2018-19 Parent's Meeting

Welcome ESA Family!

Wednesday, Sept. 12th, 2018

Atascocita High School

Core Values

Respect our Teammates, our Coaches and have self Respect

Show Grit to overcome obstacles and achieve success

Pursuit of excellence in USA Swimming, with Courage

Joy found in Effort, Teamwork and Team Spirit

Set high Standards, rather than enforcing rules

Value the journey, no the Destination

Vision Statement and Our Mission

Vision Statement

To be a model club in Gulf Swimming as well as USA Swimming

Our Mission

Our Mission is to inspire our athletes to pursue personal and team excellence through the sport of swimming

Excellence, Strength, Ambition

- Who we are:
  - Teachers
  - Coaches
  - Family-oriented
  - Innovative
  - Competitive
  - Demanding
  - Consistent
  - Flexible

Where we are now

- Currently 200 USA Registered Swimmer
- Virtual Club Rank Short Course Yard 351
- Virtual Club Rank Long Course Meters 651
- Two Main Pools (Atasoccita and Summer Creek High School
- We offer a competitive level for every 18 and under age and ability
- Tag's Team overall Score of 33rd at Age Group Long Course State
- Swim- A Thon Raised $15,818 year 2018

ESA Family

Team Culture is vital in success so we consistently strive for the following in accordance with our vision:

- Positive energy
- Teamwork
- Drama-free
- Bully-free
- Consistent
- Overall excellence
- Mutual respect

Maintaining Culture
How to Observe Meets and Practice

- **Bring Positivity**: Negativity projected on any child will result in decreased performance and will have a negative impact on overall performance and attitude
- If you have concerns please discuss with a coach **after practice** via email or set up a meeting.
- Let your child learn and grow by allowing them to learn and navigate through failures and how to pick themselves up.
- Parents are not allowed to be on deck unless they are a meet volunteer and are performing their assigned duty;
  - This is a USA Swimming Rule

Policies

On our website there are four main policies to be aware of:

- Electronic Use Policy
- Anti-Bullying
- Travel
- Volunteer

If you have questions?

- Proper Chain of Command
  - Swimming “Wet Side”
    - Lead Group Coach first
    - Next, Head Coach
  - Administrative “dry side”
    - Billing: Cheryl Stringer & Lisa Ozenne
    - Volunteering: Kayla Verret & Coach Pink
    - Rest of dry side should be the Head Coach and then Coach Pink if the head coach is unable to answer your inquiry

Role of Parents
A three step process

- #1: Ensure your swimmer is on time for practice with all of the equipment s/he needs (check group requirements)
- #2: Ensure proper sleeping patterns and proper nutritional intake and help with time management
- #3: BE THEIR BIGGEST FAN!!!!

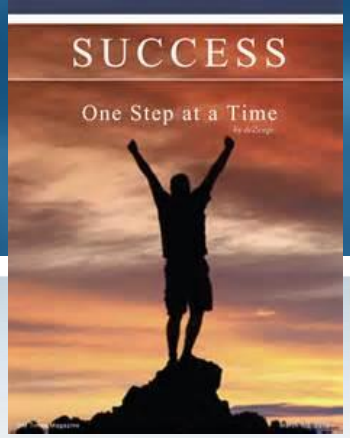
Practice Groups

- Group Progression
  - Developmental – (2nd grade & below) Knows freestyle, learning strokes
  - AG 1 – (2nd grade & below) Proficient in at least three competitive strokes
  - AG 2 – (3rd – 5th grades) B & Under, knows all 4 strokes
  - AG 3 – (3rd – 5th grades) BB in 2+ strokes, knows all 4 strokes
  - AG 4 – (6th – 8th grades) BB & Under
  - Junior – (6th – 8th grade, high school) A in 2+ strokes, Highest level Age Group program; Focus to get ready for Senior swimming. JV level high school swimmers
  - Senior – (high school) National Level and varsity level high school swimmers

What does commitment look like?

- Dev – 2-4 days/wk
- AG 1 – 3-5 days/wk
- AG 2 – 3-5 days/wk
- AG 3 – 4-5 days/wk
- AG4 – 3-5 days/wk
- Junior – 5-6 days/wk
- Senior – practicing up to 10 x per week with high school (expected to attend a min. of 80% of practices)
- *** Performance is aligned with commitment

Progressions



- We have a defined line of progressions that we follow when moving from group-to-group where both age and ability are taken into account which are posted on our website. With the new group there will be some changes.
- It is likely we will keep a swimmer in their respective group to finish out a particular season at which they will compete at a championship meet (fall, winter-spring, summer)
- Sometimes there are special cases where maturity, etc. is taken into account and we try to build a plan to help them be successful
- Practice attendance is taken into consideration when advancing swimmers to a high level group.

Equipment Needs

D&J can supply you with your equipment

- Dev, AG 1 & 2: Kickboard, Fins
- AG 3 & 4: Kickboard, Fins, Paddles, Snorkel (optional)
- Junior: Kickboard, pull-buoy, paddles, fins, snorkel
- Senior: Kickboard, pull-buoy, paddles, fins, snorkel, tempo trainer, foam roller, Tube

Volunteerism

- We cannot be a successful program without the most important part, YOU!
- We are a sport based on volunteerism and we appreciate you.
- Recognition and Thank you!
- Kayla Verret

Volunteer Requirements

HOME MEETS

Families are required to work a shift each day of an ESA hosted meet even if their swimmer is not participating in the meet.

Home Meets	# Job Shifts Required
Sept. 21-22: IMX	1
Oct 27: Halloween Meet (14&U)	1
Feb 16: Short Course Champs (8&U)	1
Apr 13: April Sprint Series	2
June 2: NWAL Summer Heat	2

- A shift is approximately 2 hours.
- Fines = $50 increments
- Must sign in for credit

Volunteer Requirements

AWAY MEETS

- Families are expected to time at away meets
- Sign up to time through the Job Sign-up on the ESA website
- All timers must check in 15 minutes prior to meet start.

If you do not check-in by the stated time, a back-up timer will fill your spot and you will be fined $50.

If you sign-in and do not show up to your lane at the designated time, a back-up timer will fill your spot and you will be fined $50.

Chair/Co-chair Opportunities

JOB	DESCRIPTION
Announcer (home meets only)	• Announces key meet information • Event/heat in the water
Meet Results Team **(home meets only)**	**4 positions** • These volunteers will be on the "Meet Results Team" and learn to verify results at the end of each event, learn to manage the console and other activities associated with running a meet and scoring a meet. This is a specialized volunteer role that will also qualify as an exemption for timing at away meets in the SHORT COURSE season.
Timing Coordinator (home meets only)	• Works job-check-in table at home meets • Ensures timer check-in and lane assignments • Fills “no shows”

***

REQUIRES A COMMITMENT TO WORK EACH HOME MEET

***

Officials

- We have one of the best official to swimmer ratios in the Gulf and that is part of our ESA family tradition!
- Kudos to all of our officials who make competition possible.
- Todd Johnson

Officials Are Vital Volunteers

Officiating for USA Swimming is very different than some of the other organizations. Our mission is to train and certify volunteer officials who are:

- Who are fair, competent, current in rule book application and consistent in approach.
- Who are capable of providing athletes with the best, most consistent and fairest possible level of observation.
- Who achieve sufficient experience and skills to serve as an official anywhere outside of the Gulf Swimming LSC.
- Who are ultimately capable of achieving National (N2 & N3) certification with USA Swimming.

Officials Are Vital Volunteers

We recognize that all officials are volunteers and we do our best to make this an enjoyable experience while providing the necessary professional, safe and fair environment for our swimmers! Thank you to all volunteer officials that put in countless hours, your efforts are sincerely appreciated! If you have any questions or inquiries about officiating, please do not hesitate to contact the Gulf Swimming Officials Chair, Tom Jones (tomjones.gulf@gmail.com).

If you are interested please see Todd Johnson for more information

ToddAJohnson@Hotmail.com
281-904-8225

Practice Schedule

- We will try to maintain a fixed practice schedule throughout a season, but changes do happen (HS meets)
- Practice changes will be announced via email, website and/or through social media and may not be reflected on the practice calendars
- We do combine to maximize pool usage which helps keep dues down (usually Fridays if applicable especially spring/summer). Combined practices are usually at AHS
  - This also happens on meet weekends where coaches are assigned at an away meet.

Monthly Site Switching

- September, November, Winter Break, January, March, May:
  - Junior/Senior @ Summer Creek
  - Dev – AG 4 @ Atascocita

- October, December (except Winter Break), February, April:
  - Junior/Senior @ Atascocita
  - Dev – AG 4 @ Summer Creek

*** Specific dates will be posted on the website and in most cases takes place the first Monday of the month and are posted on the master calendar.

Meet Schedule

- Meets typically are scheduled once per month with sometimes two per month and the schedule is posted on the website
- Please do not register late for meets; The meet entry deadlines are imposed to ensure proper preparation time and is respectful to the GULF TPC and the Meet host.
- Championship meets
  - These are meant for 100% attendance for all groups.
  - There is a champs meet in the fall (December), winter (February-March), and Summer (July-August).
  - Names of championship meets
    - 8 and under champs
    - Fall Champs
    - Gulf Age Group Champs
    - Senior Champs
    - Spring champs
    - Sectionals
    - Gulf Champs
    - Nationals/Junior Nationals/NCSA

Meet Performance

- Early Season: Learning
  - Focus should be on swimming with newly learned technique and strategies (Often, times are stagnant or even slower in the early season stage).
- Mid-Season: Performance meets Learning.
  - Usually we rest for a meet in December where time improvement is a goal if the early season phase involved learning, this is often the case.

Meet Performance cont'd

- Holiday Training phase: Over holidays we endure our toughest challenge during the season in most groups. Coming out of this meet performance usually does not meet expectations and there is usually a sluggish feeling
- Taper/Championship Meet:
  - Peak performance for the season.
  - Duration of taper depends on work put in, age, group, strength
  - It is not uncommon for a swimmer to have not achieved a best time until this meet… embrace the process!

How to track my times

- Use the On-Deck app or login to your account via the website
- Usually within a few days of the completion of a meet, results will be uploaded to the system
  - You can find all times from USA swimming sanctioned meets; With this you can notice trends
- USA Swimming Deck Pass App
- USA motivational time standards

Meet Performance

- Patience is the true virtue in swimming.
- Embrace the “process” and maintain a positive mindset.
- Goal setting should be focused on the process more than the end time; Then improvement more likely becomes reality.
- Improvements greater than 2% are huge gains and any improvement is a WIN; continuous improvement is the goal
- Improvement comes from many factors extraordinary effort, increased strength, better technique, increased commitment, etc.

Save the Date

- Join us for ESA's biggest FUNdraiser...
- Swim-A-Thon is October 5th!

Questions/Comments

- Follow us on Twitter

@ESAswim

- Find us on Facebook