

### **Important Contact Info**

- Coach Tony: [tm153553@reddies.hsu.edu](mailto:tm153553@reddies.hsu.edu) or 501-764-7946
- Website: [www.aquakidsswimteam.com](http://www.aquakidsswimteam.com)
- Team Treasurer- Kara Bloomfield: [karabloomfield@gmail.com](mailto:karabloomfield@gmail.com)
- Board President/Volunteer Coordinator- Denise Karl: [denise.karl@acxiom.com](mailto:denise.karl@acxiom.com)

### **Who Can Answer My Questions?**

- For questions that are swimming related, ask Coach Tony.
- For questions that have to do with billing, fees, fundraising, and sponsorship, contact Kara Bloomfield.
- For questions related to volunteer hours or signing up for jobs online, contact the Denise Karl or Coach Tony.
- For questions about equipment, ask Kara Bloomfield or Coach Tony.

### **What Are The Methods Of Communication?**

- Website - The Aquakids website, [www.aquakidsswimteam.com](http://www.aquakidsswimteam.com) , has a wealth of information posted. Information about meets, meet registration info, job sign ups, volunteer opportunities and more are available there. You need to have a sign in for the site (provided by us when you joined Aquakids).
- Email - Coach Tony will keep you informed of specific group information via email. In addition, announcements about meet/job sign ups, billing, and timely news will all arrive in your email box. The Newsletter is a weekly email publication (can also be found on the website under the "Aquakids News" tab) that shares timely news and successes with the entire team. Please keep a current email address on file with the office.
- FACEBOOK page (Aquakids Swim Team)
- Text Messages (set up the SMS option on your account- for last minute practice cancelations or weather delays)

### **What You Can Do On The Website?**

- You can sign your child up for a meet (see Registering for a Swim Meet, below).
- You can track your child's times for various races on the website. Sign in and go to "My Account" and then "My Meet Results". You can see all of their times, or search on a particular thing - like all backstroke, or just the top times in each race.
- You can see your current invoice, as well as past payment information. Sign in and go to "My Account," then "My Invoice/Payment".
- You can update contact information. Sign in and go to "My Account," then "My Account" again.
- You can see what the various time standards are for your child's age group. Go to "Time Standards" tab.
- You can see top times of your child and other children their age - go to "Team Records" tab and then "Event Classification" subtab.
- Check out the requirements- go to "Team Info" tab and then "Requirements" subtab.

### **Your Role As A Swimming Parent?**

- Let the coach do the coaching.
- Be enthusiastic, positive and supportive.
- Demonstrate good sportsmanship and set a good example.
- Attend parent meetings as needed and maintain open communication with the coach.
- Support fundraising activities.
- Complete your volunteer requirement.

### **Where Is The Hendrix Pool Located?**

- The pool is located in the Hendrix Campus. The address is: 1600 Washington Avenue, Conway, AR, 72032. You can find a map by clicking [here](#)

### **Where Should I Park/ Pick Up My Kid(s)?**

- There is plenty of parking available right by the pool and it is free. Facility rules: there is no parking allowed in the horseshoe drive in front of the pool. The horseshoe drive is a fire lane and cannot be blocked. Dropping off is allowed before practice, however picking up after practice in the horseshoe is strictly prohibited.

### **Practice Times, How Do I Find Them?**

- On our website ([www.aquakidsswimteam.com](http://www.aquakidsswimteam.com)), go to 'Team Info' tab, and click the "2016 Summer Schedule" subtab. All the groups practice schedule would be listed there.

### **When Should I Be At Practice?**

- Practice starts on time every day. Swimmers should be at least 10 minutes early to practice to ensure that they have their equipment needed ready and that the coaches will have time to explain the set before starting the practice.

### **What Do Swimmers Need For Practice?**

- All swimmers should come prepared to every practice.
- They will need a swim cap (a spare is also advisable), goggles that fit and do not leak (please avoid face masks) and they also need water bottles.
- They should also come to each practice with the equipment needed for each group from the list provided, dryland clothes and appropriate footwear to scheduled dryland practices.
- Senior and Pre-Senior swimmers should have their pace sheets at all practices and pack healthy nutritious snacks.

### **Other Practice Questions**

- Parents are welcome at practices. Plan to sit in the bleachers or bring your own chair. Do not sit behind the starting blocks or at the opposite end.
- Practice changes (around holidays or school vacations, for example) will be announced in Newsletter as well as on the website and Facebook.
- The coach's job during practice is to coach practice. Do not try to have a conversation about your swimmer during practice time. Even after your child's practice, the coach may be getting ready for another practice group and may not have time to talk. The best way to get quality time with him or her is to make contact via email to set up a time to talk.
- Try not to distract your child during practice. The kids need to have their attention on the coach.
- Pack something for your child to drink - water or a sports drink. It is best for them to have a bottle at the end of the lane as they won't be able to get out of the pool for a drink except at times specified by the coach. The Developmental Group takes more breaks, so this may not be necessary.
- Ensure that your child has the fuel he or she needs by giving him/her a snack before practice.
- Please note that Aquakids and the coaches are not responsible for your child outside of the pool area or after practice times. If children are outside, they are not being supervised.
- Work with your child to make sure he/she has all the equipment needed for the practice. If you need to purchase equipment, the Slapshwear Aquatics (go on the "Team Info" tab "Equipment" subtab and enter the code HAK to access the discounted team gear & equipment) has everything you need. Please check in the swim shop first for your equipment needs.
- Aquakids does not follow a particular inclement weather policy. Any weather-related closures will be posted on the website and Facebook. Even if practices are going on, please use your best judgment to determine whether your child can safely attend practice.

- Each swimmer progresses at his or her own level. Your child's coach will talk to you if and when he/she feels your child is ready to move to a higher practice group. There is no set timeline. Advancement happens when the right combination of skill, age and commitment comes together (please see the "Requirement" subtab).

### **REGISTERING FOR A SWIM MEET**

- Attending meets is an important part of participating on the competitive team. Plan on attending meets throughout the season.
- All meet registration at Aquakids is done online at our website. Sign in and click on "Meet & Events" tab at the top. Choose the meet and then click "Attend this Event". You will be led through the registration process.
- There is always a registration deadline for the meets. You will receive an email reminder 7 days before the registration deadline. It is good to get into the habit of registering sooner rather than later if you know you will attend.
- The coaches are going to pick the events that the swimmers are going to compete in. Please use the "Notes Box" when registering to for the meet to specify what days/sessions your kid is available (if no notes are provided, I will assume that your kid is available for all sessions)
- The format of the meet may change from one meet to the next. You can familiarize yourself with the meet format by clicking on the name of the meet and then see the description of the meet. A "Meet Info" file will also be available under "Forms/Documents" subtab. Sometimes, the sessions are divided up by age; other times, by times achieved.
- Some meets require that your child has met a particular time standard to participate. An eligibility report or time standard report will be provided under the "Forms/Documents" subtab.
- The Meets are usually two (Saturday/Sunday) or three days (Friday evening-Sunday). Pay special attention to what day(s) you are signing up for. You can choose to have your child swim one or more days, depending on your schedule and your coach's feedback. If you have a conflict one of the days, let your coach know the details in the notes box.
- Generally, your child will be able to swim in five individual events each day. Check the meet information file for more info. Relay participants are selected by the coaches and will be announced at the meet during warm-ups.

### **THE DAY OF A SWIM MEET**

- Plan on arriving at least 15 minutes prior to the start of warm-ups.
- Once you arrive, you need to find somewhere to sit. I would like us to sit together as a team. This will help us get to know each other better and it will be easier for me to communicate with the team.
- You should plan on bringing chairs. Seating might be available but it depends on the meet (more info can be found on the "Meet Info" file). Meets get very crowded, so try to limit what you bring to the necessities.
- If you have questions, please don't hesitate to ask the coaches or any other Aquakids parents.
- Your child needs to be ready to get in the pool, with cap/goggles/etc. at least 15 minutes before warm ups are scheduled to begin. We usually stretch as a team before getting in the water. Please be courteous and arrive on time.
- At most meets, there is a wide variety of food and drinks available, often including bagels, fruit, pasta, pizza, snacks, candy, soft drinks, sports drinks and more. The snack bar accepts cash only.
- You may bring a cooler with food or drinks to the meet. No glass containers are allowed on the pool deck.
- We strongly recommend wearing your Aquakids apparel to show our team spirit. Other things to bring: multiple towels for your swimmer, healthy snacks and drinks, items to entertain your children (games, books, music, etc.), a permanent marker to write events on your swimmer's hand, Aquakids Orange competition swim cap, goggles (and maybe a spare pair), sweats to keep warm.
- For spectators, the pools get quite warm, even in the winter. Don't dress too warmly.
- Plan on purchasing a Heat Sheet (available in the swim shop) for the meet (\$10 or less, cash only). You can share one between a few families if you know others swimming in the same session. The Heat Sheet will list all the events, heats and lanes for all the swimmers each day. A highlighter is helpful for marking your child's races. Write your child's information on his or her hand in permanent marker. Make sure to write the EVENT, HEAT and LANE.
- The children are expected to know events, heats and lanes in which they are swimming. Please tell your kid to talk to the coaches before and after each race.

- Events will be called over the PA system. Usually, the event number and name will only be called before the first heat of each event. After the first heat, the announcer only announces the heat numbers. Try to ensure your child gets to his or her races on time; the heats will not be held for a missing swimmer. You can get an approximate time in the Heat Sheet book - there is sometimes a page toward the front that lists times for each event, and the meets generally run pretty true to these times.
- Results are posted soon after events conclude. You can also see the results on meet mobile, however, meet mobile is not official.