

AAU Summer League



Mission Statement

The Jonesboro Jets Swim Team and its members are dedicated to providing an environment that will allow each swimmer to achieve a high level of personal growth within our team-oriented philosophy.

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Welcome

We would like to welcome you to the wonderful world of swimming. Possibly the greatest benefits of participating in an organized swim program are the life skills your swimmer will develop. These skills include time management, self discipline and good sportsmanship. Self confidence and total body coordination develop as swimmers gain personal achievements and individual growth.

Swimming has many benefits, including the people you and your child meet. The camaraderie among swimmers is unique; many swimming buddies become lifelong friendships. This is the one sport that has the same team members year after year. Remember not every swimmer becomes a world record holder, but everyone gains from their swimming experience.

Please ask questions of your coach, board members, and fellow parents, we all have the same goal- to provide your swimmer with the best possible experience in swimming.

Pain is Temporary, Pride is Forever

Website

The AAU summer league website address is www.jetsaa.com. All members must be registered on the website in order to register for swim meets. All parents are required to update all pertinent information (emergency contacts, address, email, etc.). A working email is necessary to assure that families receive up to date information from the coach. Multiple email address can be added to the account.

Team Registration

AAU registration begins in April and continues through June for the upcoming summer season. All swimmers must pay all fees in advance prior to participation. Swimmers may register during practice time or through our website. The YMCA **will not** register swimmers for the Jets swim program.

An email will be sent with log-in information for the Jets AAU website. The username will be the email address that was designated on the registration forms. A password will be sent via email. This password can be changed by the user after successful log-in to the website. **If log-in instructions have not been received within 72 hours after submitting registration, please inform the treasurer/head coach. We need to verify that we have a correct email address.**

After logging in, the parent should make sure all information is entered into the computer system correctly. To do this, click on “My Account” on the left-hand side.

Make sure that all information is correct under the “Account Info” tab (address, phone number, additional email addresses). Each user can update this information at anytime.

Click on the Insurance/Emergency Contact information. Please enter an Emergency contact and emergency phone number and click “Save Account Changes”.

AAU Membership

All swimmers must be members of AAU. An AAU registration fee is assessed to all members. This fee provides athletes with additional insurance during swim practice, meets and other sanctioned events. For more information on AAU go to www.aausports.org

Membership Dues

A two-day trial period will be given for “new” participants to try out the program. AAU members must pay all summer fees before starting the program unless special arrangements are made with the Board of Directors. All AAU members must have a family membership through the YMCA.

YMCA Memberships

Memberships must be paid directly to the YMCA. Each member of the family will receive a “Scan” card from the YMCA. Each member should scan his or her card on each visit to the YMCA. Please allow 72 hours for the YMCA to process your membership application.

During the summer, free swim is **ONLY** permitted during hours that a lifeguard is present. Only swimmers on the team are allowed to swim during practice. Siblings under the age of 18 years that are not on the swim team are not allowed to swim during practice. Parents or siblings over the age of 18 may lap swim during swim practice times.

Inclement Weather

Generally, practice is held in rain. However, if lightning is spotted in the area, swimmer must exit the pool area. In case of inclement weather, we will have practice and watch swimming videos inside the building in the aerobics room. If practice is canceled, the cancellation will be posted on the website (www.jetsaau.com) and an email will be sent to the email address on the account. Please make sure that email accounts are up to date for this reason.

Holidays

Practice will be canceled for national holidays (Memorial day and Independence day). Cancellation reminders will be posted on the website (www.jetsaau.com) and an email will be sent.

Parent Informational Meetings

Parent informational meetings are held periodically in May and June. The informational meetings will provide step by step instruction on topics such as “How to Register for a Meet”, “Updating Your Account Information”, etc. We strongly encourage new members that have not used the website to attend one of these sessions.

AAU Time Standards

The AAU league generally follows USA swimming rules. USA swimming is the primary governing body for swimming in the United States. USA is the “Gold Standard” and requires a certain level of officiating. Most of the time, AAU leagues do not meet these standards and are not sanctioned by USA swimming. Therefore, times that are obtained at an AAU meet cannot be used for times at a USA meet. Exceptions to this rule occur when a meet is sanctioned by USA swimming (for instance, Junior Olympics).

Training Groups

Swimmers will be placed into training groups based on their skills, abilities and ages. The coach will provide information to individual swimmers as to which training group the swimmer will be participating. We will try to accommodate siblings to be at the same practice times.

Preventing Swimmers Ear

Over the counter “Swim Ear” drops can be purchased for the prevention of swimmers ear. This is a common condition in children that swim on a regular basis. It is very painful!! Swimmers can still swim but they will be limited to kicking exercises since they will not be able to submerge underwater. Please prevent it by placing drops in the ear after practice and meets. A home remedy is to mix 1 part white vinegar and 1 part rubbing alcohol. Use 5 milliliters of the solution in each ear and let it drain back out.

By-Laws

The Jonesboro Jets swim team is a non-profit organization. The Jonesboro Jets by-laws are posted under the tab Board of Directors. These are the by-laws that govern both USA and AAU teams. Southwind conference by-laws are also posted under this tab, which are the rules set forth by the AAU conference. The by-laws can be viewed by the public.

Board of Directors

The Jets Board of Directors meets monthly. This section of the website cannot be viewed by the public; therefore, members must be logged onto the website to view.

BOD positions are elected at the summer Awards Banquet. Individuals interested in serving on the Board should contact the President or the Head Coach. Nominations must be turned in to the Nominating Committee by July 1st.

Swim Meets

Meet Registration

All swimmers that would like to participate in a meet must register through the website. When meet information is available, it will be posted on the main page of the website and an email will be sent. The email that is sent provides detailed instruction on how to register for the meet. Please plan on attending a parent informational meeting for more detailed information.

Choosing Events

Swimmers are encouraged to swim the maximum number of events at each meet. Although swimmers have a “preferred” stroke, swimmers should explore and try new events. Some strokes the swimmer may not swim legally but if the swimmer keeps swimming by the end of the summer, he/she may be swimming it legally! Remember, AAU summer league is designed for learning. If the swimmer never tries, the swimmer will never learn.

Age Groups

Age divisions are 6 & under (exhibition), 8 & under, 9-10, 11-12, 13-14, 15-18 years. Their age for the summer season is determined by the age on June 1st of that year.

Home Meets

Each summer season, we have two home meets. We will need volunteers for each meet. Volunteers can sign up on our website (www.jetsaau.com) for a specific time and job. There is something for every person to do. Volunteers help run a smooth meet so that we can be done faster. Also, your child will see you acting as a volunteer and taking interest in their sport. If parents are interested in becoming an official, please contact the Coach for an officials training class.

Transport to Meets

It is the parent’s responsibility to arrange transportation to the meets for their swimmers. Most parents are willing to transport swimmers whose parents cannot for some reason attend the meet. Most meets are within 100 miles distance.

Conference Meet

The conference meet is held at the end of July or first weekend of August. To qualify for the conference meet, swimmers must have:

1. a Southwind qualifying time for that event (posted on Jets website).
2. competed in three AAU meets during the summer

3. participated in at least six events during the season.

The conference will take a minimum of 16 participants in an event. If there are not 16 qualifying times in the event, the conference will take the top 16 times to fill an event. This means that there will be swimmers in the event that do not have a Southwind qualifying time! Swimmers are limited to three (3) individual events at this meet.

AAU Junior Olympics

Swimmers wanting to participate in the Junior Olympics can qualify two ways.

1. Meet "BB" USA time standards
2. Place in the top 3 at the Junior Olympic Qualifier held the last weekend in June.

Southwind Conference will send a coach to be the coach on deck during this meet. This meet is a self-pay meet. This meet is **ONLY** recommended for swimmers not interested in pursuing our USA year round team. If your child is interested in going to the AAU JO games, a parent informational meeting will be held prior to the JO Qualifier to answer questions. For more information on the AAU JO games go to <http://www.aaujrogames.org/>. If your child is interested in pursuing swimming at a higher level of competition, we recommend that the child joins our USA year round program.

Ribbons

Ribbons are given for 1st -6th place in most meets. Place ribbons are NOT given for 6 & under age group. These swimmers swim exhibition and receive Participation ribbons DURING the meet. It is important to communicate to 6 & under swimmers that they will not receive place ribbons. If the 6 & under would like to receive place ribbons, the swimmer must compete in the 8 & under age group and in that age group they must swim the race legally. Ribbons can be picked up in their family Mail Box. Mail boxes are located in the foyer of the YMCA near the entrance to the pool.

Relays

During online meet registration, a swimmer must specify in the "notes section" whether that swimmer would like to participate in a relay. The Medley Relay is always the first 10 events and the Free Relay is always the last 10 events. Some parents choose to leave the swim meet early and choose not to participate in the Free Relay. If you are planning on leaving before the Free Relays, please make sure that you specify that you DO NOT want your child swimming in the free relay.

Medley relays are determined by fastest legal swimming times. Your child may have a faster time, but if the swimmer has not consistently shown in practice that he/she can swim the stroke legally, the relay "spot" will go to the swimmer who may not swim it as fast, but does swim the stroke legal. Swimming legal is more important than swimming fast. For the freestyle relays, swimmers will be assigned to relays based on their fastest times.

During the season, the coaches will try to allow everyone the opportunity to swim in at least one relay in a meet if that child wants to be on a relay. Sometimes it is not possible to put everyone on a relay if we do not have multiples of "4". Because Medley Relay is the first relay, swimmers must be able to swim a particular stroke and it is more difficult to find swimmers that can swim butterfly or breaststroke. If I have enough swimmers, they may be placed on a relay and I know that they are not legal in a stroke. This is okay! Let them have fun even though that team may be disqualified.

It is much easier to fill up Free Relays because the swimmer is more comfortable with freestyle. Therefore, if your child wants to swim in a relay, we encourage you to stay until the end of the meet and have your child swim in the Freestyle Relay. We want all swimmers to participate in relays!!

During the conference final meet, relays are chosen based upon **fastest** time and legal strokes. This is the one meet of the year that everyone may not have an opportunity to swim a relay.

Getting Disqualified

The rules of swimming can be found on the website:

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=95&Alias=Rainbow&Lang=en> . Swimming is a very technical sport and it takes time to learn all of the rules. Sometimes, swimmers learn about “obscure” rules by doing them. The 6 & under age group does not disqualify swimmers, nor do swimmers receive a place (1st, 2nd, 3rd) or points for the team. However, after 7 years of age, swimmers must swim strokes legally and follow all rules. Every child gets disqualified at some point in their swimming career! Use this time as a learning experience and do not punish your child from getting disqualified. Always provide love and support for the disqualification. Some children are heart-broken when they find out that they have been disqualified. Remember that this is a learning experience.

Going to a Meet- What You Need to Know

Before the Meet

Make sure your swimmer eats properly and rests prior to each meet. Your swimmer needs to eat a meal before they come to the pool. They should have it finished about 30-60 minutes before Warm Ups. This meal will need to carry them through 30-40 minutes of constant swimming during warm up, 3 - 4 races, and cool downs, all in a 4 - 5 hour period. It needs to be big, but comfortable. Let them eat what they like, within reason: 60%-20%-20% carbohydrates-fat-protein is a good mix. For regular meets, a good night's sleep is essential. For championship meets, rest is extremely important.

Meet Information

Be sure to read the meet information posted on the Jonesboro Jets Website, as it will almost always announce what is and is not allowed at the meet. Most venues do not allow food on the deck, glass containers or cameras in restroom areas. Often, the host team runs a Concession Stand/Snack bar that sells food and drink items. Most venues allow coolers in the spectator seating areas - you can bring your own drinks and snacks for you and your swimmer/siblings

Attire

Team suits are available through our website (www.jetsaau.com). A bulk order will be done in May and April through the team so that shipping costs do not have to be incurred. We encourage team suits but they are not required. All swimmers MUST wear a Jets cap during the swim meet. Jets caps can be purchased from the Coach.

Arrival

Maps/directions to the pool can be located on our website (www.jetsaau.com). To view the maps, you must be logged into your account. Arrive to the pool early - in time to find a parking spot, get into the facility, check in with the coach, and to be ready for Warm Ups.

Swimmers should find their coaches for stretches 10 minutes prior to the beginning of posted Warm Ups (we post the report time on the Jonesboro Jets Webpage prior to each meet). It's generally best to have swimmers already in their suits when they get to the pool.

The coaches usually get to the pool early and stake out a place for the Team to sit. Swimmers should bring their goggles and caps with them when they come for stretches. Immediately following stretches, the team will go to the pool for warm-ups. Parents are usually not allowed on deck, so make sure your swimmer knows where you will be sitting. Usually, there are separate seating areas for spectators. Wear cool, loose-fitting clothes. It's good to bring folding chairs, blankets or mats for the swimmers/siblings to sit/lie on, if there's room.

Meet Programs

On the way in, you can usually purchase a Meet Program (Heat Sheet) for \$1-\$5 from the concession area. Meets are pre-seeded and the Meet Program lists the swimmers by event, heat and lane. A sharpie pen can be used to write this information on the swimmers body so that the swimmer can keep up with it. Hint: rubbing alcohol will help get it off after the meet!

Volunteering

Southwind swim teams will ask all participating teams to provide parent volunteers to help time. The number of swimmers we have entered into the meet determines the number of volunteers our team is asked to provide. When possible, Jets parents will be asked to volunteer to time or officiate. There will be a schedule circulated the morning of the meet. Usually "tent mates" will sign up to relieve each other so there is an adult constantly in the tent with the swimmers. After Warm Ups, the Meet Staff usually performs the last test of the Timing System and briefs the Timers. If they are for some reason short-handed at this point they will announce a request for additional volunteers. If you not already signed up to time, please feel free to volunteer to help time, but do not feel obligated as we will already have timers down there. However, keep in mind that a lack of timers will delay the start of the swim meet. The host team will play the National Anthem at the beginning of the session to honor our country and begin the meet.

Bullpen

Some meets will have a bullpen in which swimmers will report to prior to their event. It is important that swimmers report to the bullpen on first call. If a swimmer misses a race, the swimmer needs to find the coach. In many instances, the swimmer will be disqualified for missing a race. If there is an open lane, a coach may be able to get the swimmer in the next event to swim.

Generally, we only have a bullpen for 8 & unders for our home meets. Swimmers age 9 & over need to report directly to the block and pay attention to when they are swimming. It is important to teach children at an early age to "listen and pay attention" to when they are racing. Doing this at an early age will make the parents

life easier in the long run! Sometimes a swimmer will miss a race---this is part of the learning process! The next time, they **will listen!**

Swimmers for the first event should be lined up behind the blocks and ready to swim (the Announcer will normally call swimmers to the block by event). The Referee will signal the swimmers to get ready and to step up. The Starter will give the start command and start the race. The Stroke & Turn Judges will observe each race to ensure the competitors follow the technical rules.

Good Sportsmanship

During the swim, cheer for your swimmer (and their friends/teammates)! Good sportsmanship starts with you. Remember that improvement and personal accomplishments are more important than winning. Encourage your swimmers to congratulate competitors on their accomplishments. After the race, the swimmer can come to the spectator seating area to see you. Praise them and their effort. Remember to let the coaches' coach! Parents are there to provide love and support!

Meets are a lot of fun! It's a good time to get to know the other members of the Jets Family. Sit together, talk, and help each other learn about the sport, our kids, and their friends. But don't speak badly of the Jets Family or other teams - you never know when a prospective swimmer/sibling/parent is listening! Furthermore, we do have a year round team and many "out of town" swimmers swim with us!

Swim Bag Packing List

Here is a list of items your swimmer's bag should contain for the meet. Be sure to label everything with your swimmer's name - bags, suits, goggles, towels, etc. may look alike, especially new meet t-shirts!

Absolute Essentials

1. **Team Swim Cap** - Pack two, they tear easily!
2. **Team Suit** -If you can pack a spare (they do fall apart sometimes!). You should never rely on a swim shop to be available at a swim meet as they are not always invited to all meets.
3. **Team T-Shirt** - (if you have one) to ward off the chill and look like a team.
4. **Goggles** - At least two pair (straps break!). You can also pack extra straps, so favorite goggles can be saved (but, replacement takes time - thus the need for an extra pair).
5. **Deck Sandals** - There's plenty of ways to pick up infection and get injured around the pool. MAKE them wear sandals on EVERY pool deck - inside or outside! Their primary means of propulsion is their feet!
6. **Towels** - Pack at least two (big ones). Everything around the pool gets wet!
7. **Something Warm to Wear** - Team fleece jacket; or more towels (swimmers like to wrap themselves in towels - it's easy!).
8. **Water Bottle** - A big one, with water in it or bottles of sports drink. Swimmers dehydrate easily. They don't realize they are sweating! All swimmers are expected to be sipping on fluids throughout the course of all swim meets. No exceptions.
9. **Ear Drops** - Usually, a vinegar/alcohol solution in a glycerin base - or Swim Ear you can purchase anywhere. You don't want to deal with swimmer's ear. Use after practice and meets. Every practice. Every meet.

10. **Baby Powder** - To lightly dust inside of latex swim caps after drying them; keeps them from sticking together (and then tearing when you try to pull sides apart) and makes them easier to put on! (A small sample size of baby powder will last a long time).
11. **Toiletries** - Swim shampoo, conditioner, hairbrush, comb, contact solution, girls-only stuff, deodorant, and other bathroom stuff.
12. **A DRY Change of Clothes** - For after the meet (to remain dry in a swim bag they must be in a separate compartment or Ziploc bag!).
13. **Sharpie Marker or Pen** - For marking E/H/L info for each race on your swimmer's hand (E= Event #; H = Heat #; L = Lane #).
14. **Inhalers**- If your child is asthmatic; this is the most important thing they own. Tell the coach if your child has asthma and where they can find their inhalers! Pack their inhalers! Same for other medications.

Other Items

1. **A Highlighter** - For marking your child's race info on the heat/program.
2. **A Pen** - For writing down the times that your child achieves at the meet.
3. **Cooler** - Filled with drinks and snacks (many venues don't allow coolers in the pool, but do allow them in off-deck seating areas).
4. **Discreet Snacks** (often not allowed on deck) - Raisins, trail mix, Ritz bits w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; string cheese; beef jerky; Gatorade Bars or Power Bars; ask around for ideas!
5. **Entertainment Items** - For you. Books, newspaper, playing cards, work items, hobby items, etc. to keep yourself busy when your swimmer's not swimming. Better yet - volunteer to help with the meet!
6. **Entertainment Items** - For your swimmer & siblings. Books, MP3/CD player (with earphones), CDs, Gameboys, playing cards, hobby items, etc. There's lots of time between events!
7. **Folding Chairs** To sit in if there are no bleachers.
8. **Extra Plastic Bags** - For keeping things dry (various sizes).
9. **Sunscreen** - Get a waterproof type and put it on before you get to the meet (it needs time to soak in). Put it on again after a couple of hours.
10. **Sunglasses and a Hat**
11. **Bug Spray** - Get a waterproof type and put it on before you get to the meet. Put it on again after a couple of hours.
12. **Pop up Canopy or Tent** - To provide shade or protection in the rain.
13. **Swim suit for the parent**- Sometimes it is really hot and a cool shower feels really good! Bring flip flops!