

THE NUTMEG SWIM TEAM

Welcome to the Nutmeg Swim Team! As a member of this program, you are signing onto an ever changing and advancing swim program dedicated towards developing individuals of all ages and abilities into great athletes and members of the community. The Nutmeg Swim Team's goals are to foster a community of concern and friendship, to instill in every individual a passion for swimming, and to celebrate a commitment to excellence in all its forms. The Nutmeg Swim Team prepares swimmers of all ages and abilities to fulfill their potential and achieve their aspirations through focused swimming in a goal-oriented environment. Nutmeg also prepares swimmers to assume positions of responsibility and leadership in the world beyond the pool by giving them a foundation for living grounded on persistence, hard work, dedication, and good character. With the help of dedicated and enthusiastic coaches, parents, and swimmers we hope that every athlete experiences how truly rewarding the sport of swimming can be!

HOW THE NUTMEG SWIM TEAM IS ORGANIZED

The Nutmeg Swim Team is a registered USA Swimming Organization that trains out of the East Lyme Aquatics Center in East Lyme, Connecticut as well as Ocean Beach Park in New London, Connecticut during the summer. The season is broken up into a short course season and a long course season where swimmers are coached by USA Registered full and part time coaches and compete mostly at USA Swimming sanctioned events. Each season ends with a championship and the opportunity to go to further competitions if certain time standards are met.

As a USA Swimming Program, our success is heavily reliant on parent interaction, support, and enthusiasm. With the help of the Nutmeg parents and Nutmeg Parent Advisory Committee (NPAC) athletes are able to fully immerse themselves into the sport of swimming and enjoy their time both training and taking part in activities put on and organized by the parents.

AGE GROUP:

AGES 8 TO 12

Swimmers will have the opportunity to practice five times a week for one hour and 30 minutes incorporating with dry land work. This group is intended for individuals interested in developing and learning proper stroke technique, racing starts, and turns. Swimmers will be exposed to basic training skills including technique, pace, and endurance work. Throughout the season, swimmers will compete in at least 50% of the USA Swimming meets offered in addition to the All-Star, Connecticut Regional Meet and Connecticut Age Group Meet for those that make the cut. It is expected that swimmers in this group will show a commitment towards their training, teammates, and program by attending at least 70% of the practices each month. Goals of this

group include, but are not limited to: (1) mastery of all four competitive strokes through continued technique work (2) the ability to complete a 500yard freestyle and 200IM legally (3) demonstrate a high level of dedication to the sport through consistent attendance.

PRE-SENIOR:

AGES 8 TO 12

Swimmers will have the opportunity to practice five times a week for one hour and 30 minutes while incorporating dryland. Swimmers will have the opportunity for extended training time with this group and are expected to attend 70% of the practices each month. This group is intended for athletes preparing to move into the Senior group who are serious about training and competition. Training will include aerobic, endurance, pace, and technique work oriented towards a championship meet. Throughout the season swimmers will compete in at least 75% of the USA Swimming meets offered in addition to the All-Star, Connecticut Regional Meet and Connecticut Age Group Meet for those that make the cut. Goals of this group include, but are not limited to: (1) achieving 11/12 Connecticut Age Group Championship time standards; (2) continuing to develop goal setting skills; (3) improving proficiency in turns, starts and all four strokes through proper technique work; (4) leadership development.

SENIORS:

AGES 13-18

Swimmers will have the opportunity to train six times a week for 2 hours in addition to dryland training. This group provides a challenging training program for athletes interested in maintaining a high level of fitness, by demanding and comprehensive training program for athletes intending to build Nutmeg Swim Team's traveling program. Swimmers are expected to show a dedication towards their goals by attending 80% of the practices offered each month unless they are in high school swim season. High School Athletes will be expected to participate in at least 50% of the USA Swimming meets offered during the short course season and 75% of USA Swimming meets in long course season. Other senior swimmers are expected to participate in 75% of USA swimming meets in both short/long course seasons. Goals of this group include but are not limited to (1) developing a strong aerobic base (2) improving technique (3) maintenance (4) leadership development. (5) consistently improving commitment level and training/racing ability from season to season; (6) actively engaging and becoming a "student" of the sport; (7) developing into a role model and leader for the younger age group and pre-senior swimmers.

OVERARCHING TRAINING GOALS

- All swimmers in all groups are expected to consistently demonstrate Nutmeg Swim Team's core values of focus, commitment, and good sportsmanship.
- All swimmers in all groups will learn to manage and balance swimming, family, school, and their social life; and to effectively communicate their commitment to their parents, coaches, and teammates.
- All swimmers will learn proper technique through constant exposure to drill work, swimming articles, etc. throughout the season. Nutmeg athletes are truly students of their sport!
- All swimmers will learn the value of hard work and dedication by showing a full commitment to the Nutmeg Team, coaches, and community through attendance at meets and practice.

COMMITMENT

Nutmeg is a USA Swimming program, which is the premier competitive swimming program available to young athletes across the country. There are many other types of competitive and recreational swim programs, such as YMCA and summer league programs. It is important to understand that the nature of the Nutmeg/USA Swimming program requires a *higher* level of commitment from its swimmers than those in other types of programs.

Swimmers moving through the program are expected to demonstrate a progressively greater degree of commitment to competitive swimming. As progress is made, the number and length of the training sessions as well as the intensity of the competition at meets increases.

ATTENDANCE

Regular practice attendance is vital to success. It is not possible to effectively plan training sessions, set goals or achieve meet performances if a swimmer does not attend practice on a regular basis. Even short, unplanned absences can take a heavy toll on conditioning, endurance and swimming skills, which are important to a swimmer's success. The number of practices per week that a swimmer is required to attend is determined by the practice group to which a swimmer is assigned. Expectations of end of season successes are directly related to consistent practice attendance.

DRY LAND

All groups will participate in some dry land activities throughout the season as a way to improve overall fitness, fun, and excitement about swimming. Activities will include but are not limited to prehabilitation exercises, movement preparation, stretching, plyometrics, and running, utilizing the East Lyme Fitness Center, Ocean Beach Park, and the East Lyme High School Track.

EQUIPMENT

REQUIRED TEAM ATTIRE

Nutmeg requires that all swimmers be outfitted in team attire at competitions. This shall include a Nutmeg t-shirt, swim cap, Nutmeg meet suit. Nutmeg suits can be purchased at Connecticut Sporting Goods. Team t-shirts and caps are included in the registration fees.

REQUIRED TRAINING EQUIPMENT

Swimmers will be told by their respective group coach what equipment is necessary for practice. Swimmers should get into the habit of being responsible of getting equipment and putting it away after each practice. Equipment usually consists of kickboard, pull buoy, fins, paddles, and proper attire to wear for dry land activities (t-shirt, shorts, water bottles, and running shoes).

CODE OF CONDUCT AND SPORTSMANSHIP POLICY

The ultimate goal of Nutmeg Swim Team (NMEG) is to provide a fun and competitive experience for all involved. NMEG strives to maintain high standards and a high level of sportsmanship, ethics, and integrity. It is up to the coaches and parents to provide the direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on the swimmers. The values of lessons learned by exhibiting good sportsmanship will last a lifetime.

Code of Conduct for all Swimmers:

- Swimmers are expected to follow directions at all times from any coach of the Nutmeg Swim Team. Coaches will be treated with respect.
- Swimmers will use appropriate language during practice, in East Lyme Aquatic and Fitness Center, and at all swim meets. We are role models and will respect other teams as well as our teammates of Nutmeg Swim Team.
- Swimmers will respect each other; fighting, bullying, hitting, spitting etc. is not acceptable and will not be tolerated in person or over social media.
- Swimmers will respect personal property as well as the property of East Lyme Aquatic and Fitness Center/Ocean Beach and any other building we may travel to.

- We are guests of East Lyme Aquatic and Fitness Center/Ocean Beach and we need to treat the other patrons with respect as well as the property of the Center.
- Any disruptions such as: rude behavior, or horseplay around practice or at a swim meet will result in the swimmer being asked to leave.

Expectations:

- All swimmers will be on time to practice or meet warm-up; ready to begin swimming at the designated practice and meet time.
- All swimmers will be picked up on time.
- All swimmers are expected to do the work that is asked of them in order to achieve their goals.
- All swimmers will wear TEAM CAPS, SUITS, and SHIRTS at all meets.
- Swimmers must notify coaches at least 24 hours ahead of time if they need to leave practice early or will be late to practice by emailing or calling their coach with exact times and dates.
- All swimmers are expected to participate in all meets they are entered in. If unable to participate in a meet, written notice, email, or phone call must be provided to their practice coach or Head coach prior to the meet.

Code of Conduct for the Parents/Guardian:

- Please remember to stay off the deck during practices and swim meets.
- Set an example by showing respect to the coaches, team members, Athletic Center, meet staff, officials, and other parents.
- Show good sportsmanship.
- Be supportive of your child and their teammates.
- Be active with the team by volunteering, helping with fundraising or working at swim meets.
- The coaches on deck are trained professionals; please allow them to coach without distractions during practice and meets.
- No food or beverages allowed in the pool area besides water.

Responsibilities:

- Participating in fundraisers.
- Paying bills on time.
- Encourage teamwork with parents, swimmers, and coaching staff through discipline and hard work.
- Make sure your swimmer is on time to practice and meets.
- Maintain self control at all times.
- Please do not coach your child during practice or at meets; this is the coaches' job.
- Trust and support your swimmers and coaches decisions around goal setting.
- Help out at meets, we can't run one without your help.
- Encourage your child to be committed and dedicated to the sport.

Course of action:

In the event that a swimmer or family feels the program is not meeting expectations, please contact the following individuals in this order to address the concerns:

1. Practice/assigned coach
2. Head Coach

Violation of the Policy:

There will be disciplinary actions if any of the above are not followed. There will be a “3 strikes” policy in effect:

- First occurrence: a verbal or written warning
- Second occurrence: a meeting between the adult parties involved and a team official (12 and older swimmers)
- Third occurrence: termination from the team (parents and child(ren))

**** Nutmeg Swim Team has the right to supersede the disciplinary course of action if necessary. ****

PURPOSE

The purpose of the code of conduct for Nutmeg Swim Team swimmers is to educate, monitor and govern acceptable actions and participation of team members throughout the entire swim year. This code of conduct is designed to promote the best possible individual, team, and program responsibility which supports the development of first class citizens at all times.

TRAVEL MEET CODE OF CONDUCT RULES

- Curfews at team travel events, as a member of Nutmeg Swim Team, CT Swimming or USA Swimming sponsored event and at all related activities will be obeyed. Extension will only be granted by the Head Coach. Curfew is still expected to be enforced if participant(s) are with their parents.
- Male and Female swimmers may not be in each other’s room on any team trip unless supervised by designated Team official.
- Any damages or thievery incurred at a motel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms.

WHEN YOU REGISTER WITH NUTMEGEAM IT IS IMPLIED THAT YOU HAVE READ AND AGREE TO ABIDE BY THE RULES SET FORTH IN THE TEAM HANDBOOK AND ACKNOWLEDGE THAT, SHOULD YOU VIOLATE ANY YOU WILL BE SUBJECT TO DISCIPLINARY ACTION, INCLUDING SUSPENSION.

COMPETITION

MEET ATTENDANCE

As a competitive swimming team, competition at meets is an integral part of Nutmeg's program. Swimmers are entered in meets and events that are consistent with their ability levels, individual goals and team goals. Swimmers are expected to attend all meets in which they are entered. If a conflict exists with a meet on the schedule, it is the responsibility of the parents to notify both the Head Coach and the swimmer's individual coach as soon as such a conflict is known. Since schedules are issued well in advance of any competition, it is expected that swimmers will note meets on their calendars and not double schedule events. It is expected that once entries are submitted swimmers will be in attendance unless an unavoidable, last minute situation develops. If a swimmer is unable to attend a meet after the entries have been submitted, they are still responsible for any fees connected with their entry.

*If an athlete signs up for a meet, a coach will make the appropriate entries for that swimmer.

*Meet deadlines will be strictly enforced. Swimmers that do not register by the due date will be ineligible to compete in said meet.

SEASONS

Each year is divided into two swimming seasons. From September through March, swimmers compete in the *short course* season, racing in pools that are 25 yards long. This is the same size pool that is used for most high school and NCAA competitions. From April through early August, swimmers compete in the *long course* season, racing in pools that are 50 meters long. This is the same size pool that is used for international meets, including the Olympics.

Times, and events, differ from short course to long course. Different championship qualifying times apply to each season. The Connecticut Swimming FAST database permits you to see your swimmer's championship meet qualifications, meet-by-meet progress, and best times. The Connecticut Swimming Website is www.ctswim.org

It is expected that swimmers understand that their training groups are oriented around these two distinct seasons. Swimmers interested in maintaining their level of fitness rather than compete must find the group that fits those needs and understand that their practice time and format of practice will represent those goals. I am not sure that this last paragraph pertains to NMEG any longer as we don't really have groups for this I would say just remove this paragraph?

CHAMPIONSHIP COMPETITION

Swimmers are required to attend all championship competitions for which they qualify in individual events or as part of a relay. The following meets are considered championship competitions and are held during both the short and long course seasons (except for 8 & under championships):

8 & under championships – short course championships for younger swimmers who compete vs. other 6-, 7- or 8-year olds (each year is a single age group).

LSC Regional Championships – last chance for swimmers to post qualifying times for the state Age Group Championships. Generally, swimmers with four or fewer Age Group Championship qualifying times will compete in this meet.

State Age Group Championships – many 12 & under swimmers train to be able to compete in these meets, held in March (short course) and July (long course), as their primary competition each season. To compete, swimmers must have swum at or faster than the published cut time for that event for their sex and age group. These times change annually and can be found on Connecticut Swimming's website.

Zone Championships – the championship age group meet for swimmers in the northeast region (Maryland to Maine). For the short course meet, Connecticut sends two swimmers in each event to the meet. For the long course meet (held in mid-August), any swimmer who makes the cut-off times may compete in the meet.

Senior Open Championships – swimmers of any age must qualify for this meet by achieving a single set of standards that are more stringent than those for the Age Group Championships. This is the primary competitive focus of most of the team's Senior swimmers. This meet is also held in March and July.

Speedo Sectional Championships – the premier senior level meet hosted in each region of the country, this meet is designed as a qualifying meet for the USA National Swimming Championships.

USA National Championships – a long course meet held twice each year, this is the most competitive USA Swimming meet, outside of Olympic Trials. The summer long course meet has particularly difficult time standards. There is also a Junior National meet for swimmers aged 18 & under that has slightly slower time standards.

NUTMEG PARENT/GUARDIAN ROLES

Nutmeg relies to a great extent on the volunteered time of its parent/guardian members to be successful. All parents/guardians are expected to support the team by attending team sponsored events, participating in team social activities and fundraisers, and volunteering their time. It is the nature of the sport of swimming, that when a child joins a team, so do his/her parents/guardians.

VOLUNTEERING AT MEETS

At most of the meets we attend, we are assigned worker positions in direct proportion to the size of our team entry. Each parent/guardian will be expected to assist at several meets during the season. Worker positions include meet officials (requires certification by Connecticut Swimming), timers, runners and marshals. If you are not able to fulfill your volunteer assignment at a meet due to ANY reason (illness, schedule conflict, etc) it is YOUR responsibility to find a replacement to take your place. The Nutmeg website contains a section for swim team member's family information including email addresses and telephone numbers to assist you should you need to find a replacement for your assignment. In addition, the NPAC volunteer chair will help to organize parents and make them aware of their duties.

NPAC

To facilitate parent interaction, the Nutmeg Swim Team has formed the Nutmeg Parents Advisory Committee (NPAC) as a way to foster the greatest interaction for every swim parent. The responsibilities of the NPAC are to organize and coordinate any and all team activities, arrange proper staffing for all home and away meets, fundraising, welcoming new parents, and much more. The NPAC meets monthly at the East Lyme Aquatic Center and a new committee is elected before the start of every long course season. Interested parents are encouraged to attend any and all NPAC meetings as it is a great way to get their voice heard and contribute to the growing project that is the Nutmeg Swim Team.

NPAC POSITIONS

President

- Oversees all parent meetings and is the primary contact to the head coach in regards to concerns, issues, suggestions, etc. brought forth at the monthly meetings.
- 1 position

Secretary

- Produces the monthly minutes of the meetings and is responsible for making parents aware of upcoming social events, fundraising, group trips, etc.
- 1 position

Treasurer

- In charge of monitoring team funds and working with the fundraising chair to imagine innovative ways to build up and improve the Nutmeg program.
- 1 position

Fundraising Committee

- In charge of proposing and heading all fundraising activities for the Nutmeg program. Fundraising will help to support end of season banquets, awards, trips, apparel, and even a new facility!
- 1 chair and 3-4 members

Meet Committee

- In charge of organizing, overseeing and staffing Nutmeg home meets and events. Duties also include promoting USA official certification courses and building a parent group full of qualified individuals to run a home meet (hytek, timing systems, officials, timers)
- 1 chair and 3-4 members

Volunteer Committee

- In charge of organizing and coordinating parents for volunteer positions at away meets.
- 1 chair and 3-4 members

Social Committee

- In charge of suggesting and organizing various social events for the team throughout the year such as pasta parties, holiday parties, end of season banquets, team outings, etc.
- 1 chair and 3-4 members

New parent Committee

- In charge of welcoming, orienting, and making comfortable new parents and swimmers to the Nutmeg Program. Duties will include making them aware of the various training groups, parent responsibilities, etc.
- 1 chair and 3-4 members

Public relations Committee

- In charge of communicating with local newspapers and submitting interesting news clips about the Nutmeg Swim Team throughout each season including swimmer

accomplishments, meet results, upcoming fundraisers, etc. and updating the team bulletin board.

- 1 chair and 3-4 members

COMMUNICATION

Website - The Nutmeg website (www.nutmegaquatics.com) will be the primary source of consolidated information about the team. It also provides each family the ability to sign up for meets as they are offered. This is not true if we do not let them pick their events it will not list events they are eligible for so that is why I removed it.

Email - Nutmeg will attempt to provide all necessary information through direct emails, but the website will be the primary means of communication. It is each family's responsibility to provide Nutmeg with proper email addresses and with any changes in email addresses.

PRACTICE CANCELLATIONS

When inclement weather causes practice to be cancelled, every effort will be made to send emails and to post the information on the website. In general if East Lyme Public School buildings have closed due to inclement weather, usually practice will be canceled as well. However, due to the nature of fast developing weather, call the East Lyme pool when in doubt. If a practice is canceled, that information will be updated as soon as it is known.

COMMUNICATION WITH THE COACHES

1. A parent may have the need to talk with a member of the Nutmeg coaching staff about his/her child during the season. Our coaches are very interested in each swimmer; however, they cannot stop what they are doing to talk with parents while trying to coach others. The best way to speak with a coach is by arranging a time either prior to or after practice is completed. Parents are also not permitted on the pool deck during swim meets unless they are serving as a volunteer or official per USA Swimming Insurance guidelines.

HELPFUL MEET PREPARATIONS

Plan to arrive at least 15 minutes before the scheduled meet warm up time for your session. Parking can be challenging at busy meets and your swimmer may have an equally challenging time securing a spot for his/her chair on deck.

Swim Meet Packing List:

- Team competition suit
- Two caps- your team cap and a spare if your team cap breaks
- Two pairs of goggles- again one for competition and a spare. Do not have your child wear a brand new pair of goggles to a swim meet. If they leak, your child will not find out until he/she is in the middle of a race.
- Nutmeg Team Shirt
- Two towels minimum
- A folding camp chair with no arms- with limited space there is often not enough room for chairs with arms
- Healthy snacks- please keep in mind that sugary snacks are not good for a swimmer. That quick boost of energy is followed by a crash, making it harder for your swimmer to race.
- A Bottle of Water
- Sunscreen if the meet is outside
- Warm clothes to wear on deck (sweatshirt, sweatpants, or similar item) over a wet suit
- Entertainment – swim meets can last up to 4 hours. Staying awake and alert not only helps the time pass by faster but can also help your child swim better
- A relaxed, positive attitude
- While often the temptation is there for a parent to come on the pool deck to “check on their child”, this is not permitted per USA Swimming rules. If you need to visit with your swimmer during the meet, please designate a time and place to meet and they can come into the stands briefly to meet with you.