

2015 Vitras Swim Club

Parent Packet

Welcome to the team!



Sarah Byers, Head Coach

coach@swimvitras.com

www.swimvitras.com

On behalf of the Vitras Summer Club we'd like to welcome you to our team! Summer swim team can be one of the more exciting, exhilarating and, yes, exhausting activities your family will experience together. Swim team truly is a family affair, as there's much more to it than swimming laps. This packet is meant to introduce you to all the goes on between the meets and behind the scenes. We hope you find it helpful as we start off the summer swim season!

About the Vitras Summer Club: Having fun is the most important thing we can do. Personal development is what is most important which is more than just improving a swimmers times. We believe that by establishing a healthy environment that encourages kids to do their best while having fun our season will be a success!

Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on TEAM. Any team is only as good on the people on it and therefor our expectations are simple:

1. Have fun!!!
2. Do your best- it's a lot more important than being the best!
3. Pay attention to the coaches: with over 100 swimmers disruptions aren't fair to the other swimmers on the team or in your lane.
4. Keep your commitments: We are planning on you being at the swim meets unless you let us know you cannot make it- please make sure you do this!

Volunteers

We've all taken our kids to soccer, baseball or other sports and probably stood by as two or three parents helped run the team. **Swimming isn't like that.** You can't run a swim program without parental help, in fact it takes at least 15 parents to run a typical swim meet, and that doesn't include pool set up and tear down or other non-swimming activities. We need your help! **We will need to provide at least 7 parent volunteers per meet to help time, hand out ribbons, officiate, and record times! PLEASE VOLUNTEER IN AT LEAST ONE MEET THIS SEASON! Thank you in advance!**

Practices

Practice makes progress, especially where swimming is concerned. Swimmers are encouraged to attend practice on a regular basis. It is encouraged for swimmers to attend 3 practices a week or more whenever possible. Practice times are posted on the website as well as the welcome letter/registration packet first page. Swimmers are expected to behave in a positive manner during practice and be respectful of all coaches and other swimmers. Please know that disruptive or rude behavior at practice will not be tolerated and the coaches have the right to remove the swimmers from practice. Please also note that all swimmers 10 & under must be walked into the pool deck area by an adult. This is to comply with the Center rules. **Thank you for your cooperation with this!**

Communication

Communication is very important on the swim team. If you are not already receiving emails from us assume we do not have your email address. The email group is used to provide timely updates of information to the whole swim team. We will also be sending out text alerts for important updates on swim team information. Please contact Coach Sarah if you have not been getting the emails and/or texts so we can add you to our group. Any questions, concerns, or comments please direct to Coach Sarah. Please do not address any Center employees (front desk, etc.) with any questions or concerns about the swim team– the Verrado Assembly is not associated with the running of the swim team. **Thank you!**

Swimmer Apparel

A team suit is highly recommended, but optional. Most swimmers enjoy wearing the team suit at meets and for the team picture. Team suits can be ordered online at our team store or directly from Argons website. If swimmers do not purchase a team suit it is highly recommended they get a BLACK or RED suit to wear for meets. It is also highly encouraged that swimmers wear caps both at practice and at meets. Team caps are available for purchase from Coach Sarah for \$15.00 all season long. Trust us– wearing the red caps makes it a lot easier to spot your swimmer in the water at meets!!

Accessories for the well dressed swimmer

Every swimmer needs a towel– the bigger and thicker the better! Other accessories to consider are goggles (maybe 2 pairs), a team t-shirt or tank top, a team hat or other sun protection, and a bag to carry everything in. Swimmers should also plan on bringing water or sports drinks to practice and meets, especially as temperatures heat up!

Schedule and Event List

Go to the team website to find the meet and event lists. All team social events will also be there. Emails will also be sent out with important information on meets and social events as well.

Swim Meets

There are 3 basic swim meets: dual meets, relay meets and league finals.

Dual Meets: These are when 1–3 teams compete against each other. All dual meets are not scored and are for swimmers personal growth and fun! Swimmers will swim in all dual meets unless the parent has let the coach know they won't be available for that meet. Swimmers will swim all the events listed as long as the coaches feel they are "legal" in that event. Swimmers who cannot complete the stroke for a 25 will not be entered in that event. There are different events in all dual meets so your swimmer will be able to try all the events out by the end of the season! All swimmers will receive ribbons at the dual meet at the completion of their swim.

Relay Meets: Relay meets include all teams in the Mar–West league. Coaches will determine who will swim in what relay for the relay meets. Swimmers may swim on one relay or multiple relays depending on how many swimmers are available to make a relay team.

League Finals: This is a scored meet with team and individual points. This meet will also include DQs so only swimmers who have legal strokes will be eligible to attend. Coaches will determine who swims in league finals, and not all swimmers will be eligible to attend the meet. Entries are limited and swimmers times, practice ethic, and attitude will be used to determine who will swim in the championship.

Meet Policies

Attendance at Meets: Swimmers are encouraged to swim at as many meets as they can, however, we understand people go on vacation and have other commitments during meet times. It is important that if you cannot attend a meet you have marked NO on the Meet Registration form to let your coach know so we do not enter you in that meet. **If you have to change your "YES" to a "NO" please let Coach Sarah know at least 48 hours in advance.**

Meet Warm Up: It is important to be on time for meets and take part in the meet warm up. This will prepare your swimmer for the meet and allow them some time to relax and have fun with the team before the meet starts. Plan on arriving in time for your swimmer to come in, find the coaches and team area and get ready to warm up (approx. 10–15 minutes before warmup is called).

Meet Seating: It is important for all our swimmers to sit together as a TEAM. This is a great way to get to know all the swimmers on the team, have fun, do cheers, and make new friends. Swimmers need to sit in the designated TEAM AREA for the duration of the meet. This will also ensure that the younger (and older!) swimmers get to their event on time and know what they are swimming. Don't worry about your swimmer at the swim meet- the coaches will guide them to the correct heat and lane and prepare them for what they are about to swim. Enjoy watching them swim!

Swimming Lingo

Talk the talk: Like most sports swimming has it's own language! Here are some helpful terms that will come in handy when dealing with swim meets.

DQ: This stands for disqualification. These are given out by the meet officials when a swimmer is not doing the stroke/turn/start correctly. In dual meets DQs are given to the coaches at the end of the meet and the coaches will address it with the swimmer in practice. At finals, the swim will not be counted and no points will be rewarded to the swimmer or team for a swim that was a DQ.

Event: This is the stroke and length the swimmer will swim. Ex) Girls 6 & under 25 freestyle-which means one length of the pool freestyle for girls 6 & under.

Heat: Each event will have multiple heats, and your swimmer will be assigned a lane in one of these heats. Heat 1 goes first, then heat 2, etc.

Lane: This is the lane in the pool your swimmer will swim in. Home teams take the even lanes and visiting teams take the odd lanes.

Swimming Up: Swimmers who participate in any swimming program outside the Mar West League are required to compete one age group above their age on June 1st of the current year. An exception is made for swimmers 8 years old and under and 15 years old and older.

Thank you for your cooperation to make this season a success!