses.
4. Also the ZEUS Swim Team always has the responsibility of providing timers at meets. This includes having timers available at both sessions of those meets that have preliminaries and finals. Please help by volunteering your time. It is a great way to see the meet "up close and personal."

*The only exception to this policy is when we travel as a team, stay in the same hotel as a team, eat in the same dining hall as a team, require parental permission and state the chaperone status clearly to the parents. This would be for CT States, Regionals, and the CT Senior Open, USA Sectional Championships, and USA Senior Nationals.*

## **PARENT / COACH**

### **ZEUS SWIM TEAM PARENTS COMMITTEE**

The Parent Committee is an integral part of the ZEUS Swim Team. The Committee consists of the Head Coach, and approximately eight volunteer parents. Our meetings are held about once a month. We welcome your involvement, and any parent interested in serving should contact the Head Coach, Omar Cruz, (203) 838-5836.

When a swimmer joins ZEUS, it is expected that the parents will assume the responsibilities of participating and supporting the activities of the team - it is part of the team agreement.. These responsibilities include support of the coaching staff, organizing and staffing meets, raising funds, disseminating information, keeping records, obtaining team clothing, acquiring equipment, and many other activities.

Failure from a family NOT to volunteer their time to help the program at some point in the year is jeopardizing the placement of their child on the team the following year and with severe credit/point deficit (less than 50% past mid year) may have their child dismissed from participation in competition until points are earned.

It is possible that a member of the coaching staff or board/committees will be calling or emailing, about some of the functions that will be needed throughout the year, such as, officiating, fundraising, meet directors, web site updating, monthly newsletter, social events for the swimmers and parents, and/or public relations for the team.

Traditionally, the ZEUS Parent Committee has led by example by being among the most active and enthusiastic ZEUS parents.

### **PARENT – SWIMMER – COACH RELATIONSHIP**

To have a successful program, there must be complete understanding and cooperation among parents, swimmers and coaches. The progress your swimmer makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section carefully as you join the ZEUS Swim Team.

#### Parents' Guidelines

You have done a great deal to raise your child. You have created their environment. Your child is the product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent sometimes finds it difficult to remain detached and impartial to matters concerning one's child. The following guidelines will help you keep your child's development in the proper perspective.

Every individual learns at a different rate and responds differently to the various methods of presenting skills. The "late bloomer" may get off to a slower start and will require more patience on the part of the parents and coaches, who must both remember that the child's ultimate swimming potential will be realized in time.

When an athlete first comes out for the team and starts practicing, it is possible for him or her to worsen rather than improve. This could be due to the emphasis placed on stroke technique, rather than their final time. It takes a great deal of the swimmer's attention to master these skills. These new sets of habits are the basis for later improvement. As training proceeds, additional stress is placed upon the muscles. The muscles will at first break down under the

demand of additional work and this can explain an initial lack of improvement. As the need for improvement is realized, the muscles will gradually strengthen and the athlete's performance (time) will improve.

Plateau's can occur at one time or another in every swimmer's career. Plateaus can be both in competition and in training. A plateau signifies that the swimmer has mastered lower order skills, but that the skills have not yet become sufficiently automatic to leave the swimmer's attention free enough to attack new, higher order skills. It is important for the athlete to understand that plateaus occur in all fields and levels of physical learning. The more successful athletes are those who work through this momentary delay in improvement and go on to achieve greater performance and approach their personal potential.

Athletes 10 years old and younger are the most inconsistent swimmers, and this can be frustrating for parents, swimmer and coach alike! We must be patient and permit these young swimmers to learn to love the sport. Focusing on all the positives is the important element at this age.

Parents must realize that slow development of the competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is also important for children to learn to adopt to reasonable levels of emotional stress. The small disappointments they must learn to handle as youngsters will help prepare them for the larger ones they are certain to experience as adults.

It is the COACH'S job to offer constructive criticism of a swimmer's performance. It is the PARENT'S job to supply love, recognition and encouragement necessary to help the young athletes feel good about themselves. Then bring them to practice again the next very day.

Parents' attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about their parents' desires. For example, be enthusiastic about taking your child to practices and meets, fundraising projects, meetings, etc. Do NOT look at these functions as chores.

If you have any questions about your child's training or team policies, contact your child's coach directly at (203) 838-5836.

Criticizing the coach in front of the swimmer undermines the coach's authority and breaks the swimmer – coach support necessary for maximum success.

No parent should behave in such a way as to bring discredit to the child, the team, or competitive swimming. Any disagreements with another parent, a coach, a meet official, etc. should be brought to the attention of the coach, and handled by the coach.

Be sure that your child swims because he or she wants to. People tend to resist anything "they have to do." Self-motivation is the stimulus of all successful swimmers. However, please use your discretion. At times a swimmer does NOT want to come to practice and comes up with a valid reason, but may NOT be true.

The communication between coach and swimmer is very important. A two-way relationship must exist daily at practice. It is imperative that the coaches have the swimmer's full attention at these times. Communication must be established between coach and swimmer. As a result, the swimmer must learn to take personal responsibility of his/her actions and deal with the coach.

It is best for parents to refrain from making stroke corrections or trying to coach their swimmer or any other swimmer at any time. When parents interfere with opinions as to how the swimmer should swim, it causes considerable, and often times, insurmountable confusion as to who the swimmer should listen to and respect.

Remember that the attitude and behavior of the parents regarding their outlook on the sport has an important effect on the child. In swimming, as in life, no one can "win" or succeed all of the time. There will always be some disappointment. Every swimmer will gain from his or her experience whether or not he/she ever wins a race. The important thing is to keep striving to do better next time.

**The secret is not only to produce great swimmers but, rather,  
to produce great young people who swim**

## **COACH RESPONSIBILITIES**

The coaches' job is to supervise the entire competitive swim program. The swim team coaching staff is dedicated to providing a program for swimmers that will enable them to learn the value of striving to improve oneself, "to be the best you can be." Therefore the coaches must have total control in matters affecting training and competition.

1. The coaches are responsible for placing swimmers in practice groups. This decision is based on the age and ability of each individual. When it is in the best interest of a swimmer, he or she will be placed in a more challenging group by the coach. There may be different reasons why the coaching staff establishes lane assignment and they may change every day. Please do NOT try to figure them out.
2. Sole responsibility for stroke instruction and the training regimen rests with the ZEUS coaching staff. Each group's practices are based on sound scientific principles and geared to the goals of that group.
3. The coaching staff will make the final decision concerning which meets ZEUS swimmers may attend. The coaching staff will also make the final decision as to which events each swimmer will swim, regardless of the meet, age and ability of the swimmer.
4. At meets, the coaching staff will conduct and supervise warm up procedures for the team, regardless of age, ability and the meet. Before each race, the coach will talk to the swimmer regarding techniques, strategies or motivation. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. (It is the parent's job to offer love and understanding regardless of their child's performance.)
5. The building of a relay team is solely the responsibility of the coaching staff. There may be different reasons why the coaching staff establishes a relay other than the four fastest swimmers. Relays will be decided at meet, and all members of all the relays will be given adequate time to know they are on the relay so they can prepare.

In summary, the coaching staff is constantly updating and improving the ZEUS team. It is the swimmer's and the parent's responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

## PARENT COMMUNICATION

An important link of the swimmer - parent - coach triangle is the parent to coach line of communication. Parents are kept informed of activities, meets, practice schedules, notes from the coaches, parents committee, etc. via several methods.

1. **FILE FOLDERS:** Each swimmer (family) is assigned an individual file folder at the beginning of every season. These folders are located in the pool office and, during practice, in the pool stands. All meet information (events to swim, time and date of meet, directions), practice schedule changes, party notices, awards/ribbons, medals, fundraising projects, and other important communications are placed in these file folders. The file folders should be checked daily by the swimmer or the parent after practice. Parents, please check the swimmer's swim bag daily for notices, etc.
2. **NEWSLETTER:** The newsletter will give you information concerning meet results, calendar updates, messages from the coaching staff, social events, attendance records, birthdays, fundraising projects, etc. You are urged to read the newsletter carefully. They are distributed monthly and usually early in the month. Newsletters are also available online at the team website: [www.zeusswimteam.org](http://www.zeusswimteam.org)
3. **VERBAL:** There are often verbal communications given to the swimmers by the coaches, usually at the end of practice. Ask your swimmer daily if there is any news you should know from the coaches. If your swimmer needs to leave practice early, please check with coach about any announcements.
4. **BULLETIN BOARDS:** Bulletin boards are located in the pool stands at the deep end side of the pool. Bulletin boards are used to post, newspaper articles, the monthly newsletter, practice and meet schedules, pictures, and other accomplishments our swimmers have achieved. It is always interesting reading...so enjoy!
5. **WEB SITE:** The team website at [www.zeusswimteam.org](http://www.zeusswimteam.org) is a dynamic site of all Zeus info including team roster, meet schedules, team photography and news. The site has two parts – a public side with basic how to join info and a private, password protected site with a rich collection of content that changes all the time. It's a special community for our swimmers and their families.
6. **TEAM PHONE NUMBER:** (203) 838-5836
7. **EMAIL:** The main way we communicate to the team is via mass emailing. Please make sure we have your correct email address.

It is very important for you to let us know if there is anything we can do to aid your swimmer in his/her full enjoyment of the sport from which he/she will realize greater success. (For example, it will be useful to your child for the coaches to know if the swimmer has a learning disability.)

The parents may call the coaches at (203) 838-5836. Coaches will be in and out of the team office throughout the day and between practices and will return any calls left on the voice mail. It is always best to communicate directly with the coach most involved with your child.

1. Please call or send a written note if your child will miss practice for a period of time due to illness, injury, or other reasons.
2. Please send in a written note at least 4-6 weeks prior to a meet, if your child will be unable to attend a specific meet.
3. Please notify the coaches, either by phone or note, if there are any unusual circumstances occurring in your child's life, which could affect his/her swimming. For example, a death in

the family, severe illness, emotional stress, school difficulties, etc. The swimmer's whole well-being is of concern to our coaches.

**IN CASE OF INCLEMENT WEATHER CONDITIONS  
OR OTHER SEVERE CIRCUMSTANCES**

On days with heavy snow or bad weather, or power outages we may have to alter that day's training schedule. Please call the office at (203) 838-5836 after 2:30 p.m. to check for practice changes or cancellations. Also please check your email and the team web site at [www.zeusswimteam.org](http://www.zeusswimteam.org). The office will provide all of the information you will need. Chances are, however, that when the High School is closed that practice will be cancelled. There may be times when we cancel practice due to the weather, but only the Senior Team will have practice at the Norwalk YMCA.

## **OFFICIALS CERTIFICATION**

A big part of parental involvement comes from those who become certified to be swim officials:

*USA Swimming Certification – qualifies one to officiate at any Connecticut Swimming (USA) meets, various levels of certifications are available; courses are offered throughout the season.*

We always need additional volunteers to become officials. Our Connecticut LSC require all officials be volunteer. The more officials we have as a team we can then begin to host swim meets, which in turn will defray the cost of traveling to other facilities. It will also mean that our fund raising efforts will improve by hosting meets. As a result, we will be able to create opportunities for OUR OWN swimmers to compete and "show off" their skills to their home crowd and then be able to qualify for Championship meets. Having officials will also lower the number of timers that we have to provide.

Please consider becoming a certified USA Swimming official regardless of your child's current swimming level or your knowledge of the sport. **WE NEED YOU!!** By becoming an official, you will have fun volunteering to help the **ZEUS** swim Team and you will be close to the action.

Please call the ZEUS office at (203) 838-5836 if you are interested in becoming a Connecticut Swimming Official. Information regarding upcoming officials clinics is posted on the Connecticut Swimming web site at [www.ctswim.org](http://www.ctswim.org).

# FINANCIAL OBLIGATIONS AND CONSIDERATIONS

## FEE SCHEDULE

Fees represent team membership through July 2010.

### Little Bolts

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$540
Team Registration		\$125
NEW Pool Fee		\$110
Total to NAC		\$775
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$45
Total to NAC USS		\$100

### Future Stars

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$705
Team Registration		\$125
NEW Pool Fee		\$150
Total to NAC		\$980
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$125
Total to NAC USS		\$180

### Rockets

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$885
Team Registration		\$125
NEW Pool Fee		\$150
Total to NAC		\$1,160
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$165
Total to NAC USS		\$220

### Thunder

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$1,000
Team Registration		\$125
NEW Pool Fee		\$225
Total to NAC		\$1,350
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$195
Total to NAC USS		\$250

### Lightning

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$1,100
Team Registration		\$125
NEW Pool Fee		\$225
Total to NAC		\$1,450
USS Registration (Non-Refundable)	NAC USS	\$55

Meet Entry Account		\$195
	<b>Total to NAC USS</b>	<b>\$250</b>

### Seniors

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$1,335
Team Registration		\$125
NEW Pool Fee		\$300
	<b>Total to NAC</b>	<b>\$1,760</b>
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$245
	<b>Total to NAC USS</b>	<b>\$300</b>

### Senior Elite

Item	Payable To	Fee
Program Fee (Non-Refundable)	NAC	\$1,435
Team Registration		\$125
NEW Pool Fee		\$330
	<b>Total to NAC</b>	<b>\$1,890</b>
USS Registration (Non-Refundable)	NAC USS	\$55
Meet Entry Account		\$245
	<b>Total to NAC USS</b>	<b>\$300</b>

Each swimmer on our team needs to make out **TWO** checks -- one for NAC and one for NAC USS, per instructions above. Payment plans are available. There is a 10 percent discount on all younger siblings. Scholarships are available to children 9 years and younger. Check payments are to be mailed to:

**NAC**  
**501 Westport Ave., #272**  
**Norwalk, CT 06851**

Credit card payments are possible. Please see Omar Cruz or the Zeus treasurer for details.

**All Swimmers MUST be members of the Norwalk YMCA. Please see the Norwalk YMCA Front desk about your child's membership and fees.**

### USS Registration Fee

Every athlete who competes or practices in a USA Swimming sanctioned event must register with and become a member of USA Swimming, Inc. All ZEUS swimmers are registered with USA Swimming. This registration must be renewed annually. Included with this registration is accident insurance that covers the athlete at any sanctioned event or supervised practice.

**\*\*\*VERY IMPORTANT INFORMATION\*\*\***

### Meet Entry Fee

Each event that a swimmer enters in each meet carries an entry fee. Through experience, we have learned that the establishment of an "escrow" account for each swimmer simplifies paying entry fees, is more convenient for the parents, and makes our team run more efficiently. Therefore, the ZEUS swim Team maintains an "escrow" account for each swimmer, and as swimmers are entered in swim meets, the entry fees are deducted from your deposit.

This process can be confusing for first time parents and their swimmers. It helps to keep in mind that swimmers are entered into meets months in advance so we as a team are not closed out or prohibited due to oversubscription to attend top meets (And the best meets close very fast!) However, there may be some meets you cannot attend yet your swimmer has already been entered and paid for in advance. Unfortunately, you will still have to pay these fees.

Meet entries per swimmer are between \$4 - \$15 per race, and are paid to the facility to cover meet costs. Since ZEUS is a year-round, swim team program, it is expected that your child will compete and that is why your swimmer is automatically entered in each meet opportunity. ZEUS coaches carefully select the type and amount of meets for your child's age and ability so as to be appropriate and not overwhelming. In general, the older, more advanced swimmers will attend more meets.

If you know well in advance that you will not be attending a meet, you must withdraw your child by contacting your child's head coach in writing as soon as you can. Early notification is mandatory as some meets need to be entered 6-8 weeks before the start of the actual meet. Fees will be managed in your escrow account with these parameters in mind. Most escrow accounts need to be updated when the account is running low. Often, we do this update at the start of long course. You will be billed an additional meet fee amount, appropriately based on the age of your swimmer and the number of meets they attend for the balance of the season. One final note: No child will be entered into meets if their USS Meet Fee account is at or close to zero... as the team cannot pay for the meet entries for individual swimmers. You will receive notice of the need for additional funds in plenty of time to keep your swimmer's account current.

**\*\*\*PLEASE READ CAREFULLY\*\*\***

### **ZEUS Registration Fee**

The ZEUS Swim Team registration is used to supplement any extra ZEUS fees that are NOT covered in the program fees. That would include end of year awards such as team shirts, team towels, certificates, etc., for all ZEUS swimmers. It also contributes to coaching expenses (travel and educational) and for training equipment (kickboards, pull buoys, pace clocks, etc.), the Colorado Timing System, record board, office supplies (team computers, printers, and software programs that keep the coaching staff better equipped to manage the team.)

A swimmer is not considered withdrawn from the program until a WRITTEN notice is received by the ZEUS Swim Team coaching staff.

When transferring from one LSC to another, or team to team, 120 consecutive days must elapse without the swimmer having represented any other USS club in USS competition, for a swimmer to represent a USS club in a competitive event. All financial obligations must be met before transference will be released.

## **FUNDRAISING**

We expect and encourage ALL ZEUS swimmers and their families to participate in our fundraising efforts. Everyone (Little Bolts, Future Stars, Rockets, Thunder, Lightning, Seniors and Senior Elite swimmers) benefit from this joint effort.

The following activities are the ways we raise funds for our ZEUS swimmers:

### **Swim-a-Thon (Mandatory minimum \$100 donation per child)**

This year every ZEUS swimmer will participate in the Swim-a-Thon by obtaining pledges for each lap they swim. Participation is required for ALL team members. As we have in the past, we will be combining our efforts with the Connecticut Special Olympics. More information will

be distributed during the early part of the season. If your minimum donation is not turned in by the deadline it will be deducted from your USS fee account.

### Home Swim Meets

Hosting swim meets provides another source of funds for the ZEUS Swim Team. As a meet host, we generate income through entry fees, sale of programs, raffles, Swim store vendor, and the food concession. Please help do your share by volunteering to support your swimmers by working at the meets and also donating food.

### Sponsors

Sponsorships may be obtained in several ways. ZEUS families can solicit advertising space from area merchants and service providers for display in our programs. ZEUS families may also place their own "ads" in the program and/or individual events or relays. We also solicit corporate sponsorships.

## **USE OF FUNDS**

Because of our major annual fundraiser -- the Swim-a-Thon -- ZEUS is able to benefit both our team and also support an organization in the Connecticut area. In this case, ZEUS provides a donation to the Connecticut Special Olympics from the money raised by our swimmers. We also use part of the money toward updating the team's computers, printers, computer software and other supplies needed for running the best possible swim team program and swim meets.

In addition, the team will send our coaches to ASCA Clinics, subsidize all USA Sectional, USA Sectional, and USA Senior National participants, defray coaches' travel expenses, purchase paper supplies, sponsor parties and award banquets, certificates, purchase all the awards, and any thing else we buy. We are also looking into establishing a scholarship fund for our athletes in the future. We have to meet all the attending expenses which occur with running a successful team.

## **ZEUS OFFICER BOARD**

Nancy Wargo	President
John Ceci	Co-President
Lisa Lenskold	Vice President/Volunteers
Jairo Alarcon & Edgar Roldan	Vice President/Fundraising
Karen Ham	Treasurer
Claudia Ahumada	Co-Treasurer
Linda Dell'Isola	Secretary
Verna Holder	Director at Large
Omar Cruz	Head Coach

**Contact the swim team coaches and find important information**  
**Office phone: (203) 838-5836**  
**Website: [www.zeusswimteam.org](http://www.zeusswimteam.org)**

# GLOSSARY

## **Age Group Meet**

All USA registered swimmers, 18 years of age and younger, who have met the qualifying time standard for a specific event(s) are eligible to participate in their age category. A swimmer's age on the first day of competition shall govern for the entire meet.

## **"Bronze" Cut**

The qualifying time in a given event for the USA Bronze Classification

## **Circle Seeding**

This is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

## **Classification of Meets**

A swimmer's ability level determines his or her class of competition at USA meets. Gold, Silver and Bronze meets are sanctioned by USA. Each class has USA time standards for each stroke at each distance for each age group. Swimmers new to competition are classified as "Bronze" swimmers in their first meet.

## **Course**

Designated distance over which the competition is conducted.

## **Cuts**

Qualifying times for specific types of championship meets

## **Deck Seeding**

A procedure for assigning swimmers to the proper lanes and heats immediately before each event in the marshalling area.

## **Disqualification (DQ's)**

Stroke and turn judges watch each race. Swimmers with improper form or technique are disqualified and told why. Swimmers should not be discouraged by a DQ. Most team members have had the same experience. Pay attention to the judge's remarks and work doubly hard on stroke perfection in practice. Swimmers may swim the remaining events that day and may enter the same event at the next meet.

## **Dual Meet**

Meets conducted with two teams. Dual meets usually have a limitation on the number of entrants per event from each team.

## **Event**

Any race or series of races in a given stroke and distance. Usually a swimmer is allowed to enter up to three individual events and one relay per day at USA swim meets. However, event limits are set by the host team, so check the meet information sheet to see how many events per day you are allowed. You will receive periodic reports.

## **Escrow Account**

An account from which a swimmer is billed for meet entry fees, late fines, USA registration, team caps, etc.

**Family Folders**

A cart, usually found in the lobby, containing info for each family in their own family folder.

**Finals**

The session of a meet where qualifying rounds (prelims) were held previously to determine the finalist (usually 1-16 depending on pool size and whether or not consolation finals are conducted). Results of the finals determine the ultimate placement in a given event. Most 'final' types of meets are at the championship level (i.e. UMCA Nationals, USA Championship meets).

**Freestyle Relay**

Four swimmers where each swims one fourth the distance using any desired stroke.

**"Gold" Cut**

The qualifying time in a given event for the USA "Gold A" classification level

**Heat**

A division of an event into a series of races. Each race is one heat. Heats are needed when more swimmers enter a race than there are lanes available in the pool.

**Heat Sheet**

A list of swimmers entered in each event with their respective entry times. Pre-seeded meets will also list swimmers in pre-assigned heats and lanes. The host team of a meet prepares heat sheets and sells them to spectators for a nominal fee.

**Individual Medley (IM)**

All four of the competitive strokes are swum by one swimmer in the following order: butterfly, backstroke, breaststroke and freestyle.

**Invitational Meet**

A sanctioned meet by a team in which two or more teams are invited to participate. Invitational and USA meets are classified according to the level of competition. A "Gold" meet is a high level of competition restricting competition to swimmers who have achieved "Gold" time standards. A "Silver" meet is restricted to swimmers who have NOT achieved a "Gold" time, but have achieved better than "Bronze" times.

**Junior Olympics**

Meets held at the end of each season in each state (winter - March, summer - July). Cut-off or qualifying times are required.

**Long Course**

A type of competitive pool which measures 50 meters or 55 yards in length. The standard size for all International competition and all world record swims is the 50 meter course.

**Marshall**

The person responsible for assigning heats and lanes to swimmers.

**Marshalling area**

Area adjacent to the Marshall in which swimmers are assembled and assigned to a heat.

**Medley Relay**

Four swimmers on each team, each swimmer swims one fourth of the prescribed distance continuously in the following order: backstroke, breaststroke, butterfly and freestyle.

**Meet**

Series of events determining the basis of competition.

DUAL - two teams in competition, generally not sanctioned.

INVITATIONAL - a sanctioned meet sponsored by a team with two or more teams invited to participate. Invitationals and USA meets are classified according to the level of competition. A "Gold" meet is a high level of competition restricting competition to swimmers who have achieved "Gold" time standards. A "Silver" meet is restricted to swimmers who have not achieved "Gold" time, but have achieved better than "Bronze" times.

### **Overqualified**

In USA competition, swimmers usually compete in three categories: A, B, and C (Gold, Silver and Bronze). If a swimmer competing in a "Silver" event swims a time that meets the "Gold" time standards in a particular event,, they 'overqualify' and are awarded a "Gold" proof of time card rather than a medal or ribbon in their previous "Silver" category. The same procedure applies when a "Bronze" swimmer achieves a "Silver" time standard in any given event.

### **Prelims (Preliminary Heats)**

In certain meets, the qualifying rounds held for each event to determine the finalists

### **Referee**

The official who has authority over all other officials at a meet. He/She enforces all rules, decides all questions about conduct of the meet, and is responsible for the efficient running of the meet.

### **Relay**

An event where four swimmers are part of a single, team oriented event.

### **Sanction**

Official or authorized approval from USA to sponsor a meet.

### **Scratch**

The withdrawal of an entry from competition.

### **Sectionals**

A USA meet held twice a year, short course in March and Long Course in August. Qualifying times are needed to compete.

### **Seeding**

The process by which a swimmer is assigned a certain lane and heat in an event. Competitors are assigned to lanes based on their seed times as follows:

6 lane pool - lanes numbered 3,4,2,5,1,6 (with the fastest time in lane 3)

8 lane pool - lanes 4,5,3,6,2,7,1,8 (with the fastest time in lane 4)

### **Senior Nationals**

A USA meet held twice a year, short course in March and Long Course in August. Qualifying times are needed to compete. The highest level of competition outside of the Olympic Trials.

### **Senior Swim Meet**

All USA registered swimmers who have met the Senior qualifying time standard for a given event are eligible to compete.

### **Short Course**

A type of competitive pool which measures 25 yards or 25 meters.

### **"Silver" Cut**

The qualifying time in a given event for the USA "B Silver" classification level.

**Split**

A per lap time that coaches often record for teaching the concept of pacing. For instance, a swimmer's time for each 25 yard leg of a 100 yard event are his/her four splits.

**Starter**

The official at a meet responsible for the proper, legal start of each race.

**Strokes**

There are four official racing strokes - butterfly, backstroke, breaststroke and freestyle.

**Stroke Judge**

A certified official who determines the legality of swimmers' strokes and disqualifies those who do not conform to the USA or YMCA rules.

**Swimming World**

A monthly magazine with articles and stories about competitive swimming as well as some regional and all national meet results. For subscription information write:

"Swimming World"  
P.O.Box 45497  
Los Angeles, CA 90045

**Timed Finals**

Competition in which individual heats are swum and the final placements are determined by the times performed in all of the aggregate heats. All swimmers are seeded from the slowest times to the fastest times. Each heat is set up by ascending order of times (i.e. if 4 swimmers are entered in the 50 yard backstroke, the 8 slowest times would be swum in heat#1, and the 8 fastest times would be swum in heat #6)

**Time Standards**

Certain qualifying times which have been set up by the New Jersey Association of the USA and the National USA for all events in all levels of meets to insure that all competitors are of reasonably the same ability in their respective meets.

**Top 16 (USA)**

A tabulation of the top 16 times in every age group and every event of all USA competitions from the previous season. The short course Top 16 are published in August, and the long course Top 16 are published every March.

**Touch Pad**

The part of an electronic timing system that rests in the water at the end of each lane. Swimmers times are automatically recorded when the swimmer touches the pad.

**Unattached**

The status assigned to a swimmer when switching from one USA club to another. A swimmer must be unattached for 14 days from their last competition with their previous club. During this time, the swimmer may compete individually, but not in relays.

**USA**

Abbreviation for USA Swimming, Inc., which is the governing body for amateur swimming in the United States. National headquarters is in Colorado Springs, Colorado.

**USA Meet Rules**

All USA competition is conducted in accordance with the rules of USA Swimming as set forth in Official Rules for Competitive Swimming, a rule book published annually by USA.

