

NEW ALBANY-FLOYD COUNTY

Flying Fish Swim Team



Sponsored by Riverside Aquatic Club

2014 Handbook & Information Guide

Swim Team 2014

We are pleased that you and your children have decided to participate on the 2014 New Albany-Floyd County Flying Fish Swim Team. As a member of Southern Indiana Swim Association (SISA), we are able to provide children with the opportunity to experience competitive swimming during the summer. SISA consists of Clarksville (CV), West Clark (WC), South Harrison (SH), Harrison County (HC), Charlestown (CTOWN), Jeffersonville Aquatic Club (JAC), and us. Our swim team's purpose is to promote improved swimming in all four strokes, introduce competitive swimming in a recreational environment and to promote teamwork and good sportsmanship for the youth of the area. Our goal is that every child will develop his/her skills to the best of his/her abilities. Each child is important to the team. Above all, participation should be fun for everyone.

2014 Fees

The Team uses the fees to pay for relays at Champs as well as staffing costs, insurance and SISA costs. It does not use it for pool maintenance or rental. We are fortunate to have the support of the New Albany Floyd County School Corporation for use of space.

The registration fee for NAFC FF Swim Team is \$75 for the first child and each additional child in that household will be \$70. Swimmers who have participated with Riverside Aquatic Club during the 2013-2014 season will have a pro-rated registration of \$50.00 per swimmer. Registration remains open until June 7th, when final rosters are due. Team suits, caps and entry fees for Champs are the responsibility of the participant. Additional funds for the team will be raised through our concessions and gate at home meets as well as a fundraising effort. These funds go towards our end of season party and awards and other expenses.

Eligibility for Swim Team

Anyone, who is between 6 and 18 years old as of June 1, 2014, is eligible to join the swim team. Each swimmer must be able to swim 25 yards or the width of the pool unassisted (without touching bottom). For children who cannot meet the requirements, we recommend enrolling them in swimming lessons. Riverside Swim School will be offering swimming lessons at Highland Hills Middle School this summer. Contact Kathy Collings at kcollings1@sbcglobal.net for more information on lessons.

New Albany-Floyd County Flying Fish Board

The New Albany-Floyd County Flying Fish Booster club supports the team and helps to ensure that every swimmer has fun! The NA-FC FF Board holds periodic meetings to organize fundraisers and special events for the team. They also coordinate volunteers to assist during swim meets. Board members for 2014 are: Amy Schneidau, (amyschneidau@hotmail.com) Angela Faust (angela.faust@twc.com), Jetta Dunsford (sjjs@twc.com), Mark Lowney (kaylowney@aol.com), and Samantha Early (searly@ius.edu). If you are interested in participating on the board, please contact a board member.

Sponsors

Please contact a board member if you or someone you know would like to sponsor our team. Sponsorships are available for \$100. This is a great way for local businesses to get a lot of exposure. All sponsors get free advertisement in the Champs heat sheets, which will be read by families from all seven SISA teams. These funds will help with awards and parties at end of season.

Communications Box

We have established a communications box containing a folder for every swimmer. We ask that you or your child check this folder every practice. There will also be folders marked for coaches and board members. Champs information, team picture information, and awards party information will be communicated through these folders. We will also rely on email so be sure to include an email address that you check regularly. If you need to relay information to the coaches or board members, please use their email addresses.

Parent Orientation

There will be a season opening parent meeting on Monday, June 2nd at 6:30 PM during practice. It is very important that you make every effort to attend. The meeting will be held during the regular practice time. Parents will have the opportunity to meet the coaches and ask any questions they may have about the season. Members of the NAFC Flying Fish Board will also be available for questions and assistance. Swimville USA will be there for suits and fittings.

Team Suits, Caps, Shirts, and More

The team suit is black with blue and green in color and is the “Speedo” style. These can be purchased through Swimville USA in Middletown, KY (11800 Shelbyville Road, Louisville, KY 40243, 502-245-9811). If preferred, you may buy your swimwear at any of the local sporting goods stores. Girls’ suits must be one piece; boys may wear either the brief or jam style. Goggles are also required for each swimmer. Swim caps are required for girls and boys who have long hair. Swim caps can be purchased from the NAFC FF Board members during practices. Team shirts will also be available for order during the parent meeting.

Swim Meets

There will be no extra fees charged to compete at regular swim meets. The coaching staff will be responsible for entering swimmers in meets.

If your swimmer will be unable to attend a scheduled meet, please notify the coach in writing as soon as possible or no later than the practice before the meet. This information is necessary when preparing lineups and relay teams for a swim meet. The coach will determine what events the swimmer will compete in each week.

Swimmers will be required to warm-up before the start of each meet. Warm-ups for home meets will be at 4:45 PM and for away meets at 5:15 PM. All swimmers are expected to be on deck 10 minutes before warm-ups for a team meeting. Even for the youngest swimmers, it is important that they get wet and swim at least a lap or two during warm-ups.

Very important! When you arrive at the pool for the meet, find the sign-in sheets for your team. If you are going to be late for the meet, CALL THE COACHES before warm-ups. There will be markers available to highlight your child’s name. This check-in process will allow our coaches to know that your child is ready to swim. Failure to follow these rules may result in your child being scratched from his/her events!

We encourage our swimmers to “camp” together in one general area to assist those who are clerking the events. Swimmers should always be willing to swim whatever the coaches ask. Your team may need your points in that event even if it isn’t your favorite.

Helpful Hints to Survive Swim Meets

Important things to take to meets: lawn chairs, sunscreen, umbrellas, hats, blankets or something to sit on, spare goggles, several towels for each swimmer, lots of water, healthy snacks, and the patience of Job.

During your first meet, don't become concerned or discouraged if things seem confusing. Ask questions! You will find many people willing to help. By the second meet, you'll be a pro!

Be prompt for warm-ups; try to arrive at least 15 minutes early to get situated.

If you want to swim your best, get a good night's sleep the night before the meet and eat healthy meals during the day. During the meet, it is best to avoid sodas and candy.

Never leave a meet without notifying a coach. You may be leaving before your last event or may be needed for a relay.

Immediately after your race, go see a coach to get some feedback.

It is suggested that swimmers have their event numbers written on the back of their hands or forearm, (not on their backs), so that they will know their event numbers.

It is the swimmers' responsibility to listen for announcements and report to the Clerk of Course (the person who lines the swimmers up before the race) on time. Failure to do so will disqualify the swimmer from that race.

Important Phone Numbers

Name	Title	Email	Phone
Kevin Minnick	Coach	ktminn2@gmail.com	859-230-9180
Mark Lowney	Coach/Helper	kaylowney@aol.com	502-762-2856
Kathy Collings	Riverside Aquatics Club	Kcollings1@sbcglobal.net	812-945-9704
Amy Schneidau	Board Member	amyschneidau@hotmail.com	502-786-0299
Angela Faust	Board Member	angela.faust@twc.com	502-494-3436
Samantha Early	Board Member	searly@ius.edu	812-207-1962
Jetta Dunsford	Board Memeber	sjis@twc.com	812-406-6082
Morgan McCool	Coach	mdmcco09@louisville.edu	502-216-5098
OscarAnderson	Coach	scarnatron@sbcglobal.net	502-681-2570

Dates to Remember

Date	Event
June 3 June 2 June 3 and 4th	First day of practice; Parent Orientation Meeting 6:30 @ Hazelwood -Swimville Suit Fitting Officials Clinic @ Harrison County –June 3 @ WC –June 4 Required by anyone who wants to be official*
June 9	Swim Meet at Harrison County
June 12	Home Meet with Clarksville
June 16	Swim Meet at Charlestown
June 19	Home Meet with JAC
June 26 July 3	Home Meet with West Clark Swim Meet with South Harrison
July 12	CHAMPS at Jeff Aquatics Center (All day)
July 14	End of season party at New Albany High School at 5:30 PM and awards

*Unless USA Swimming certified

Parental Involvement

Summer swimming is not a spectator sport. This is the best sport in the world for family involvement. There are three areas where parents are essential.

Swim meets cannot run efficiently without timers, place judges, award officials, and concessions. The aforementioned requires tremendous effort from parents. Please volunteer! We cannot stress the importance of having your parental help. Seek out a representative of the Booster club and VOLUNTEER!

Periodically, we will ask parents to assist in special things like bringing food for concessions sales, assisting with special events, or even taking charge of planned events. Remember unlike other sports, swimming truly requires some extra parental involvement!

Finally, you are your child's best motivator, friend, and supporter. Your coaching staff cannot provide all the personal attention each child requires, and sometimes motivation becomes an obstacle. Although we do not encourage technique tips from parents, we strongly advocate POSITIVE encouragement for your kids.

Ear Infections

One of the major culprits of missed practices and meets is ear infections. We know that certain kids are more prone to infections than others. The external ear infection “swimmers ear” is caused by trapped water in the ear canal. There is a preventative measure for this condition. After each practice you can put a few drops of a 50% alcohol, 50% vinegar mix in each ear. THIS IS A PREVENTATIVE MEASURE. IT WILL NOT CURE AN EAR INFECTION. You must seek medical assistance once an infection begins.

Champs

Champs is the “Super Bowl” of SISA summer swimming. It is a celebration of all the hard work that swimmers, coaches, and parents have done all summer. It is a chance for your swimmer to swim his/her favorite events against the other seven SISA teams. First through six place winners are scored and receive medals. Seventh through twelfth place will get ribbons for individual events. Swimmers may choose up to four individual events and two relays (which will be put together by the coaches). A swimmer must participate in at least 2 swim meets to be eligible to swim at Champs at the end of the season. There is a nominal fee charged for each entered event. The Team will pay for the relays.

This season’s Champs will be held at Jeff Aquatics Center hosted by JAC on July 12, 2014.

Team Awards Party

A team party will be held at the end of the season on Monday, July 14 at 5:30 PM. Participant awards and special recognitions will be presented. Party details will be placed in the communication box before the event.

Practices

Swimmers will compete in their respective age groups. The age of the child is determined by the swimmer's age as of June 1, 2014. Practices will begin on Tues, June 3 at Hazelwood MS for the first week and then move to New Albany High School . Swimmers are encouraged to attend as many practices as possible. Eligibility for meets can be dependent upon attendance at practices. Exceptions may be made for illness, vacation, or jobs at the discretion of the head coach. No horseplay is allowed during practices. Disruptive swimmers will be asked to sit out for the practice.

Your child will be taught new skills, depending upon their prior experience. Swimming is a very technique driven sport and the coaches will strive to teach the "correct" way to do strokes. Competitive swimming has "rules", like any sport, even at the summer recreational level. The coaching focus is to develop technique and skill in the process of building stamina for the athletes. Since rec swimming events are all fairly short distance the emphasis is more on skill acquisition than "endurance training". If you have questions about what your child is doing during practice, feel free to ask the coaches – after practice.

If your child is still learning how to do the strokes correctly, they may get disqualified in an event. Please help your child to understand that there are rules for the strokes and events, just like basketball or baseball, and that they are just learning. Even Michael Phelps has gotten DQ'd at the highest level. They may roll onto their stomachs during backstroke or they may forget and touch with just one hand during breaststroke and butterfly. It happens. Even if the coaches have told them, when they hear it from a stroke and turn official, they will probably remember for next time.

Practice Schedule

June 3-July 10th

6:00 -7:00 PM Ages 8 and under (and new 9-10's) (Mon thru Thurs)

7:00 -8:00 PM Ages 9 and over (Mon thru Thurs)

Workouts are only one hour long. Swimmers, please arrive about 10 minutes early so you can be on deck and ready to swim promptly.

Inclement Weather

There should be no practice cancellations due to all practices being held indoors at New Albany High School. Outdoor meets may be called due to weather, but since this is the Ohio Valley, we know how quickly it can change. It is best to go to the meet and see how things play out.

Directions to Pools

WC (West Clark, Sellersburg): 415 Oak St., Sellersburg, IN 47172. Take Charlestown Road (SR 311), north from New Albany; stay on SR 311 and US 31 through two traffic lights. Turn left on Hauss Ave. (second street past the second light). Go straight at stop sign and down the hill to pool parking lot.

SH (South Harrison, Elizabeth): 8750 South Harrison Park Dr., Laconia, IN 47135. Go down Main Street in New Albany; turn right on Hwy 111 South (River Rd). Go approximately 11.2 miles, turn right on Hwy 211, and go to top of the hill. Turn left on Hwy 11. Follow this to the 4-way stop in Elizabeth; turn left staying on Hwy 11. Bear right at the Y in the road. Go about 2 miles and turn left into South Harrison Park.

HC (Harrison County, Corydon): 2150 Poolside Dr. NW, Corydon, IN 47112. Take I-64 west to Corydon, exit 105 (SR 135). Turn right on 135 south, go to the flashing light (SR 337); turn right going north. Go one block. Turn right on Harrison Poolside Drive.

JAC (Jeff Aquatic Center): 2107 Middle Rd., Jeffersonville, IN 47130. From New Albany, take I-265 East. Go past the I65 exchange to the next exit. Take the Jeffersonville exit, turning right onto Old Hwy 62. Go to Allison Lane. (Meijer is on the corner.) Turn left. Go to Middle Road, turn right. Pool is up on right.

CA (Clarksville Aquatic Center): 800 S. Clark Blvd., Clarksville, IN 47129. From New Albany: Take Old Hwy 62, (Spring Street), out of New Albany and turn right on Randolph Avenue. Go to the first stop sign and turn right. Take a left on South Clark Blvd. Go approximately 1/2 mile. Aquatic Center is on your left. Via I-65 S: Take Stansifer exit, turn right and continue to South Clark Blvd. Take a left and go to Aquatic Center on left

CTOWN (Charlestown): 8804 High Jackson Rd., Charlestown, IN 47111. Via I-65 N: Take exit 6A to merge onto IN-265 E toward IN-62. Take exit 10B to merge onto E Hwy-62/IN-62 toward Charlestown, continue to follow IN-62. Turn left onto IN 3/Market St. Turn left onto High St. High St. becomes High Jackson Rd. Charlestown Middle School (pool facility) is on the left.