



Mandell JCC Sharks  
Swim Team  
Parent and Swimmer Manual  
2018/2019  
Season

*"More Than Just a Swim Team, We Are A Swim Family."*



MANDELL JCC  
Greater Hartford



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 Karim Mabrouk at [karimseth@yahoo.fr](mailto:karimseth@yahoo.fr)**

Thank you,

The Coaching Staff

## **SWIM TEAM MISSION STATEMENT**

The mission of the Mandell JCC Sharks Swim team is to nurture, grow and promote great young people through the sport of swimming. We do this by building confidence, teaching hard work, promoting team spirit, giving back to the community and mentoring leadership.

## **GENERAL INFORMATION**

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

## **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](http://WWW.MandellJCCSharks.org)

Friend us on Facebook - Mandell JCC Sharks Swim Team  
Follow us on Twitter @MJCCSharksCT

### **Swim related question should be directed as follows:**

Communication with Coaches

Junior Sharks, Sandsharks, & Age Group 1 - Contact Coach Marykate

Age Group 2, 3 – Contact Coach Tyler Prescott

Pre Senior, Senior and Age Group 4 – Contact Coach Karim Mabrouk

To email any of the coaches visit our website and click coaches.

## **SWIM TEAM APPAREL & EQUIPMENT**

### **Apparel Requirements**

- Team suit – Speedo *energy Volt*
- 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
- 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](http://www.swimoutlet.com) or through our Speedo page on our on the sharks website [www.mandelljccsharks.org](http://www.mandelljccsharks.org).)

### ***Junior Sharks, Sandsharks & Age Group 1 Swimmers***

- **WATER BOTTLE (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 2, 3, 4 Swimmers***

- **WATER BOTTLE (This is a requirement - not a recommendation)**
- FINIS or Sporti Swim Parachute size 8
- Mesh Bag for equipment
- Competitive Snorkel
  - Recommend a nose plug but not required
  - Recommend a Snorkel Drytop
- 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***

- **WATER BOTTLE (This is a requirement - not a recommendation)**
- FINIS or Sporti Swim Parachute size 8
- Mesh Bag for equipment
- Competitive Snorkel
  - Recommend a nose plug but not required
  - Recommend a Snorkel Drytop
- Kick board
- Pull buoy
- Stroke Maker paddles (Size 1 for Pre Seniors and Size 2 for Seniors)
- Fins (Breaststroke fins if Coach Karim or Julie tells your swimmer)

## **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](http://www.mandelljccsharks.org). You must be logged in to register for a meet or event.

## SWIM MEET GUIDLINES

- 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 Karim: **karimseth@yahoo.com**
- Swimmers must wear their **TEAM SUIT** to all meets and 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.

## 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 - **meets only**)
10. **MOST IMPORTANTLY – ALL TEAM MEMBERS MUST HAVE FUN, SWIM HARD AND HAVE A SUPER SEASON!**

## **PARENT RESPONSIBILITIES**

- Meet Job Assignments- Please see Timing/Job Assignment Team Policy

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 Karim. Becoming an official involves an additional 2 hour training program held here at our JCC.

## **SWIM TEAM PARENTS COMMITTEE**

### **Members:**

Jen Dominguez    Mayanne Seguro  
Carol Shafman    Amy Filotto

- 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 meets once month on Thursdays September – July season
- If you would like to be a member please contact Melissa Harhay.

## **HOW PARENTS CAN SUPPORT & AID IN THEIR SWIMMER(S) 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*