



EAGLE
aquatics

TEAM HANDBOOK

January 2021

www.eagleaquaticsfl.com

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OUR MISSION

Our goal at **Eagle Aquatics** is to create a safe, friendly and fun environment that nurtures the competitive spirit of club/team swimming, such that all swimmers can achieve their highest personal and athletic potentials.

In addition to great physical benefits of swimming we teach proper technique, racing strategy, personal discipline, mental toughness and team spirit. We provide a positive environment that encourages positive role modeling, self-motivation, personal accountability and pride in winning and losing.

OUR VISION

We strive to create an unrivaled culture centered on coaching athletes to reach their highest personal and athletic potential. We want to provide them with skills they can successfully utilize for the rest of their lives.

COACHING STAFF

Coach Adam Madarassy

Adam Madarassy has been the head coach of Eagle Aquatics since he founded in 2015.

While a member of the Hungarian National Team, Madarassy represented his country at many International meets including 2012: European Championships in Budapest, Hungary; 2008: Olympic Games in Beijing, China; 2007: World University Games in Bangkok, Thailand; 2006: European Championships in Budapest, Hungary; 2003: European Junior Championships in Glasgow, Great Britain; 2002: European Junior Championships in Linz, Austria.

Madarassy attended the University of Louisville from 2004 - 2009 where he was a member of the Louisville Cardinals Swimming and Diving team. In his freshman year he received the Swimmer of the Conference Award and Freshman of the Year Award at NCAA for the 200 butterfly. He had multiple Conference USA and Big East records and was the captain of the team in his senior year.

Madarassy graduated from University of Louisville in 2009 majoring in Business Management. He then began coaching for Cardinal Aquatics for over two years where he found his true passion for coaching. He mainly worked with age group swimmers but also helped out with the younger and older kids. Many of the kids qualified to compete at States and Nationals. He was also running the Masters program.

Coach Eric Hudson

Eric graduated from Purdue University in 2012 with a degree in Exercise Science. Upon graduation, he was hired as the Head Strength and Conditioning Coach of a club swim team in Illinois. He spent three years there running the dryland program, as well as working as an assistant coach. After that, he got married to his beautiful wife, Julia, and they moved to Philadelphia, where he was hired as the Personal Training Manager of a multi-billion dollar fitness company. Eric gained valuable experience there working in many different capacities, while continuing to specialize as a swim-specific personal trainer working one-on-one with athletes at the collegiate and high school level. He realized his greatest passion was coaching and mentoring youth athletes, and that he needed to find a way to make that my full time job, so he started his own business called "SwimStrong Dryland". He has been running this business for almost 2 years now, and he haven't looked back.

In total, he have spent the last 8 years building swim-specific dryland programming for athletes of all ages. In that time, he spent 5 years as an assistant swim coach as well. "I absolutely love being on the pool deck each day, and it is such a joy to see kids achieve goals they never even knew were possible. I believe there is so much untapped potential in each and every athlete, and it is my passion to help bring that out by inspiring, motivating and coaching them with maximum effort and care. I believe that with hard work and consistency, great things can be achieved" - Eric said.

FINANCIAL OBLIGATIONS

Every member of Eagle Aquatics is required to pay an annual registration fee and a monthly fee on our team website at www.eagleaquaticsfl.com.

1. ANNUAL REGISTRATION FEE:

- \$140 - Includes: USA Swimming Registration Fee, Team Registration Fee
- It is due at the time of registration or for existing members at the beginning of each season (September).

2. MONTHLY FEES:

- For the monthly fees auto payment is required.
- Payments go through on the 1st of each month.
- All payments are due by the 10th; after that a \$20 late fee will be added to the account.
- If you wish to cancel or suspend your account you HAVE TO EMAIL Coach Adam at adammarassy@yahoo.com BEFORE the 1st of the month. Please allow 24 hours for confirmation. If you do not receive a confirmation email within 24 hours we did not receive your email.
- No refunds but team credit is available if we get notified by the 10th.

Monthly fees

Eaglets - \$100

Eagles - \$100

Age Group Development - \$115

Eagle Development - \$115

Age Group Elite - \$125

Pre Senior - \$135

Senior - \$145

*Family discount is available! 2nd child \$20, 3rd \$40, 4th \$60 off.

3. OTHER FEES & CHARGES

A. **Swim Meet Fees** - Every swim meet we attend has its financial obligations. The prices are set by the host teams so it varies.

- Entry Fee: Individual \$2.50-\$5/event, Relay \$5-\$10 divided by 4 (Championship meets are often double)
- Facility Surcharge: \$5-\$10
- Team Surcharge: \$10/swimmer (If it requires the coaches to stay at a hotel \$20)

B. **Equipment Charges** - Team and practice equipment can be purchased at the pool. You can pay cash or check or I can add the charges to your account and will be billed with the monthly fees.

TRAINING GROUPS

Eagle Aquatics offers training and practice groups for swimmers of all ages and ability levels. It is our goal to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

- **Eaglets** (Age 5-8)

This group is for swimmers who do not know all four competitive strokes yet. The main goal of this group is to make swimming fun and learn the fundamentals of all four competitive strokes focusing on correct body position, kicking, breathing, streamlining and basic drills. We also work on proper starts and turns. Swim meets are encouraged but optional. Recommended 2-3 practices a week.

- **Eagles** (Age 9-12)

This group is for swimmers who do not know all four competitive strokes yet. The main goal of this group is to make swimming fun and learn the fundamentals of all four competitive strokes focusing on correct body position, kicking, breathing, streamlining and basic drills. We also work on proper starts and turns. Swim meets are encouraged but optional. Recommended 2-3 practices a week.

- **Age Group Development** (Age 8-11)

All swimmers must be able to swim all four competitive strokes legally to move into this group. The main focus is still on proper stroke mechanics, body position and technique with more advanced drills. Swimmers begin doing more yardage and we introduce interval training. Swim meets are required to move up into this group at least 3 times a year. Recommended 3-4 practices a week.

- **Eagle Development** (Age 11-14)

This group is for swimmers who know all four competitive strokes and have been doing year round swimming. The main focus is still on proper stroke mechanics, body position and technique with more advanced drills. Swimmers begin doing more yardage with increased interval training. Swim meets are required to move up into this group at least 3 times a year. Recommended 4-5 practices a week.

- **Age Group Elite** (Age 10-12)

This group is for swimmers who are committed to year round swimming and have at least three Junior Olympics qualifying times. While still improving on technique refinement and increasing yardage, self-motivation and goal setting is introduced and athletes start taking on more responsibilities for their own swimming. Swim meets are required. 80% attendance is required.

- **Pre Senior** (Age 13-15)

This group is for swimmers who are committed to year round swimming and have Junior Olympics qualifying time in at least two different strokes. While still improving on technique refinement and increasing yardage, self-motivation and goal setting is introduced and athletes start taking on more responsibilities for their own swimming. Swim meets are required. 90% attendance is required.

- **Senior** (Age 15-18)

Swimmers entering this group must display a strong desire to perform at a high level. The main focus is interval training. Swimmers take on more responsibilities for their own swimming. Swim meets are required. 100% attendance is required.

EAGLE BOOSTER CLUB

The Eagle Booster Club, Corp. is a 501(C)(3) non-profit organization with the mission to support the swim team, it's athletes and coaching staff through financial support, parent involvement, volunteering and providing activities to help the team run efficiently and successfully.

The booster club's support include but not limited to financial support that include donations and hosting fundraising and swimming events to help purchase dryland and swimming equipments; parent support to help the coaches with different tasks, hosting swim meets and providing equipment/supply to help create a successful program and provide a positive experience for the kids.

COMMUNICATION

Our team website www.eagleaquaticsfl.com contains all the information about the team including practice schedule, team fees, swim meet info, top times, team events, billing, etc.

Our main communication line is email so please check that periodically for team information. We also recommend downloading the free OnDeck app to your phone that is linked to your account on our Team Unify team website so you can get instant notifications in case something time sensitive happens like cancelling practice due to the weather.

TEAM DISCIPLINE POLICY

Coaches will not allow any disruptive behavior that keeps the program from running smoothly and efficiently or keeps the swimmers and coaches attention away from our mission which is teaching and learning. Such behavior will result in the following process:

1. A verbal correction to the swimmer concerning his/her behavior.
2. If the behavior repeated the swimmer gets a verbal warning that a 'time out' will be issued if he/she disrupts practice again.

3. If the disruptive behavior continues a 'time out' period will be issued while the swimmer is following the coach listening to all the feedback.
4. If a swimmer is put in a 'time out' more than twice a week the swimmer will get a 1-week suspension.
5. If the swimmer continues the disruptive behavior after the 1-week suspension the swimmer will be asked to leave the team.

Swimmers who arrive 15 minutes after practice started during the week may be subject to being banned from that practice. Swimmers who arrive late on holiday or weekend workouts will not be allowed to participate at that practice.

Please respect the coaches and other swimmers by arriving 5-10 minutes early so the swimmer can be ready once practice starts. Of course traffic and weather situations will be taken into consideration.

LOCKER ROOM POLICY

- During the COVID-19 pandemic the use of locker rooms are prohibited. Swimmers need to arrive and leave in their swimming suits, no changing is allowed.
- The use of the MSAC locker rooms is a privilege for all swimmers, parents, and coaches to use. It is a public facility so the locker rooms are shared with the general public. During practice hours the general public has limited access to the pool thus limiting the number of non-EA members in the facility during those times.
- Use the facility, locker room, and bathroom in a professional manner (like you would want your property to be treated). In case of making a mess do not just leave it there but bring it to the facility or coaching staff's attention.
- The locker room privileges may be revoked at any time for individuals, groups, or the entire team.
- The locker rooms are only for changing, showering, and using the bathrooms. No loitering is allowed.
- No eating is allowed in the locker rooms.

- **The use of cell phones or any other voice or video recording devices are prohibited.**
- If kids do not return from locker room in a timely manner we will check on the swimmer to ensure their safety. Women only check the female locker room, men only check the male locker room. Only coaches or lifeguards will check on athletes or if needed an USA Swimming Background checked parent.
- We discourage parents to enter locker rooms while athletes are using them unless it is necessary.

PHOTOGRAPHY POLICY

- All photographs must meet generally accepted standards of decency and not show anyone in a negative, embarrassing, or sexual form.
- Photographs should not be taken from behind the starting blocks at the start of a race or while swimmers climbing out of the pool.
- Photographs should not show any suit malfunctions or misplaced swim suits.
- Photographs should be a celebration of the activity and not a sexualized image.
- Photographs taken in locker rooms or restrooms are prohibited.

SUIT POLICY

- Practice suits - W: 1 piece, M: speedo or jammer (NO board-shorts)
- Drag suit recommended for Age Group Elite, Pre Senior and Senior groups
- Racing suits - Team suit only (NO high tech suits except Championship Meets for 13 & older)

CELL PHONE POLICY

No cell phone usage is allowed inside the gates without Coach's approval.

PRACTICE EQUIPMENT

- All Groups - Cap (with long hair), Goggles, Water bottle, Fins, Kickboard, Snorkel, Gym shorts (for dryland), Athletic shoes (for dryland), Yoga mat (for dryland)
- AGD/ED/AGE/PS/S - Pull buoy
- AGE/PS/S - Paddles, Shoes on Mondays for swimming
- NO WATCHES OR OTHER ELECTRONICS ARE ALLOWED

NUTRITION

Nutrition plays a huge role in swimmers' moods, energy levels, and athletic performance. We highly **discourage the use of caffeinated soft drinks** which lead to bloated bellies, false energy, and a greater dependence on processed sugars and caffeine in order to feel normal. **WATER** makes up 70% of our body and is the **BEST ATHLETIC DRINK** available. Well-rounded meals of proteins, carbohydrates, fruits, vegetables, and grains are best. The stomach should not be full during competition however plenty of water and fruit should be available throughout a meet.

WEATHER POLICY

If it is only raining - all groups will train at their normal times.

If there is thunder and lightning in the area - the Miami Shores Aquatics Center has a lightning detection system. When the alarm goes off, we must exit the pool and get off the pool deck as soon as possible.

1. We will wait up to 1/2 hour into a practice before deciding to cancel a group.
2. If the alarm goes off while we are in the pool and there is 30 minutes of practice or less, children will be dismissed from practice.

PARENT ETIQUETTE

As coaches we want to give our full attention to the kids during practice times and we want their full attention as well so please do not converse with the coaches or your child during practice sessions (unless it is an emergency). The coaches are available before and after practices (not during them). You can set up a meeting or give us a call or send us a text or an email.

Parents are allowed on deck but please keep the perimeter of the pool clear so the coaches can walk freely.

No parent coaching allowed on deck!

10 Commandments for Swimming Parents

I. **Thou shalt not impose thy ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best and benefit from the process of competitive swimming.

II. **Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. **Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your

child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember “yelling at” is not the same as “cheering for”.

V. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials. If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can.

VII. Honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

VIII. Thou shalt be loyal and supportive of thy team it is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often time's swimmers who do switch teams never do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning. Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I

am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian. There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all-time swimming performance by age group. Only 2% of the swimmers listed in the all-time Top 100 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odd of becoming an Olympian is about 0.0002%.