

Vitras Swim Club

Website: www.swimvitras.com

Meet information, weekly updates, sign up for meets/events, billing, policies, coaches bios, club policies, newsletters

Facebook Page: **Vitras Swim Club**

Pictures, updates, events

Facebook Group: **VSC Parents—ask to join**

Parents post information as well as coaches, things for sale, etc

Instagram: **Vitras Swim Club #vsc**

Pictures

Twitter: **@coachbyers**

Quotes, inspiration, great performances

Remind app: <https://www.remind.com/join/vitras>

This is a team texting site for important announcements only

Team Store vtees.org or email: vtees@hotmail.com

All team shirts, caps, etc

Swim Outlet Affiliate Store

www.swimoutlet.com/swimvitras

Coaches

Head Coach Sarah Byers: coach@swimvitras.com or 630-728-9104

Head Assistant Coach Hannah Bruggman:

coachhannah@swimvitras.com

Assistant Coach Daniel Vargas: daniel2vargas@gmail.com

Assistant Coach Kelley Conrad: kelleymconrad.swim@gmail.com



Questions to ask your swimmer at meets:

- Were you on time for everything – arrival, warm-up, team meetings?
- Were you in team attire throughout the entire meet?
- Did you check in with the coach before and after your race?
- Did you warm-up and warm-down appropriately?
- Did you give your best in your races?
- Did you understand the technique and strategy that the coach prepared you for?
- And most importantly, if the swim was “good”, did you keep it in perspective, and if it was “bad” did you keep it in perspective?
- Did you find the value in every race?
- How were you in the team area? Positive, engaging, encouraging, supportive?
- Did you complain about anything, or did you remain positive in the face of any challenges (crowded warm-up, tired, hungry, poor swim, etc.)?
- Did you clean up after yourself when you left?
- I am sure there are new swimmers on the team. Did you take the time to meet them?
- I am sure someone could have used your assistance today; did you reach out to help anyone – coaches, parents, teammates?
- Did you cheer for your teammates?
- Would you consider your actions today those of a leader and a role-model?
- Do you think you made the meet better and the team better?
- If you did not do these things, why not?
- If you do not, who is going to do them?

Questions to ask your swimmer after practice:

The typical parent (post-workout) conversation is generally centered on one question: How was workout? To which the most common answers are, “easy” or “hard”. What if questions on the ride home were more along the lines of...

“Did you give your best today” (work ethic)

“Did you help the team in some way?” (team commitment/greater good)

These are two invaluable lessons and life skills.

What if you not only insisted on knowing these things, but demanded them from your children? Wouldn't a parent like to hear something like this after asking their child how practice was?

“Mom, I really pushed myself tonight at practice. My goal was to make it my best practice ever, and I think it was! I also really tried to encourage and support my teammates. I think I made a difference! David forgot his goggles so I gave him my extra pair. And, I am sorry I am a little late coming out but I stayed to help the coaches put away extra equipment left on the pool deck without them asking.”

Questions to ask the Coach:

What should a parent know? What should a parent support? What should a parent demand? These questions could offer a more tangible conversation than, “why is their time not improving?”, “why does his arm still cross under his body?” or “why is she the last one off the blocks?”

What about:

- How is my child’s work ethic? And please be honest.
- How do they perform when circumstances are challenging?
- Are they resilient?
- Can you push them harder? Can you push them to a breaking point? That will happen in life and I would like to see how they respond.
- Do they remain positive at the most difficult times?
- Do they complain? I would prefer they do not, ever, and I support you to let them know it is not acceptable, regardless of the reason.
- Do they remain focused and not social or disconnected?
- Do they like this?
- Do they make sacrifices?
- Do they volunteer to help?
- Are they a leader, do they lead in the right direction?
- Do they support their teammates in a workout? Not just their best friends but everyone?
- Are they respectful to you?

Coach View: It is the PROCESS

As coaches we place the process as the primary focus and not the goal (time). While I truly believe in goal-setting, if your first goal is not commitment to the process, the work, and the team, the time becomes irrelevant. I tell this to our team at every Monday meeting and offer a few suggestions for becoming process-driven:

1. Do everything exactly right. Become obsessed with being on time, counting repeats/laps, knowing times, stroke counts, executing drills, etc.
2. Work every wall – every wall. Make it a mission. No lazy, illegal, or poor technique turns or streamlines. Have a kick count and a distance underwater and commit to them.
3. Act everyday as if you were the leader of the team, as if the success and character of the team was solely dependent upon you.
4. Train like a warrior. Push limits. Inspire and motivate others. “If it doesn’t challenge you, it doesn’t change you.” Embrace the path of most resistance.
5. Touch one person with compassion, empathy, and support – every day. Care more. Be a great teammate and role model.

Coach View: The three C's we focus on:

Commitment- To the team...to your technique...to your workouts...to your goals.

Character- What kind of teammate are you? Who's day did you make better? Who did you inspire?

Competition- What are you doing to become better and reach your goals? Are you doing everything possible to be your personal best? If not, why not? What's stopping you?

The C's By Group:

Learn to Swim

Commitment: Listen to your coaches

Character: Praising or cheering on your teammates during practice

Competition: Be able to swim the 4 strokes legally

Black I

Commitment: Come ready everyday to learn

Character: Be positive at practice

Competition: Learn how to race at practice and meets

Black II

Commitment: Come to practice-no excuses!

Character: Say something positive to a teammate at every workout

Competition: Learn to follow your race plan

Black III

Commitment: Show up to practice early with positive body language

Character: Be the best role model you can- at all times.

Competition: Learn from your races no matter the outcome.

Silver

Commitment: Come to practice prepared to work hard

Character: Be respectful and encouraging of all your teammates.

Competition: Swim at meets and implement practice in to races

Red 1

Commitment: If you come to the pool, you get in the water

Character: Allow others success to be your own

Competition: Always give your best effort when swimming

Red 2

Commitment: Come to practice and meets on time

Character: Be helpful to teammates.

Competition: Try your best

Red 3

Commitment: Be ready to listen and learn an improve

Character: Don't give up!

Competition: Race at practice when it's called for!

Swim Meet Procedures

1. Warm-Up

- o Warm-ups are always conducted by a member of the coaching staff; parents should not be involved with the warm-up procedure.
- o Swimmers will be expected to report to the team area 60-90 minutes prior to the start of the competition.
- o Team members are required to warm-up with the team unless excused by the coach
- o It is important that swimmers and parents understand that a good warm-up is an essential part of a successful performance. Each athlete in the program deserves every opportunity available to be successful. Warm-up is one of those opportunities!

2. It will be customary for us to have a “team area” at meets and to sit together as a group. This helps promote team unity and spirit. When a swimmer first arrives at a meet, he should find the team area.

3. A team meeting will be convened 5 minutes prior the start of each competition session. All team members will be required to attend.

4. Swimmers should obtain a heat sheet and check to see if they are properly entered in their events. If there is a mistake, it should be discussed with the coach so they can take corrective action.

5. At the conclusion of each race, the swimmers are asked to come immediately to the coaching staff present at the meet. This gives the coaches an opportunity to discuss the race with the swimmer and add positive comments concerning splits, stroke techniques, race strategy, etc. Parents who are so inclined should discuss the technical aspects of a race with the coach and not the swimmer. If a warm-down area is available, swimmers are to warm-down first, then report directly to the coaches.

6. Input from parents or swimmers is welcome, but the coaches will determine which events a swimmer will compete in. Team members are never to scratch or late-enter an event without first consulting one of the coaches. In a meet with preliminaries and finals, it is expected that any one qualifying to swim in the finals shall do so unless excused by the coach.

7. As a matter of courtesy to the officials and meet host, parents should generally stay off of the deck unless serving in an official capacity.

8. Similarly, as a matter of courtesy, all questions swimmers or parents may have 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. On away trips, all swimmers will be required to attend all sessions of the meet unless excused by the head coach.

10. Swimmers will be expected to rest and conserve energy between events and sessions and to remain in the team area while at the pool.

11. If there is an extended period of time between the pre-meet team warm-up and the swimmer’s first event, the swimmer should briefly warm-up a second time approximately 30 minutes prior to the event if a warm-up pool is available.

12. Unless excused by the coach, all swimmers competing in a finals session will be expected to stay with the team until the end of the session to support their teammates.

Communication Policy

Cooperation and communication among parents, swimmers and coaches are vital to the success of the program. If a parent disagrees with a coach, this problem must be privately resolved between the two. A parent's critical comments directed toward the coach in the presence of the swimmer could have a negative impact on the level of confidence the swimmer has in that coach. Once confidence is lost, success is unlikely.

It should also be emphasized that confusion will result if a swimmer has two "coaches" (parent and coach). The results are almost always better when the parents restrict their input to support and encouragement, and allow the coaches to provide the technical direction.

It is very important for the parents (and swimmers!) to inform the coaches of any outside influences (i.e., problems with school, personal relationships, etc.) which may have a negative impact on the performance and/or attitude of the swimmer.

The coaches welcome input from the parents and will make themselves available whenever necessary outside of scheduled workouts and competition. However, it would be appreciated if parents would email the coach for appointments during regular business hours to discuss matters which are not urgent.

Meet Entry Policy

The coaches will establish the qualifying criteria for participation in each meet, and the meet schedule for each swimmer. This meet schedule is posted on our website. Swimmers will be expected to declare their intentions to "Commit to Attend" or "Decline to Attend" through the Team Unify Online Meet Entry on our website. Although input from swimmers and parents is welcome, the coaches will determine which events the swimmers will enter in competition. Swimmers who are entered in a meet and do not attend, will be responsible for meet fees and other associated costs.

Pool Deck Policy

Parents are requested to refrain from consulting with the coaches or swimmers during practice and competition. A distraction of this kind could prevent the coach from providing the supervision required by the other swimmers. Consequently, parents will be expected to remain in the designated spectator areas. During certain meets, the team area may be restricted to competitors only and family members will be encouraged to sit in an adjacent section. Again, consistent with the need to establish a focused, distraction free environment for the swimmers, parents who wish to occasionally watch the practices will be requested to do so from the play pool area above the ramp.

Team Focus Quote of the Month:

"There are no secrets to success.
It is the result of preparation, hard
work, and learning from failure."
- Colin Powell

Team Process Focus (Short Course):

August: Push offs
September: Streamlines
October: Finishes
November: Starts
December: Turns
January: Entry
February: Dolphin Kicks
March: Tempo