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Introduction and Team Philosophy

INTRODUCTION

The purpose of this handbook is two-fold: to explain to new members just what Olympic Aquatic Club is and to outline various policies that affect all swimmers, year after year. All families should read it so that they may become familiar with important facts and rules of the club.

WHY SWIM?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

“Preparation for Life”
by Phil Hansel,
Reprinted from:
Swimming World magazine
February 1988

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround all of us. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work habits, fitness, health, winning and losing, and so much more. Swimming is a cross section of lifetime experiences. It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared physically and mentally to a large degree will determine the performance level.

Many swimming experiences can be of the disruptive, discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope.

By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive successful life, these are probably truthful concepts that don't always work in short term situations.

We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known business people who never seem to lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: "Life is not fair." We don't all start out in life with the same physical, mental, emotional and financial resources. In that respect, "Life is not fair."

Introduction and Team Philosophy

A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talents and skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns if he or she does their best, then there are no failures. A swimmer learns to set realistic goals. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with the proper talent, dedication, belief and support, all swimmers believe it can be done.

This is the positive achievement side of swimming that I like so much. Through experience in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be “can do” people.

Generally, these positive attitudes, belief in self and solid work habits will produce a terrific adult. Our society and our world is enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.

We can be proud of what swimming contributes to this world. Though “life is not fair,” a swimmer knows how to deal with that and can achieve a balance. For the most part, former swimmers grow up to be ordinary people, but they always have that extra plus from the swimming experience.

We are different and can be proud of it. It’s a pity and truly “unfair” that thousands and thousands of young people are missing the swimming experience. We must open our programs to everyone. We must find ways to share our fantastic sport.

GENERAL DESCRIPTION AND OBJECTIVE

Olympic Aquatic Club, founded in 1980, is known for a first-class, year-round swim program. We offer a guided age-group youth program for children age 6 and up, from the beginning swimmer to the most competitive and skilled swimmer.

When a young person becomes a member Olympic Aquatic Club, he/she learns the values of sportsmanship and teamwork. Swimming, through Olympic Aquatic Club, provides physical, emotional and intellectual skills that will last a lifetime.

The mission of Olympic Aquatic Club is:

**To develop the character traits, technical skills and intense desire
necessary for maximum realization
Of each individual’s potential.**

Introduction and Team Philosophy

TEAM PHILOSOPHY

The team philosophy is encompassed in the word PERSEVERANCE.

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.

Olympic Aquatic Club believes that COURAGE and PERSEVERANCE developed by swimming will prepare the individual for the challenges they will face in life.

USA SWIMMING

Parts reprinted from "A Tradition of Excellence" by USA Swimming. USA Swimming is the National Governing Body for amateur competitive swimming in the United States. At its headquarters office, located at the Olympic Training Center in Colorado Springs, Colorado, USA Swimming staff interact with 59 Local Swimming Committees (LSC's), athletes, coaches and volunteers at all levels to provide a variety of services to 220,000 registered athletes, 20,000 non-athletes and 2,500 swim clubs.

USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which decreed that all Olympic sports would be administered independently. Prior to this Act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming headquarters were moved to Colorado Springs in 1981.

Today, with its headquarters at the Olympic Training Center in Colorado Springs, Colorado, and U.S. Swimming is a Group A member of the United States Olympic Committee. Independent and a model for all amateur sport national governing bodies, U.S. Swimming is in the vanguard of the Olympic movement around the world.

As the National Governing Body for the sport, USA Swimming is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, insure the development of its' member clubs and age group swimmers.

USA Swimming hosts three major swimming meets each year--the Phillips 66/USA Swimming Spring and Summer National Championships, and the US Open, sponsored by Speedo America. Additionally, USA Swimming holds four Speedo/Junior National Championship meets each year--two long course (50 meter pools) and two short course (25 yard pools).

Sixty-six percent (66%) of the revenues of the USA Swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. Without the support of its membership, USA Swimming could not offer quality programs to its members. The remaining revenues are generated through corporate sponsorship,

Introduction and Team Philosophy

United States Olympic Committee development funds, event income, publications and promotional merchandise.

Year-round athletes pay an annual registration. Athletes receive a membership card and have both liability and secondary medical insurance coverage.

OAC is a club member of USA Swimming by paying the national fee of \$100.00. Membership benefits include USA Swimming Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USA Swimming have liability insurance coverage for approved insured activities.

USA Swimming is the ruling body of sanctioned swimming meets in the United States. USA Swimming meets are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another.

The International Center of Aquatic Research, dedicated in 1988, provides the opportunity for state-of-the-art research and testing in the sport. The information gained through this facility, which includes a swimming treadmill, will be applied to improving swimming performances.

Obviously, the “wet” side of the sport receives a tremendous amount of money and attention, but the “dry” side of the sport receives considerable study as well.

Coaches and athletes education play an important role in USA Swimming. Programs such as the successful Coaches College, presenting the most current coaching and scientific literature, assist coaches in their efforts to provide optimal training conditions for their athletes.

USA Swimming National Headquarters strives to educate and inform its’ membership through continued communication. Once a year USA Swimming publishes an updated version of the USA Swimming Rules and Regulations, the final word in technical swimming rules. Splash is a bi-monthly publication providing current and timely information of interest to all USA Swimming members. Lanelines, the USA Swimming coaches newsletter, is also included in Splash.

The USA Swimming Headquarters provides a variety of services and programs for its membership. Some of the additional services provided by USA Swimming are fund-raising activities, sports medicine programs, video resources and general information about swimming related activities. USA Swimming staff are available to assist in answering questions or providing additional information about USA Swimming. For information or assistance, contact: USA Swimming National Head Quarters (719)578-4578.

Introduction and Team Philosophy

OFFICIAL 25 YARD-25METER AND 25 METER-25 YARD CONVERSION FACTORS

MEN

	Yard-Meter	Meter-Yard
200 Medley Relay	1.115	0.8969
299 Freestyle	1.108	0.9025
200 Individual Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 yd/400 M. Freestyle	0.8780	1.139
500 Yd/500M Freestyle	1.100	0.9091
200 Freestyle Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
299 Freestyle	1.108	0.9025
200 Individual Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 yd/400 M. Freestyle	0.8772	1.140
500 Yd/500M Freestyle	1.100	0.9091
200 Freestyle Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

EXAMPLE 1: A MALE 50 YARD FREESTYLE TIME OF 23.78 IS MULTIPLIED BY 1.119 TO YIELD A 50 METER TIME OF 26.61 (26.60982 ROUNDED TO THE NEAREST 0.01)

EXAMPLE 2: A FEMALE 400 METER FREESTYLE TIME OF 4:27.47 IS CHANGED TO 267.47 SECONDS (4X60 SEC/MIN=240+27.47 SEC=267.47 SEC) AND MULTIPLIED BY 1.140 TO YIELD A 500 YARD TIME OF 5:04.92 (304.9158 IS ROUNDED TO 304.92 AND THAT NUMBER IS CHANGED TO MINUTES AND SECONDS.)

Introduction and Team Philosophy

Staff & Team Structure -

HISTORY

Olympic Aquatic Club was founded in 1980 by Geoff Pentz, then the Olympic Pool Manager and Olympic High School swimming coach. The club's purpose at that time was to provide a feeder system for the local high school teams. This remains one of the club's major objectives today.

COACHING STAFF

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. Our coaches have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in U.S. Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time. Our coaches maintain CPR, First-Aid and Coaches safety Training. They regularly attend USA coaching clinics to update training and stroke technique.

Bonnie Burmaster

Bonnie is the Head Coach of the team, is an American Swim Coaches Association (ASCA) Level III coach which is attained through education, experience and contributing to the development of nationally-ranked swimmers.. As head coach, Bonnie is the teams Business Administrator. She directly coaches our age group program. Bonnie has also coached, as age groupers, swimmers who have become nationally-ranked, Olympic Qualifiers and Pac 10 record holders. A Silverdale native and graduate of Central Kitsap High school, she has been involved in aquatics since 1975 and has coached for OAC since 1984. She is a great motivator and enjoys seeing swimmer's set goals and then work towards attaining those goals.

Marilyn Grindrod

Marilyn, our Senior Coach, has been a member of the staff since 1998. She is an accomplished instructor of stroke technique and swimming mechanics with her 20 plus years of coaching experience. She has coached high school boys and girls and is also a spring- board diving coach. She has a degree in Physical Education and is the West Sound Aquatics Supervisor for MWR (Bangor pool.) Marilyn has coached swimmers to the Junior National Level and has attended advanced Boomer Clinic Training.

Assistant Coaches

*Amy Meyers is our Entry/novice coach at Olympic Aquatic Center. She understands the importance of parent communication, enthusiasm and encouragement. Amy is developing skills in these groups that they will continue to use throughout the OAC program
Brandi Maxwell is our enthusiastic Entry level and Novice coach assistant. She swam for King Aquatics in Seattle and is a welcome Addition to our coaching staff. She is fun-loving and enjoys the kids Tremendously.

Staff & Team Structure -

COACHES RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program. Olympic Aquatic Club coaching staff is dedicated to providing a program for youngsters 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.

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

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

3. The coaching staff will make the final decision concerning which meets OAC swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.

4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. Before and after each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)

5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the OAC Swim Club program. It is the swimmers and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming and life.

TEAM LEVELS

Olympic Aquatic Club uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total



Staff & Team Structure -

excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

Senior Team (Gold) Pre-Senior (Silver)

The senior team consists of swimmers that exhibit a high level of swimming and workout ability. These swimmers are expected to be mature, dedicated, committed, responsible, and dependable. Team practices include two mornings and up to 18 hours a week during heavy training weeks. Major emphasis is put on "Boomer Technique"*.

Junior Group (Bronze)

This group works out with the Senior Coach on Thursdays. This gives them an introduction to Senior swimming and more extensive "Boomer" technique.

Transition (Blue)

The majority of time is spent working on refining stroke mechanics. These swimmers have exhibited good swimming skills and will be introduced to some training skills and processes. Transition swimmers swim four days a week for two hours each day. This is a step up to swimming five to six days a week.

Age Group (White)

These swimmers have started to exhibit good swimming skills. They spend their time equally between stroke technique and training skills and processes. Swimmers are offered practices 3 days a week where workouts last for two hours.

Novice (Red)

This is a novice group with a major emphasis on stroke technique. This group will be introduced to a few low-level competitions. The novice swimmers swim on Monday, Wednesday and Friday for 1 hour 15 minutes. Stroke technique, starts and turns is taught in all four competitive strokes

Entry Level (Orca's)

This is a beginning competitive group.. The Entry-level team swims three days a week for 40 minutes on Monday, Wednesday and Fridays.

*Boomer Paradigm is based on aquatic stabilization which includes core strength, body alignment balance and body awareness. Boomer concepts address emotional and physical properties of swimming. All our levels focus on Boomer Techniques.

Training & Responsibilities

TRAINING SESSIONS

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool availability is our most limiting factor. Don't waste it.

Winter or Short Course Sept.-March, 25 yd. Pool 82 feet, ¼ inch

The team trains in two locations during the short course season. Most of the younger teams train at the Olympic Swim Center. OAC rents this space at considerable expense to the team.

The Senior team also trains at the Jarstad pool in East Bremerton . The High School teams naturally have priority in scheduling of practices and meets. A practice Schedule will be handed out before the start of our season in September at the Parent's meeting

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Spring or Long Course Season (50 Meter pool, 164 feet and ½ inch) April - August. Our senior team trains twice weekly at a long course pool during this season

* Times will change due to High School Swimming and availability of the pool. An updated workout time sheet will be placed your "mailbox".

PRACTICE AND ATTENDANCE POLICIES

Training & Responsibilities

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

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups.
2. For the swimmers protection, they should arrive on the school grounds **no earlier than 15 minutes prior** to their workout time. They should also be picked up **no later than 15 minutes after** their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice, suited up, cap goggles & equipment..
3. In case a youngster is late for practice, it is our hope that the parents will send a note with the child explaining the reason for tardiness.
4. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, please communicate with the coach
5. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.
6. While on school grounds, the swimmers are the responsibility of the coaching staff.
 - A. During practice sessions, swimmers are never to leave the pool area without coach's permission.
 - B. If any swimmer needs to complete homework before practice or leave practice early to do homework, he/she must do their homework on the pool deck so the coaches will know where he/she is located.
7. The club has an obligation to act as guests while in the high school (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to school property may result in financial liability of the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.
8. Parents are not allowed on the pool deck during practice unless it is an emergency. This is a United States Swimming rule.
9. Parents are allowed to observe practice from the bleachers.. Do not try to communicate with any swimmer from the observation area.

Training & Responsibilities

This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.

ILLNESS AND INJURY

Whenever possible, the coach should be informed of an illness or injury.

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the OAC office (698-1214) so the coaching staff is aware of the problem.

SWIMMERS TRAINING RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a commitment that requires great effort on all parts. 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.

Swimmers will be required to bring specified training accessories (i.e., goggles, fins, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

CODE OF CONDUCT

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. 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.
4. All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation the club has throughout the region.

Parent's Responsibilities

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 depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join OAC or are a returning Swim Club parent.

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 his/her ability to remain detached and objective in matters concerning his/hers children'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.

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 best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

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 Unders: Ten and Unders 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 OAC, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Even the very 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 older swimmers may have only two or three meets a year for which they will be rested and tapered.

Physiologists have found that female swimmers should be 10-18% and males should maintain 4-12% body fat for optimum performance. Parents should contribute to the education of proper nutrition and eating habits (see the section on nutrition in this handbook).

Parent's Responsibilities

PARENTS' RESPONSIBILITIES

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

1. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. In this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer.
2. In Appendix "A" located at the end of this book there is a copy of the "Terms and Conditions for Participation in the OAC Swim Club" that you signed when you registered with the Club. Please familiarize yourself with these items.

HOME SWIM MEETS

3. Olympic Aquatic Club has a reputation of hosting swim meets of the highest caliber. A large percentage of our operating budget is generated from the Club hosting meets. One of the commitments you make when you join the Club is to help work our home swim meets. *Every family is expected to provide one worker per session of the meet.* Hosting meets help keep EVERYBODY'S training costs down. A training session will be provided to introduce you to timing a meet. It takes approximately 40 people per day to run a meet

COMMUNICATION

Family File -Most written communication, such as the newsletter and schedules will be put in a file folder on deck that has your family name on it. It is the swimmer's and parents responsibility to check their folder daily.

Newsletter - The team publishes a monthly newsletter. General information from the coaching staff and announcements from the Board of Directors are covered in the newsletter. Make sure you and your swimmers read the contents of this when it is distributed. Your newsletter is sent via e-mail. If you cannot open this attachment, hard copies are available in the "newsletter" file located in the "mailbox". We like to hear about your swimmers accomplishments outside of swimming so please e mail our newsletter editor with that information.

OAC PHONE - The club has a phone number that is answered by Coach Bonnie. The OAC number is 360 698-1214. The coaching staff also requests that each swimmer or parent notify the coach ahead of time if they will not be at practice either through direct communication or by leaving a message with the office.

E-Mail - The club communicates often via e-mail. When receiving an e mail from the club, the subject line will be titled OAC. Please make sure the club has your e-mail address. (contact Coach Bonnie if there is a change at occoach@msn.com). We request that all new families email Bonnie so they can be put into our data base.

Bulletin Boards - The bulletin board at Olympic Swim Center provides meet information in detail and entry forms for upcoming

Parent's Responsibilities

meets. It also includes announcements and updates. Please check daily.

CONTACTING COACHES

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them before or after practice. They usually make themselves available to answer questions, provide information, etc. at this time. Sending a note to the coach with your swimmer is a good way to get information to them.

PROBLEMS WITH THE COACH? 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 taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. 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.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-100+ members. 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.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

10 Commandments For Parents of Athletic Children

Reprinted from The Young Athlete by Bill Burgess included in "The Swim Parents Newsletter"



Make sure your child knows that - win or lose, scared or heroic - you love him/her,

appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

Parent's Responsibilities

II

Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.

III

Be helpful, but don't coach him/her 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 the child to be inundated with advice, pep talks and often critical instruction.

IV

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, for having fun.

V

Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you – win or lose – he/she is on their way to maximum achievement and enjoyment.

VI

Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.

VII

Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.

IIIX

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.

IIX Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

X

Make a point of understanding courage, and the fact 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.

Board & Financial Information

BOARD OF DIRECTORS

The administrative functions of the club are overseen by the Board of Directors. The board consists of parents elected for a one-year term. The elections for board positions are held annually in June. See attached by-laws for specifics).

Mission Statement The guiding mission statement of the Board of Directors which all decisions are measured against is:

With the main focus of the club always on the swimmer, the Board of Directors exists to ensure the continuation and excellence of the Olympic Aquatic Club by:

Providing necessary business functions

Assisting and supporting the coaching staff

Communicating
Communicating
Communicating

Board Job Responsibilities

Each board member is assigned a specific area of responsibility. For a list of the current members and their positions, please see Appendix B located in the back of this handbook. Following are the board positions and their general areas of responsibility:

President

Responsible for:
Conducting meetings
board
membership
Counseling
coaches
board members
membership
Facilitator
Coordinator
Appoint Committees
Calling special meetings
Delegating authority and responsibility
Holding elections
Board membership/job descriptions
Locating/organizing pool availability
Maintaining staff

Vice President

Responsible for:
Conducting of meetings in absence of President

Treasurer

Overseeing our bookkeeper, who does:
Payroll/benefits
Budgets
Filing taxes
Paying bills
Maintaining receipts

Board & Financial Information

Financial reports
Collecting fees, dues
Publishing roster

Secretary

Responsible for:
Maintaining business records
Recording minutes of meetings
Sending thank you notes
Maintaining historical records
Club mailings
Writing necessary letters
Sending gifts

Entries

Responsible for:
All entries

Pre-verification of times
Keeping best times

Distribution of meet information

Social

Responsible for:
Fun functions
Banquets (coordinates with team recognition)
State parties
Team travel (reservations)

Swim Meets

Responsible for:
Assigning and assisting swim meet directors
Time trials
Intra-squad meets
Swim meet awards (coordinates with team recognition)
USA Swimming officials
Scheduling swim meet dates and locations

Team Apparel

Responsible for:
OAC caps
Clothing: Shirts, Sweats, and Parkas
Team Paraphernalia
Banners
Team Apparel sizing and try-on nights

Board & Financial Information

Send Payments to Olympic Aquatic Club, P.O. Box 756, Tracyton, Washington 98393

Characteristic of any business, OAC expenses begin the first day of every month. A positive cash flow is required to assure payroll requirements and various other expenditures. It is, therefore, imperative for all OAC parents to pay their swimmer's monthly installment on or before the 5th of each month. If fees are not current, your swimmer will not be allowed to participate in practice.

It is the responsibility of the member to notify the coach and treasurer of intention to terminate, or cancel a team membership. Failure to notify the treasurer may cause a member to be unnecessarily billed for monthly dues. If a member quits the program or is dropped from the program because of overdue bills, overdue and current account balances are immediately payable in full.

If you have any questions about any billing you may have received, please contact the treasurer immediately at the number listed in our directory.

INSURANCE

narrative summary from:

"USA Swimming, Inc.

1993 INSURANCE SUMMARY

Revised February 1, 1993

"It is required of all Olympic Aquatic Club swimmers that they have a current USA Swimming membership. This membership not only supports swimming throughout the country, it also provides very important accident and medical insurance for every swimmer and every club.

Each swimmer is covered at any organized practice of OAC and every competition that is USA Swimming sanctioned. A summary of the coverage is listed below. If you wish to see the whole insurance summary pamphlet please contact the OAC secretary.

The membership cost for USA Swimming is currently \$56.00 per year. This fee is charged and collected at the time of registration. U.S. Swimming has adopted two major insurance programs:

1. Secondary Accident Medical Protection;
2. A self-funded Liability Insurance Program.

These two programs are intended to provide reasonable protection for U.S. Swimming athletes and clubs while stabilizing the cost.

TEAM UNIFORM

Black suits, or orange and black suits and fluorescent orange team caps. One of the two required items to wear in any meet is a team swim cap. This cap is bright orange in color with the OAC inscription. The reason for this requirement is that each coach is responsible for 30-50 swimmers at each meet and as the OAC cap is a unique color, it is

Board & Financial Information

easily spotted by both coaches and parents alike. This cap is available from our team apparel person. The first cap is given to each new swimmer. Most swimmers should have at least two on hand for each meet.

The team suit is a solid black or orange and black suit. All team members swimming in a meet must wear the team suit in competition. Swimmers are given their first OAC cap. After that, they may be purchased from our team apparel person whose name is listed in our directory. Suits may be purchased through FirCrest Swim Shop. Mention you are from Olympic Aquatic Club. It is highly recommended that each swimmers name be placed inconspicuously on all pieces of the team uniform. Orders for team caps with swimmers names will be taken at the beginning of the season.

Swim Meets

COMPETITIVE STROKES The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay), or an Individual Medley, fly, back, breast, free.

SWIM SEASONS

The swim year is divided into two seasons. The winter, or “short course”, season runs from mid-September to mid-March. The meets are held in a 25-yard pool. The summer, or “long course”, season runs from early April to mid-August. Meets are generally held outside in 50-meter pools (Olympic size)

COMPETITION...and the winner is...The OAC staff does not see the first place person as the only winner. We’d rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one’s abilities. Seen in that light, winning without learning is not OAC’s desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer 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.

LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by United State Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

Within each age group there are different recognized levels of achievement based on times. Gold, Silver, Bronze classifications. Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification.

Swim Meets

TYPES OR LEVELS OF SWIM MEETS

Challenge Meets-These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.

Qualification Meets-These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.

Championships-At the end of each short course (winter) and long course (summer) season, a Championship meet is offered.

MEET SCHEDULE

Each season's meet schedule is distributed at the outset of the season.

1. The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. We do not schedule a meet unless we feel it is important to participate. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
2. On an average, we want all team members to compete once every three or four weeks. The meet schedule is established with this philosophy in mind. Our Senior Coach may add a meet as deemed necessary.
3. The coaching staff reserves the right to make the final decision concerning meets OAC swimmers may attend.

PHILOSOPHY OF COMPETITION

Olympic Aquatic Club engages in a multi-level competition program with USA 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. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance of improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the OAC coaching staff.

Swim Meets

3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging goals for meets and to relate those goals to practice to direct their training efforts.

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 potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.

ENTERING A SWIM MEET

Refer to your "yearly schedule" to see what meets we will be attending. Meets will be posted on our bulletin board and sent to you via email as soon as we receive them.

Please be aware of the DUE DATE. **No entries will be taken after 6:00 P.M. on the due date.** Read the meet information sheet and decide which events your swimmer would like to swim. When you Email them to coach Bonnie at oacoach@msn.com, she needs the name of the meet, swimmers first and last name, event names. When a meet entry has been received, you will get a confirmation. **Coaches will select the relays.** Keep meet sheet to refer back to for directions and start times.

ONCE YOU HAVE ENTERED A MEET.

It is the swimmer or parents responsibility to double check each meet entry after it is posted on Team Manager On line. Mistakes sometimes happen in meet entries so it is important that you check the final entries by going to our website at www.oacswim.org and click on TMonline. Go to ENTRIES, click on the meet you entered. Make sure your name and correct events are listed. It is essential that you let Coach Bonnie know as soon as possible if a mistake has been made. Lastly, always check TMO on the final due date...no later. Changes cannot be made after then. We recommend that you place these two sites in your FAVORITES

Entry fees: OAC must prepay all meet entries. The club is not given a refund if you sign up and do not attend a meet. You will be billed for each meet that your swimmer is signed up for. Typically, you can expect to be charged \$2.00-\$2.50 per swim depending on the meet entered, plus a surcharge. In most meets, swimmers can swim three to five events per day. OAC will then write the host club a check for all the entry fees. **Swim meet fees are non-refundable.** OAC pays for relays.

**EVERYTHING YOU ALWAYS
WANTED TO KNOW ABOUT
SWIM MEETS...BUT, WERE
AFRAID TO ASK**

Swim Meets

(or didn't know what to ask):

Swim meets are a great family experience! They're 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. If you have any questions, please ask one of our coaches.

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all OAC swimmers.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Once "checked in", write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
4. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
5. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
6. The meet will usually start about 10-15 minutes after warm-ups are over. The coach has many things happening before the meet starts, therefore, It is important that the whole team warms up together so that the coach has time to attend coaches meetings, construct relays, etc. .
7. According to USA Swimming rules (because of insurance purposes), **parents are not allowed on deck unless they are serving in an official capacity**. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
9. Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for three dollars per day. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

Meet Starts

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on

Swim Meets

their hand). He/she may swim right away after warm-up or they may have to wait awhile.

2. A swimmer's event number will be called over the loudspeaker. Swimmers should report with his/her cap and goggle. Generally, girls events are odd-numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle.
3. The swimmer swims their race.
4. After each swim:
 - A. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - B. He/she should go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
 - C. Generally, the coach follows these guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvement
 - c. Positive comments
5. Things you, as a parent, can do after each swim:
 - A. Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
 - B. Take him/her back to the towel area and relax.
 - C. This is another good time to check out the bathrooms, get a drink or something light to eat.
 - D. The swimmer now waits until his/her next event is called and starts the procedure again.
6. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, **check with the coach before leaving** to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

What Happens If Your Child has a Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," 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. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

Swim Meets

What To Take To The Meet

1. Most important: Black swim suit, OAC Cap, 2 goggles
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels--Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time. Make a checklist of things to pack, this way nothing will be forgotten.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet.
Suggestions for items to bring:
Drinks: Fruit juice, Gatorade
Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches

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

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Special Parent's Note

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 the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area (those are most of the meets not held at the natatorium). If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on.

Very Basic Swimming Rules

Starts

The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be taken out of the race. This is not like the Olympics where they are allowed two false starts.

Swim Meets

Turns and finishes

1. Freestyle: feet have to touch the wall
2. Backstroke: The shoulders may be turned past the vertical toward the breast after which a continuous simultaneous double arm pull may be used (flip turn). After he/she touches, he/she can then turn around, but he/she must push off on their back. At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.
3. Breaststroke and Butterfly:
 - A. Swimmers have to touch with both hands at the same time.
 - B. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.
 - C. When swimming butterfly, both arms must move at the same time.

NUTRITION

Reprinted from
"Training Agenda", a USA Swimming
Sports Medicine and Science Series

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate	50-60%
Fat	20-30%
Protein	14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

During Training

1. Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

Pre-event Nutrition

2. The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-

Swim Meets

event meal should include a light, high carbohydrate meal three to four hours before the event.

Nutrition During Competition

3. Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.

Nutrition After Competition

4. High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

Food Choices

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

Food Group	Selections	Servings
MILK	Milk, Cheese, Yogurt, Cottage Cheese, Ice Cream (Vitamins & Protein)	4 or More
MEAT	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts (minerals & protein)	2 or More
FRUIT & VEGETABLES	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins and Carbohydrates)	8 or More
GRAIN	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More

	Calories	Fat (gm)			
Breakfast Juice	80	0	Chicken		
English Muffin/Butter	186	5	Drumstick	117	5
Scrambled Eggs	180	13	Chicken Sandwich	320	10
Ham, Chs., Mushrm			Chicken nuggets, 6300	23	
Omelet	290	20	Chicken Salad Sandwich	386	20
Egg McMuffin	340	20	Chicken Club Sandwich	620	35
French Toast (2 slices)	400	20			
Sausage with Biscuit	467	35			
			Soft Serve Cone	185	5
Burgers			Strawberry Sundae	320	10
Hamburger	262	15	Carmel Sundae	361	10
Cheeseburger	318	20	Frosty (12 oz)	400	15
Quarter Pound Burger	427	25	Cherry Pie	260	15
Quarter Pound Cheese-Burger	525	35			
Big Mac	570	40	Fish		
Whopper with Cheese	760	50	Fish Sandwich	450	30
			Seafood Platter	471	35

Swim Meets

Pizza (3 slices of 12 inch pizza)			
Cheese	510	8	
Pepperoni	430	17	
Potatoes			
Plain, baked	215	0	
Regular Fries	220	15	
Baked, Cheese & Broccoli	541	25	
Baked with Cheese	590	40	

Swim Meets

Nutrition Do's & Don'ts

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	Do	Don't
Breakfast	<p>Eat hot cereals like oatmeal or oat bran. Select whole-grain or high fiber cold cereals. Eat breads, including muffins, biscuits and bagels. Try milk, skim or lowfat is best. Choose fruit, including fresh, canned and fruit juices. Drink hot beverages such as hot chocolate and hot apple cider. Eat pancakes, waffles and french toast. Chooses eggs up to two or three times weekly. Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly Opt for eggs every day Choose sugary children's cereals Choose fast food breakfast sandwiches and fat-laden croissants every day. Use too much margarine or butter. Eat doughnuts or pastries daily. Skip breakfast.</p>
Lunch	<p>Pack a lunch when possible. Choose whole-grain breads. Choose lean meats like turkey over salami or bologna. Use mustard and ketchup as condiments. Choose a hamburger over hot dogs. Choose a baked potato over french fries. Eat pasta as much as you like, but choose tomato sauces rather than cream sauces. Try pizza without fatty meat toppings. Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently. Eat fried foods like fish'n'chips too frequently. Overuse condiments like mayonnaise or salad dressings. Eat fatty and salty luncheon meats too often. Skip lunch. Choose prepared salads containing excessive mayonnaise or salad dressing.</p>
Dinner	<p>Eat pasta dishes. Choose pizza with vegetable and lean meat toppings. Try chinese food with rice and fresh vegetables. Select fish often. Broiled or poached is best. Trim visible fat from meats and remove skin from poultry. Have soups, salads and plenty of vegetables. Eat as much bread as you like. Include potatoes, rice or beans when available. Choose fresh fruit, yogurt or jello for dessert.</p>	<p>Choose deep-fried meals more than twice a week. Eat high-fat meals like hot dogs or sausages in excess. Choose meals with heavy cream sauces or gravies. Ruin a baked potato or bread with too much butter. Have cakes, ice cream and pies every night.</p>
Snacks and Beverages	<p>Pack nutritious snacks like fruit, raisins and nuts. Have rolls, muffins and breads when you get a break. Snack on popcorn, pretzels and breadsticks. Drink eight to ten glasses of fluids every day. Drink nonfat or lowfat milk. Drink fruit juices, sparkling waters and plain water. Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks. Eat cupcakes or cream-filled pastries to satisfy hunger. Eat ice cream, cakes or candies in excess. Drink too many soft drinks.</p>

TERMS AND CONDITIONS FOR PARTICIPATION
Olympic Aquatic Club
(A not-for-profit Organization)

1. The yearly club registration fee and USA Swimming registration fee are not refundable and must be paid prior to the swimmer entering the water. New swimmers to OAC may participate for a maximum of one week prior to payment of the registration fees.
2. When a swimmer is moved from one group to another, he/she must pay the monthly fee for the highest group in which they participate.
2. MONTHLY DUES ARE TO BE PAID BY THE FIFTH (5th) DAY OF THE MONTH. NONPAYMENT OF MONTHLY DUES PAST THE 10TH DAY OF THE MONTH, WILL NECESSITATE NON-PARTICIPATION FOR THE SWIMMER(S) UNTIL PAYMENT IS MADE.
3. Dues must be paid in full for even a portion of the month swum
 1. Exception is high school swimming where swimmers return and start mid-month
 2. Dues are based on 11 month of swimming. All months dues are in full regardless of swim days in the month. No dues are collected for the month of August.
5. Meet entry fees are in addition to the monthly dues. Nonpayment of entry fees will also necessitate non-participation for the swimmer(s) until payment is made.
6. Should a swimmer decide to discontinue participation in the program with Olympic Aquatic Club, the monthly dues for the month of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to OAC, and are payable upon termination of participation.
7. Each family is responsible for working OAC hosted swim meets.
8. Each family is responsible for a \$200.00 fundraising fee which is addition to their monthly dues
9. Each parent and swimmer is responsible for reading and understanding the contents of the "Olympic Aquatic Club Handbook.
10. Any checks returned to the Olympic Club for Non-Sufficient Funds will be subject to a \$20.00 additional handling charge.
11. Relays are at the discretion of the coaches. This includes which swimmer swim, which order they swim in and whether or not the relay is scratched from the meet.
12. Team apparel is to be worn at all team-attended meets. This consists of black (orange & black) suits and a orange team cap.
13. Per USA rules and regulations, only coaches and USA officials are allowed on deck during swim team practice. This is an insurance and a safety issue. Parents are to remain in the bleachers.
14. Each swimmer must pay an annual \$35.00 per swimmer/or (\$100 per family) team registration fee before entering the water. This fee must again be paid if the swimmer withdraws for any reason and then rejoins the Olympic Aquatic Club. Exceptions to this being high school swimming. If the swimmer returns in a timely manner, two weeks after the end of high school season. Injury or illness are also exempt but coach and registrar must be notified.
15. Each family is required to sign and return the swim meet obligation, Fundraising contract and terms and conditions contract.

FUNDRAISING CONTRACT

There is an obligation of One hundred (2100.00) per Olympic Aquatic Club family. This obligation will encourage each OAC family to participate in fund raising efforts of their choice.

The following conditions are part of your agreement to be a member of Olympic Aquatic Club:

1. An assessment of \$ 200.00 per OAC family will be charged to your account at the rate of \$18.00 per month starting in September.
2. Olympic Aquatic Club sponsored fund raising activities in which you participate will be credited to your account less the expense involved.

(signature required on next page)

SWIM MEET OBLIGATION

As one of the families that will enjoy the benefits of belonging to Olympic Aquatic Club, the following facts concerning the financial significance of well-run swim meets are worthy of your recognition:

- I. Olympic Aquatic Club funds its activities from two main sources. The first source is the yearly registration and monthly dues you have agreed to pay. The second source is the hosting of three to four swim meets each year. Generally these meets will generate about \$12,000 in net revenue for the club which helps keep our costs down.
- II. It takes several people to run EACH SESSION of every meet we host. The presence and participation of EACH ONE of these people is ALL THAT ASSURES CONTINUANCE OF SUCCESSFUL RESULTS.
- III. The club membership has indicated a strong preference to the board for hosting swim meets versus alternative fund raising methods.

The following conditions are part of your agreement to be a member of Olympic Aquatic Club:

1. The board of directors will communicate with the membership the required number of sessions each family is to work for each meet.
2. We request that each family provide workers for each session either timing, working concessions or other areas needed.
3. Help at all OAC home meets (schedule attached)
4. If a family cannot attend a session, helping setting up and tearing down of the pool would be acceptable.

I understand and agree to the Terms and Conditions, The Swim Meet Obligation, and the Fundraising obligation of Olympic Aquatic Club, in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of OAC.

PARENT'S SIGNATURE _____

SWIMMER'S NAME(s) _____

DATE _____

Please return this page along with:

1. Medical form(s)
2. Athlete Registration Form
3. USA Registration Form(s)
4. A Check made out to OAC for USA Registration (\$57 per swimmer) and yearly registration fee (\$35.00 per swimmer or \$100 per family)