



Mandell JCC Sharks Swim Team

Parent and Swimmer Manual

2017/2018 Season

“They never said it would be easy they said it would be worth it.”



New and Returning Sharks Families,

The start of a brand new season is upon us, and we are very excited about this upcoming year. We wish to welcome all new and returning Sharks. We are looking forward to a rewarding and fun season.

We take a great deal of responsibility in providing a safe and productive environment for our athletes and look forward to working with each of you, as partners in this endeavor. One of the most valuable characteristics of a strong, motivated team is the parents' support within the organization. We therefore encourage each of you to take an active part in our team by joining our Parent Committee. This group assists the coaches with many behind the scene details. We look forward to working with your swimmers this season.

As always, if you should have any questions please feel free to contact **Coach David Laudati at 860-231-6320 / dlaudati@mandelljcc.org.**

Thank you,

The Coaching Staff

SWIM TEAM PHILOSOPHY

The Mandell JCC Sharks Swim Team is a nonprofit member of United States Swimming, dedicated to the development of competitive and recreational swimmers through technique and endurance development. The Coaching Staff strives on bringing the best out of each swimmer and helping them reach their full potential.

GENERAL INFORMATION

Interested swimmers ages of 6 and 18 are eligible to join. A tryout is required.

SWIM TEAM APPAREL & EQUIPMENT

Apparel Requirements

- Team suit – *New Suit for 2017-2018 Season*
- Team Cap
- Team Backpack (if they do not have one)
- 2 team T-shirts (1 black and 1 blue)
- 2 pairs of racing goggles (preferably Speedo Vanquishers) and bungies
- 2 Practice Swim caps
- Team Jacket - Provided
- Team Towel - Provided
- Practice Swim suits (no 2-piece suits will be allowed)
- **TEAM SUITS AND CAPS MUST BE WORN AT MEETS** (*exceptions for older swimmers may be made for Championship and Trials/Finals meets*)

Equipment Requirements

(Equipment can be ordered through www.swimoutlet.com)

Sandshark & Junior Shark Swimmers

- **WATERBOTTLE (This is a requirement not a recommendation)**
- The following Items will be available at each practice, but swimmers may order their own.
 - Kickboard (junior size)
 - Fins
 - Pull Buoy (junior size)

Age Group Swimmers

- **WATERBOTTLE (This is a requirement not a recommendation)**
- [FINIS Swimmer's Swim Snorkel](#) (only Age Group 1, 2, 3,4)
- [FINIS Swim Parachute size 8](#) (Only Age Group 2 & 3, 4)
- Mesh Bag for equipment (only Age Group 1, 2, 3, 4)
- The following Items will be available at each practice, but swimmers may order their own.
 - Kickboard (junior size)
 - Fins
 - Pull Buoy (junior size)
 - Hand paddles (small)

Pre Senior and Senior Swimmers

- **WATERBOTTLE (This is a requirement not a recommendation)**
- mesh bags
- Drag suit
- Kick board
- Pull buoy
- Finis snorkel
- Stroke Maker paddles (Size 1 for Pre Seniors and Size 2 for Seniors)
- Fins (Breaststroke fins if Coach Mike or Sandy tells your swimmer)

COMMUNICATION

Communication between parents and coaches is a key component to the success of your swimmer individually and the Sharks Team as a whole. Email and the team website will be our primary communication vehicles. Throughout the season you will receive weekly emails keeping you current on upcoming meets, results, special events and more. **Expect an email every week.** Please be sure you read all emails and respond when requested in a timely manner. You will also find the team website is our main tool for up to date news on the team. Our website is:

WWW.MandellJCCSharks.org

Friend us on Facebook - Mandell JCC Sharks Swim Team

Follow us on Twitter @MJCCSharksCT

New Sharks Families:

Any questions you may have can be directed to the lead coach for your swimmer's group. Please visit our site and click "Coaches" (upper left hand side). There will be an email icon by each of the coaches.

SWIM MEETS

The Mandell JCC is a member of ***Connecticut Swimming, Inc.*** This is the local governing body for competitive swimming in the state of Connecticut. Connecticut Swimming, Inc., ("CSI"), is one of fifty-nine (59) Local Swimming Committees of ***USA Swimming***, the National Governing Body for competitive swimming in the United States. **Swim meets are held on Friday evenings, Saturdays & Sundays throughout Connecticut and the Northeast.**

Meet registrations deadlines must be adhered to. Only those swimmers signed up, will be entered in meet(s). Meet signups are done through our team website www.mandelljccsharks.org. You must be logged in to register for a meet or event.

SWIM MEET GUILDLINES

- Swimmers must be on deck 15 minutes before warm-up.
- Swimmers must check in with a coach on the pool deck.
- **Any swimmer not on deck on time will be scratched from the meet. Once scratched, a swimmer cannot be reenter in the meet.**
- If a swimmer is sick or unable to attend a meet please email Coach Dave:
dlaudati@mandelljcc.org
- Swimmers must wear their **team jacket** to all meets and **team suit** unless told differently by coach.
- Swimmers must wear the team shirts at all meets. The color shirt is determined by the day the swim meet is held:
 - Thursday: Black Shirt
 - Friday: Blue Shirt
 - Saturday: Black Shirt
 - Sunday: Blue Shirt

PRACTICE GUIDELINES

- Each group will have a different number of practices and/or dryland required each week. Please check with your appropriate coach.
- The main purpose of practice is to improve the swimmer's technique and increase his/her speed and endurance. Each practice will be targeted toward our goal of the week as determined by the coaches.
- There is a direct relationship between the amount of practice and the level of improvement. Good hard practices will show great improvement on the swimmer's times and endurance level.
- Practice is the key for a swimmer to become better. Just "showing up" to practice doesn't cut it either! ---PRACTICE DOESN'T MAKE PERFECT, PERFECT PRACTICE DOES!

SWIMMER RESPONSIBILITES

*All swim team members **must**:*

1. Adhere to swimmer is code of conduct.
2. Report to practice on time ready to swim
3. Encourage and support each other during meets and practices
4. Act with sportsmanship at all practice and meets
5. **Notify coaches in advance if they will miss a practice or a swim meet**
6. Obey and listen to the coaches at all meets and practices
7. Be responsible for their equipment
8. Have one pair of goggles – we recommend 2 pairs
9. One team suit and one practice suit. (**Do Not** wear your team suit at practice. (**It is for Meets only**)
10. MOST IMPORTANTLY – ALL TEAM MEMBERS MUST HAVE FUN, SWIM GREAT AND HAVE A SUPER SEASON!

PARENT RESPONSIBILITES

Parents are required to work a certain number of meets throughout the season. Number to be determined once meet schedule is posted. There will be a \$200 charge to family who does not meet their requirement. **All team hosted meets, parents are expected to work.**
There will be a \$200 fine for those families that do not work an assigned shift.

The goal is that every family does their share and no monetary fines have to be given. Please respect the other families on the team and do your part to make this a great season.

If you are interested in being a certified Official please contact Coach Dave. Becoming an Official involves an additional 2 hour training program held here at our JCC.

SWIM TEAM PARENTS COMMITTEE

Members:

Chair – Jill Baboff & Laura Harker

Jen Dominguez	Laura Squillante	Amy Filotto
Michelle Dipietro	Karen Revis	Keli Crowley

- The Swim Team committee is responsible for working with the coaches to ensure a successful and fun season.
- The Committee helps with:
 - Home meet and Away meet Responsibilities, Hosted Meets, Awards Dinner, Fundraising, Social events and social actions projects. Swim Team recruitment, Official recruitment &Training, and Input on Policy & Procedures,
- The parents committee will meet the 1st Tuesday of the month September – July season
- If you would like to be a member please contact our committee chairs: Jill Baboff / Laura Harker or Coach David Laudati.

HOW PARENTS CAN SUPPORT & AID IN THEIR SWIMMERS SUCCESS

The most valuable source of inspiration and motivation for the swimmer is his/her parents. More than anyone else, swimmers seek their parent's admiration. A highly motivated swimmer reflects his parent's enthusiasm. Keep in mind that pushing a child so hard that the child can never meet the parent's expectation will result in frustration for both. All parents are expected to participate in meets. The team is dependent on this group for hospitality, organization of meets, communication and transportation.

Daniel Brand wrote an exceptional article on the role of swim team parents.

1. Give encouragement to the swimmer when needed, **BE A PARENT AND FAN OF YOUR SWIMMER, NOT A COACH. ALWAYS BE POSITIVE. LET COACHES CRITIQUE SWIMS.**
2. Get the swimmer to practice regularly and on time.
3. Attend meets
4. Become familiar with various officials' duties at meets and prepare yourself for officiating.
5. Become an active member of the parents committee.
6. Help with rides to away meets
7. Keep records of your child's times and events for each meet to compare and discuss. This helps the swimmer to feel accomplished and improvement relating to their individual times.
8. Set an example of a healthy attitude towards competition, one you would want your child to see and follow.
9. Check with the coach whenever you have a question pertaining to the team program or your child's participation in it.
10. Review goals with swimmers

Parents can further help the team in the following ways:

1. Giving encouragement does not mean stroke correction. Please leave the training to the coach.
2. If you have any questions or concerns about the training needs of your child, please see a coach.
3. Private instruction is impossible at a team practice. Most instruction is given at a group level and the swimmer that pays attention is the one that gains.
4. Please do not assume when a swimmer is doing a stroke incorrectly that he/she has not been told by the coaches, or that the swimmer is not trying to correct this habit. Habits are difficult to break. Some are never completely eliminated.

We are looking forward to a very rewarding, successful and fun swimming season. Thank you for becoming an active parent and reading this manual.

Thank you,
The Coaching Staff