

# **New Wave Swim Club, Inc**

P.O Box 524  
Lowell, MA 01853

## Team Handbook 2009-2010

In an effort to clarify and articulate the basic responsibilities and expectations for swimmers, parents and others involved with the club, the Board of Directors (Board) of New Wave Swim Club, Inc., (NWSC) has adopted the following as the Team Handbook for the 2009-2010 season as a guideline for its operation and as commitment to the families:

### INTRODUCTION

The purpose of this handbook is to explain what New Wave Swim Club, Inc. (NWSC) is, and to outline various policies that affect all swimmers, new and continuing. All members are required to read this handbook thoroughly so that they may become familiar with the policies and procedures of the club. We hope that this will become an invaluable reference source as well as an educational tool for new swimmers and their families.

### GENERAL DESCRIPTION AND OBJECTIVE

New Wave Swim Club, Inc. is a not for profit corporation. The swim team provides master level and competitive swimming for children in the Northern Massachusetts and Southern New Hampshire area. The swimmers compete under the jurisdiction of New England Swimming Inc. ([www.neswim.com](http://www.neswim.com)), a unit of United States Swimming ([www.usaswimming.org](http://www.usaswimming.org)) (USA), the national governing body. The team website is [www.newwaveswimclub.com](http://www.newwaveswimclub.com).

NWSC offers a multi-level program for children approximately ages 7 and up. At each level of the program swimmers learn the values of sportsmanship and teamwork. We strive to offer swimmers with NWSC the environment to realize lifelong health, positive social interaction, and intellectual skills that will last a lifetime.

### MISSION OF NWSC

The mission of NWSC is to develop in each swimmer/athlete the fundamental skills, physical conditioning, productive work habits, and character growth that, through hard work and perseverance, will prepare the individual to be a more successful person with a better chance of

living a life closer to their peak potential, and to contribute to the world they live in.

Perseverance is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some setbacks. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

## FINANCIAL INFORMATION

New Wave Swim Club, Inc. is a not-for-profit corporation. The substantial revenue requirements of the organization for employee salaries and pool rental are derived solely from tuition and fundraising efforts.

## PROGRAMS

New Wave Swim Club, Inc. offers instruction in the fundamental four competitive strokes (freestyle, butterfly, breaststroke, and backstroke) and the basics through development of starts and turns using progressive practice groups based on skill level. All programs are designed to develop the child physically, mentally, and emotionally.

The beginning of each swim season brings with it opportunity and change. Whether a swimmer has been with us for years or is new to our program, the first step is their placement into a practice group. In each of the practice groups we have a designated focus on certain skills. Swimmers are placed based on their current ability not age.

### Pre-Competitive

The Pre-Competitive program consists of instruction for 1.5 hours, two (2) times per week, and runs year-round according to our short course and long course competitive programs. Typically there is a half hour of dry land training combined with an hour of swimming practice. The emphasis at this level is on learning the techniques of the four competitive strokes as well as starts and turns. These swimmers practice to build endurance and preview the excitement of competitive swimming.

### Age Group

The Age Group swimmers train 3-4 days per week typically on Monday, Wednesday, Friday, and Saturday for 2-2.5 hours per day. Their training consists of a half hour of dry land where proper stretching and muscle development exercises are done. In addition, running is introduced to improve endurance. There is 1.5-2 hours of swimming instruction where the swimmers spend more time on stroke and turn development along with learning to gain speed and confidence. This group swims in six or more meets per season as well as Regional and New England Championships.

### Junior Team

The Junior Team is recommended to practice at least 4 times per week for 3 hours each day. Their training varies as the season evolves. At this level of competition a strong emphasis is placed on strength development through weight training, abdominal development, plyometrics, and running along with increased yardage in the training pool. A major focus of this group is developing a swimmer who is able to apply what they have learned in practice to races in meets. This group swims in seven or more meets per season as well as Regional and New England Championships.

### Senior Team

The Senior Team is required to attend practice a minimum of 5 times per week or 22 times per month for 3 hours each day and also attend all championship qualifiers and meets. Their training becomes more intense and focused as the season progresses. The goal is to provide advanced stroke technique such as starts, turns, and refinement of all four strokes as well as advanced cardiovascular and muscle training through dryland, weight training, plyometrics, and water workouts. At this level, swimmers are expected to actively participate in their training, perfecting and maintaining a consistent work out regime. Advanced mental training is also included. This group swims in seven or more meets per season as well as Regional and New England Championships with a progression towards National level meets.

### Master Level

Master Level swimmers are those who are typically 20 years and older and not currently swimming with a collegiate affiliation. We offer a program with training sessions developed by the swimmer and the Head Coach.

## PRACTICE INFORMATION

### Locations

Practices are held during the short and long course seasons at Lowell High School (LHS) and University of Massachusetts at Lowell (UML) Monday through Saturday and on Sundays and some holidays at Haverhill High School (HHS). Typically, Junior and Senior teams practice at Lowell High School (LHS). The Pre-Comp and Age Group teams typically practice at University of Massachusetts at Lowell (UML). During the summer, we will occasionally practice at long course facilities. The practice schedule is posted on our website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com).

Occasionally, due to unforeseen circumstances, practices may be moved to an alternate facility. All members will be notified of such changes as soon as possible and as appropriate. Notification is by way of postings to the New Wave Swim Club website and e-mail.

## Attendance

The following guidelines are to inform parents and swimmers of the coaches' policies regarding training. These policies have been developed over many years and are designed to provide the best possible training environment for all.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a rule, the least amount of interruption in the training schedule will produce the greatest amount of success. The club does however encourage younger swimmers to participate in other activities besides swimming. Practice attendance expectations increase as swimmers move up to the next training level.
2. For the swimmer's protection, they should arrive at the practice facility no earlier than fifteen (15) minutes prior to their workout time. They should also be picked up by fifteen (15) minutes after their scheduled practice is over. Swimmers are required to be prepared for swim/dryland five minutes before the designated start of their practice.
3. In case a swimmer is late for practice the parent will escort that swimmer to the appropriate area and explain to the coach the reason for tardiness. If your child is being driven by someone other than a parent, a note will suffice. Repeated tardiness will not be tolerated and will be dealt with on an individual basis.
4. Swimmers should plan to stay for the entire practice. The last part of practice is usually the most important. Announcements are usually made at the end of practice. In the event your child needs to be dismissed from practice early, a note from the parent for each dismissal is required. A parent is required to be on the pool deck in order for a non high school age child to be released.
5. Parents are not allowed on the pool deck during practice with the exception of the fifteen minutes prior to and after practice.  
  
Parents can become a distraction to the swimmer, the coach, and the entire team.  
  
Parents are not covered by the team's insurance in case of injury.
6. There is no access in or out of the side pool doors at Lowell High School and there is NO FOOD or DRINKS (except water) on the pool deck per our contractual agreement with the City of Lowell.

## CANCELLATION

### Short Course

Practice is normally cancelled if Lowell High School is closed due to inclement weather. This includes early release as well as snow days. We will notify by 3:00 P.M. if practice is cancelled. Our first and primary line of notification will be the NWSC website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com). Email may also be sent and an effort may be made for phone calls for those without email or internet access.

### Long Course

Since we occasionally practice at an outdoor facility, thunder and lightning are the primary reason for cancellation. Another reason would be unseasonably cold temperatures. In addition, weather may take a turn for the worst during a practice session, which would require a swimmer to be picked up early.

There is always a chance that we will have to cancel a practice for “unavoidable circumstances”, and we appreciate your understanding. Every effort will be made to contact all members. Our first line of notification will be the NWSC website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com). Email may also be sent and an effort may be made for phone calls for those without email or internet access.

### Holidays

If the facility is closed for a holiday, there is no practice. There is usually an automatic make up practice the next day following a holiday for all practice squads. (i.e. if Monday is a holiday, the make up would be on Tuesday)

### School Vacation

Practice schedules will be posted on the pool deck and on the NWSC website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com).

### Delays

During the Lowell High School girl’s and boy’s seasons there are times that the home meets run over into NWSC practice time. Once the schedule is posted we will adjust the practice times accordingly so as not to interrupt the training of our athletes.

### Illness, Injury, and Early Dismissal

Any swimmer who will be out of the water with an illness or injury for an extended period of time should notify their squad coach so that the staff is fully aware.

During the course of the year, temporary illness and/or injury may limit the amount of regular practice a swimmer can perform. The Head Coach must be notified **IN WRITING** of the specific limitations. In the case of injury, the ideal scenario is a note from a medical professional with appropriate training advice.

In the event your child needs to be dismissed from practice early, a note from the parent for each dismissal is required. A parent is required to be on the pool deck in order for a non high school age child to be released.

## COMMUNICATION

Good communication is vital to any organization. Therefore we have established a number of channels to facilitate information gathering, clarification, and problem solving as they relate to the club.

### Website and E-Mail

The NWSC website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com) and e-mail are the primary methods of communication. It is the team member's responsibility to make sure that they visit the website regularly and that the Registrar has the most recent email address and family information for documentation. There is a place for this information on the mandatory registration form.

### Newsletter

The team newsletter is published monthly to provide information about the team, the monthly calendar, meet schedules, team functions, and recognition of achievement, (swim related and socially). Information for the newsletter should be emailed directly to the Newsletter Editor.

### Bulletin Board and Calendar

Parents and swimmers should check the team bulletin board and monthly calendar for announcements. Although announcements may be emailed to all swimmers, swimmers and parents should check the bulletin board and website regularly to see what events are coming up for the team.

### Website

NWSC has and maintains a website at [www.newwaveswimclub.com](http://www.newwaveswimclub.com). Up-to-date announcements and practice and meet calendars are posted on our website. The website is the primary method of communication. Please check it regularly.

### Communication with the Coaching Staff

If you need to speak with the coaching staff directly, a number of avenues are available. The best way to speak with the coaches is to meet with them after practice. Sending a note to a coach with your swimmer is a good way to get information to them. In order to discuss an issue at length with one of the coaches, a mutually acceptable meeting time and location should be arranged in advance.

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather

than directly with the coach, or a member of the Board of Directors. Rarely is the problem ever resolved that way, and this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or training group. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.

The other avenues for communication are the phone and email. This information is published at the beginning of the season and can be found on the contact list you will receive upon registering.

### SWIMMER'S RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage swimmers to be the best they can be. As swimmers improve it becomes a deeper commitment that requires greater effort and affects all persons and families. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

All athletes are responsible for having a Parent/Athlete/Coach (PAC) meeting to discuss goals and expectations for the season within the first month of the season.

Swimmers will bring all required training accessories (i.e., swim suit, goggles, cap, fins, towel, WATER, running shoes etc.) to workouts. It is the swimmer's responsibility to make sure these items are ready for use and that spares are readily available for every practice. There are consequences for repeat offenders.

NWSC members and their families have an obligation to act as guests while in each practice or competition facility. Every member of the club needs to do everything possible to respect this privilege as well as abide by the rules outlined in our contract. Any damages to property may result in financial liability to the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.

While on school grounds, the swimmers are the responsibility of the coaching staff. During practice sessions, swimmers are not to leave the pool area without the coach's permission.

## Meets

Swim meets are scheduled by the coaching staff before each season. Meet forms, indicating which meets a swimmer will or will not be available for are due to the Meet Entry Coordinator at the beginning of each season by the date specified. It is the parents and swimmers responsibility to know the details of a meet beforehand. Specific meet information will be posted on our website as well as the New England Swimming website, [www.neswim.com](http://www.neswim.com), when it becomes available. Team entries will also be posted on our website. Swimmers are required to arrive at the meet at least 15 minutes before the scheduled warm up time begins. Swimmers will swim all events entered unless determined otherwise by the coaching staff. Only the coaching staff can scratch a swimmer from an event. After their event, the swimmer should go to the warm down pool when applicable, and then to their coach. Parents are encouraged to sit together in the spectator area. Per the New Wave Swim Club Membership Agreement, there will be a \$25.00 fine per session missed without contacting a coach.

## Swimmer's Code of Conduct

Any swimmer who is known to use alcohol, drugs, or tobacco are subject to suspension from the team.

Never interfere with the progress of another swimmer, during practice or otherwise. Disciplinary action may be taken.

At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team. Infraction of team rules may be cause for dismissal from practice, team functions or meets.

## COACH'S RESPONSIBILITY

The coaches' job is to supervise the entire competitive swim program. The NWSC 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 be in total control in matters affecting training and competition.

The coaches are responsible for placing swimmers in practice groups. This is based on the ability of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging group by the coach.

Sole responsibility for stroke instruction and the training regimen rests with the NWSC coaching staff. Each group's practices are based on sound scientific principles and are geared towards the specific goals of that group.

At meets the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance.

#### P.A.C. (Parent/Athlete/Coach)

Each swimmer is required to meet with his or her coach by the beginning of October (short course) and by the beginning of May (long course) to discuss goals for the season. The swimmer and the coach will both have a copy of what is discussed.

### PARENT RESPONSIBILITY

Parents are required to have the mandatory registration materials completed before the swimmer enters the pool either as a returning team member or a new swimmer.

It is the parent's responsibility to register their swimmer(s) for meets via the website. Once registered, the account will be charged for the entry regardless of whether the swimmer actually competes or not. Per the New Wave Swim Club Membership Agreement, there will be a \$25.00 fine per session missed without contacting a coach.

Input is always welcomed, and parents and swimmers are encouraged to confer with the coaching staff prior to a problem with a competition (i.e. high school, other sports commitment, family obligation, work conflict, illness, injury, or attitude adjustment). Swimmers will participate in all entered races unless determined otherwise by the coach. Scratches will only occur by a member of the coaching staff. Relays are determined by the coaching staff with the best interests of the team in mind and may not be run with the four fastest swimmers in an age group.

At least one parent from each family must attend NWSC parent meetings. Very few are actually scheduled during the year and therefore attendance is mandatory.

It shall be the policy of NWSC to make every effort to meet requests for volunteers for other USS meets we attend, to the best of our abilities and resources.

At some point all parents will be called upon to participate on some level at team functions (i.e. parties for the swimmers, year-end awards banquet, and fundraisers).

#### NWSC HOSTED SWIM MEETS:

All NWSC parents are required to work at the NWSC home meet(s). Work assignments may include working on planning sub committee, serving as timers, working in the bullpen,

concessions, fundraising, or acting as a runner.

### Swim Meet Realities:

1. New Wave Swim Club, Inc. funds its activities from two (2) primary sources. The first is the tuition payments each swimmer and their families have agreed to pay. The second is hosting of one (1), two (2) or possibly more swim meets each year. Each event is a considerable effort, yet the financial results are substantial and have a major impact on the club's finances.
2. It takes a significant number people to run each individual session of an NWSC hosted meet. The presence and participation of every person is all that assures continuance of successful results and the respect of other teams in New England Swimming.
3. The membership of NWSC has indicated a strong preference to the Board of Directors for hosting swim meets versus alternative fund raising methods.
4. NWSC has the reputation of hosting well run and fun meets for the benefit of our children.

### Expectations of NWSC Families:

1. The Board of Directors shall communicate with the membership the required number of sessions each family is to work for each meet via the club's web page at [www.newwaveswimclub.com](http://www.newwaveswimclub.com) and/or via other methods.
2. Each family shall provide individuals to satisfy the meet session requirements set forth by the Board of Directors and/or the Meet Director. Anyone working the meet to satisfy a work session must be in the 8<sup>th</sup> grade or older.
3. Every year NWSC expects to host and/or participate in several swim meets. These usually include:
  - NWSC Relay Carnival (October)
  - NE Masters Swimming Championships (December)
  - NWSC Nor'Easter Classic (January)
4. If you are not able to work your assigned duty, it is YOUR responsibility to find someone to work for you.
5. At each meet there may be a registration table for you to "sign in" upon arrival at the pool. It is your responsibility to make sure that you have signed in properly.

6. All families must contribute to the concession stand. Families will also be assigned donation items for the concessions stand.

## TEAM EQUIPMENT

Required Team Attire and Training Equipment :

NWSC requires that all swimmers be outfitted in team cap, team suit, team T-shirt (long or short sleeved), and team shorts. **New Wave swimmers are required to wear the team clothing at all meets.** NWSC provides order forms for team members. We usually place only one order at the beginning of each season, so please plan accordingly. All swimsuits ordered are final sales, and there are no replacements or exchanges. Please put the correct size suit for your child on the form. All items must be paid in full at the time the order is placed. This is NOT a profit making venture for NWSC. Any savings from supplier's special rates are passed on to you.

Please refer to the required equipment list provided on the equipment order form.

## FINANCIAL RESPONSIBILITY

### TUITION

Fee schedules will be provided in registration information at the beginning of the season or can be obtained by contacting the Registrar. Pro-rated tuition and fees are payable in full if registration occurs after the start of the season at the discretion of the Board of Directors.

There will be a charge for returned checks in the amount of twenty-five (\$25.00) dollars plus any fees levied by our bank.

Swimmer's tuition must be paid on time according to the schedule decided upon by the board. Any payment that is overdue will result in a twenty-five (\$25.00) dollar late fee charged per swimmer to each family account. Members whose accounts are delinquent will be excluded from training practices and will jeopardize entry into USS meets. (If members leave the NWSC team to swim for another team, it should be noted that New England Swimming rules prohibit swimmers from competing on a new club if fees are still owed to their former club.)

## INSURANCE

All swimmers are required to be United States Swimming (U.S.A.) registered. This fee supports our local chapter of U.S.A. Swimming and covers the swimmer in case of accident or injury at any NWSC practice or any U.S.A. sanctioned meet. Membership is sixty (\$60.00) dollars per year expiring on December 31<sup>st</sup>. Checks should be made payable to New Wave Swim Club and returned to the Registrar with the appropriate registration form.

## MEET FEES

The cost of each event varies with the level of competition (i.e. Age Group, Seniors, Nationals) and the nature of the event (individual vs. relay). On average, fees are typically \$4.00 per individual event and from \$5.00 to \$7.00 per relay or long distance (400 yards/meters or more) event.

## SPECIAL CIRCUMSTANCES

NWSC understands that circumstances beyond one's control may arise during a swim season. To be as fair as possible to all members, the Board limits consideration to extreme cases. If for some reason payment of membership dues on time becomes a hardship, members are asked to petition the Board, in confidence, explaining the situation. A decision will be made on a case-by-case basis.

Partial payment for membership is similarly considered only in special situations. For example, a family may move to the area from out of town after the season is well underway.

Dues are generally not refunded during a swim season. The Board, upon receipt of a letter detailing the reasons, will review petitions of this type. An example would be a situation where a swimmer develops a long-term medical problem and is unable to train and compete.

## GENERAL INFORMATION

PARENTS...your athlete needs you!

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes will depend largely on this triangular relationship. It is with this in mind that we ask you to consider this section carefully as you join NWSC and reacquaint yourself with this section if you are a returning NWSC member.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature however is such that a parent loses some of their ability to remain detached and objective in matters concerning their child's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete. At the beginning of every season there is a Parent/Athlete/Coach (P.A.C.) meeting during which the swimmer will establish his/her goals for the year, and any concerns should be discussed. New swimmers are required to participate in this meeting before they will be allowed to enter any meets. This is done for a variety of reasons, the most important being that all 3 parties agree on the process and have an opportunity to answer any questions.

The coach is the Coach!! We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces the best results. When parents interfere with how the swimmer should swim or train, it causes considerable confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach or the NWSC Board. Remember, needlessly involving the swimmers in an atmosphere of controversy is neither useful nor helpful. "Fair weather" parents who turn on the program or coaches whenever there is a difference of opinion can and will undermine NWSC.

Best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and under: Ten and under are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins NWSC there may be a brief period in which he/she appears to slow down. This is the result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Not every time: Even the best swimmer will have meets where they do not do their best times. These plateaus are a normal part of swimming. Over the course of a season, times should improve. Please be supportive of these "poor" meets.

## THE TEN COMMANDMENTS FOR PARENTS OF ATHLETES

1. Make sure your child knows that -- win or lose, scared or heroic - you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.
3. Be helpful, but do not coach them on the way to the pool or on the way back, or at breakfast and so on. It's tough not to, but it's a lot tougher for a child to be overwhelmed with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, and for having fun.
5. Try not to re-live your athletic life through your child in a way that it creates pressure. Do not pressure your child because of your pride. If he/she is comfortable with you-win or lose- he/she is on their way to maximum achievement and enjoyment.
6. Do not compete with the coach. If the coach becomes the authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

EVERYTHING YOU ALWAYS WANTED TO KNOW  
ABOUT SWIM MEETS BUT WERE AFRAID TO ASK  
(OR DID NOT KNOW WHAT TO ASK)

Swim meets are a great family experience! They are a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could.

Before the meet starts:

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information. It will also be announced a number of times by the coaching staff.

Upon arrival, find the team on the pool deck. The team usually sits in one place together, so look for some familiar faces. Bring all your gear with you, and you should have your suit on.

Your swimmer now gets his/her cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmers' bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can perform effectively.

After warm-up, your swimmer will go back to the area where his/her towels are and sit there until their first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, get a drink, or just get settled in. Please make sure they have warm clothing to put on in between events.

The meet will usually start about 10-15 minutes after the last group of warm-ups.

According to USS rules' parents are not allowed on deck unless they are serving in an official capacity.

Heat sheets (aka Meet Program, Psych Sheets) are usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for one to two dollars per session. It lists all swimmers in each event in order of “seed time”. When the team entry is sent in, each swimmer and his/her best time in the event is listed.

### When the meet starts:

It is important for any swimmer to know what event number(s) he/she is swimming. He/she may swim right after warm-ups or they may have to wait awhile. Swimmers should write each event number on their hand in ink. This helps them remember what events they are swimming and what event number to listen for.

The event number will sometimes be announced, usually over the loud speaker. Heat sheets are posted around the pool deck. It is the swimmer's responsibility to report to their assigned lane to check in with the timer and then line up in the order the heats will be swum. Swimmers should report with their cap and goggles.

### The swimmer swims their race, after each swim:

- They should get their time from the scoreboard or ask the timers (people behind the blocks) their time.
- They should go to the warm down pool if applicable, and then immediately to their coach. The coach will ask them their time and discuss the swim with each swimmer.
- Generally the coach follows these guidelines when discussing swims:
  - positive comments or praise
  - suggestions for improvement
  - reinforcement of positive accomplishments

### Things you as a parent can do after each swim:

- The coaching staff will be sure to discuss stroke technique with them. You need to tell them how proud you are and what a great job they did.
- Have them go back to the towel area and relax.
- This is another good time to check out the bathrooms and get a drink, and something light to eat.
- The swimmer now waits until their next event is called and starts the procedure all over again.
- When a swimmer has completed all his/her events he/she and their parents can go home. However, in the spirit of team camaraderie, we highly encourage swimmers to stay to the end of the session to root for fellow swimmers. Make sure that you check with the coach before leaving to make sure your swimmer is not included in a relay.

### What happens if Your Child has a Disappointing Swim?

If your child has a poor race and comes out feeling bad, talk about the good things. Positive aspects of the race should be discussed.

If your child comes up to you and says ““That was a bad race, do not tell me it was not,”” there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. Bring up that they have never swum the event or it was the last race and they may be tired or they slipped on the start or...

### What To Take To The Meet

- Be prepared
- The most important -- All mandatory equipment which includes:
  - team swim suit
  - NWSC cap
  - NWSC T-shirt
  - NWSC shorts
  - Goggles
  - You should always have a backup suit, cap and goggles. These do not have to have the NWSC logo. Be prepared.
- Towels - realize your swimmer will be there awhile, so pack at least two.
- Something to sit on. Example: Sleeping bag, old blanket, chair or anything else comfortable to sit on.
- Warm clothing: Sweat suits, pants, sweatshirts, shirts, jackets. Each swimmer may want to bring two because they get soggy.
- T-shirts - two or three, same reason as above.
- Games: Travel games, cards, books, game boys, cd players, anything to pass the time.
- Food: Each swimmer should bring a small cooler for snacks and drinks.
- Drinks: fruit juice, diluted sports drink, WATER. Snacks: granola bars, energy bars, fun fruits, yogurt, cereal, jell-O, sandwiches, fruit, pasta, veggies. THINK HEALTHY AND LIGHT.

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other NWSC parent for help or more information.

These meets are fun for the swimmers! He/she gets to visit with their friends, play games, and meet kids from other teams. They also get to race and see how much they have improved from all the hard work he/she has put in at practice.

## Special Note To Parents

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes time pass very slowly! At some meets, the parents are allowed to sit with the swimmers. Feel free to bring folding chairs to sit on.

## DEFINITIONS

LSC — Local Swimming Committee, New England Swimming ([www.neswim.com](http://www.neswim.com)) is the NWSC local chapter. The New England LSC covers Massachusetts, Rhode Island, New Hampshire, and Vermont.

Short Course — runs from September through March and is measured in yards.

Long Course — runs from April through August and is measured in meters.

Drag — Term used for wearing extra equipment to train. Commonly an extra bathing suit, shorts made specifically for this purpose, or a T-shirt.

Plyometrics — Speed and strength are integral components of fitness found in varying degrees in virtually all athletic movements. Simply put the combination of speed and strength is power. For many years coaches and athletes have sought to improve power in order to enhance performance. Throughout this century and no doubt long before, jumping, bounding and hopping exercises have been used in various ways to enhance athletic performance. In recent years this distinct method of training for power or explosiveness has been termed plyometrics. Whatever the origins of the word, the term is used to describe the method of training which seeks to enhance the explosive reaction of the individual through powerful muscular contractions as a result of rapid eccentric contractions.

Dryland — Exercises designed to develop strength, power, muscular endurance and flexibility through running, resistance and abdominal conditioning.

Taper -- The taper involves the reduction of training volume and sharpening of speed. Swimmers often rejoice at the thought of the taper in the weeks prior to a big meet. They assume that all the hard work has been done and it is time to put the feet up, rest, and get ready for some fast swimming. This is a big mistake.

## SWIMMING RULES

In case you are interested in the rules and regulations that apply to your swimmer during meets, the whole USA rule book can be found at [www.usaswimming.org](http://www.usaswimming.org).