



Team Handbook

New Hartford Aquatics

Our Mission

At New Hartford Aquatics, our mission is to provide a fun, safe, and exciting place for young athletes to learn and build skills for competitive swimming and diving. New Hartford Aquatics strives to promote a positive and productive environment where athletes of all ages and abilities can reach their greatest potential and learn necessary skills for collegiate competition and life-long fitness.

Communication

Parent involvement is highly encouraged, however, please do not communicate with swimmers or coaches during practice time. Feel free to wait until the end of practice with any questions or concerns, or email the coaches directly at newhartfordaquatics@gmail.com

Competition/Sportsmanship/Responsibility

When attending meets, it is vital that all swimmers remain respectful of each other, the coaches, and the facility in which they are competing. As a result, it is expected that all swimmers remain positive and respectful regardless of their personal performance. As a courtesy to all, when finishing a race, swimmers are expected to remain by the wall in their lane until all other competitors have finished the heat. Once completed, all swimmers will extend a congratulatory handshake to their competitors on either side of their lane.

Swimmers are encouraged to attempt all strokes and distances events. New Hartford Aquatics coaches understand that all swimmers have events that will become his or her "favorites," however, it is important when growing as an athlete to explore other events based on coach opinion and ability level.

Whether during practice or a meet, above all else, swimmers need to be respectful to all. Inappropriate language, disruptive behaviors, or any destruction to private or public property will not be tolerated. It is

expected that all swimmers clean up after themselves, and remove all waste products when leaving the pool deck at practice or at a meet.

Practice Attendance

As a USA Swimming Club, we understand the hectic and stressful lives of our young athletes. However, attendance at practice is vital to the improvement of stroke technique, endurance, knowledge, and team camaraderie. It is expected for swimmers to attend as many practices as possible during the week. As a minimum attendance requirement, it is expected for swimmers to miss no more than two (2) practices per week while attending all practices on a regular basis. In case of a medical emergency or other family obligation please notify our coaches if your son or daughter cannot attend practice.

Swimmers need to be on the pool deck (out of the water) five (5) minutes before the designated start of practice. At this time, swimmers should have their caps, goggles, and water bottle, and be prepared to begin their practice and stretch with their teammates.

Meets

As a team, New Hartford Aquatics attends, on average, one meet per month. Each swimmer is encouraged to attend as many meets as possible to build experience at the USA meet level and improve the ability to create a goal for the end of each season. With personal goals, practice can become a time to build skills and move forward as a swimmer, rather than a daily chore.

Along with these in-season meets, during our Fall/Winter Season (Short Course Season) New Hartford Aquatics attends the Adirondack Short Course Qualifier Meet, and the Adirondack Short Course Championship Meet, held at Rensselaer's Robison Pool in February and March Respectively. This is a great chance to spend time with other teammates and families, and see the progress that each individual swimmer has made during the season.

Any swimmer who has made an Adirondack Championship (Golds) Qualifying time during the season may swim that event at Adirondack (AD) Championships. If no qualifying time has been made for an event, that event may be swum at the AD Qualifying Meet (Silvers) in February.

Swimmers are required to attend at least 2 in-season meets before Adirondack Silvers Championships. It is expected that everyone who has qualified for Silvers or Golds will attend these meets to support their teammates. If there are extenuating circumstances that will keep your child from attending these meets, please be sure to discuss these with the head coach.

All Meet Sign-ups must be done online through your TeamUnify Account before the designated date. A fee will be added to your account based on the number of events in which your child is competing.

What to Bring (Meets)

- Team Suit
- Team Cap
- Team Shirt
- Goggles (2)
- Towels (2)
- Water Bottle
- Healthy Snacks

Parents: The pool deck at meets tends to be extremely warm – dress accordingly (Recommended – Parent Team Shirts)

Parent Responsibilities

As a member of New Hartford Aquatics it is vital to the club and to our swimmers that all parents remain as involved as possible.

Parent Responsibilities Include:

Meet Timing

- When attending a meet, each AD Club is required to provide timers based on the number of swimmers attending. While it is not expected for you to time throughout the entire meet, please plan to time for a small portion, in conjunction with other parents.

Awareness: Important club updates will be uploaded to our Facebook account, our website www.newhartfordaquatics.com, and sent via email to the address given at registration. Please check these outlets regularly.

Athlete Support: Above all else it is important for parents at New Hartford Aquatics to be supportive of their swimmer and of the club. While succeeding, and performing well is the hope of all swimmers, parents, and coaches, it is important for everyone to remember the overall goal of a particular swimmer, and the personal improvement that can occur in a specific event rather than simply the winning of a heat or an age group.

We understand that being a swim parent can be taxing, and we thank you all for your continued support, both getting your swimmer to nightly practice, and driving to the Capital District for multiple meets per season.

Fundraising

New Hartford Aquatics does not require per-family fundraising; however, we may arrange events during the season to help aid our team in purchasing necessary gear or facility updates. This season we will be hosting a movie night at the pool as we near the holiday season. It is our hope that all swimmers, family and friends can attend to make this event a success.

Team Apparel/Merchandise

New Hartford Aquatics Swim Club colors are Royal Blue and Red. A team cap, suit and t-shirt are required for all swimmers. Swimmers that have these items from a previous season (provided there has not been a change to the team apparel) may opt out of these charges during registration. Team Shirts and caps will be provided to all swimmers. An additional fee will be added on for all team suits. If you would like to purchase additional items, you may do so through our Team Store.

To visit our team store through theDEEPend Swim and Sportswear, go to:

<https://www.thedeependonline.com/teams/login>

Username: NEW HARTFORD Password: AQUATICS

Schedule Policies

- In the event of a snow day or the cancellation of after-school activities at New Hartford Central Schools, New Hartford Aquatics is required to cancel all swim practices and swim lessons. In case of such a cancellation, an email notification will be sent by 12:00pm.
- There are a few nights during the year when our practice times may be affected by a New Hartford Varsity Team Meet. In the event that practice will be delayed or cancelled, everyone will be notified via email. Depending on the weather or facility availability elsewhere in the school, we may arrange dryland practices on these nights to keep the congestion in the pool area at a minimum.