

# So Now You Are A Competitive Swimming Parent

Swimming 101

# The Bad News – Swimming is:

- Getting your athlete to adjust to a new organizational schedule
- Having new demands on your time – driving your swimmer to practice and swim meets
- Learning the swimming language
- Sitting in the stands at swim meets for hours and finding it challenging to fill the spare time in between your athlete's races



# The Good News – Swimming is:

- Introducing your athlete to a healthy life-long sport
- Helping your athlete learn valuable life lessons
  - Organizational skills
  - Commitment
  - Long-term goal setting
  - Ownership of their actions/decisions - consequences
- Making new friends for swimmers and parents - carpools
- Finding that the swimming language is easy to learn
- Finding the right volunteer position for yourself in order to help support your athlete and your club

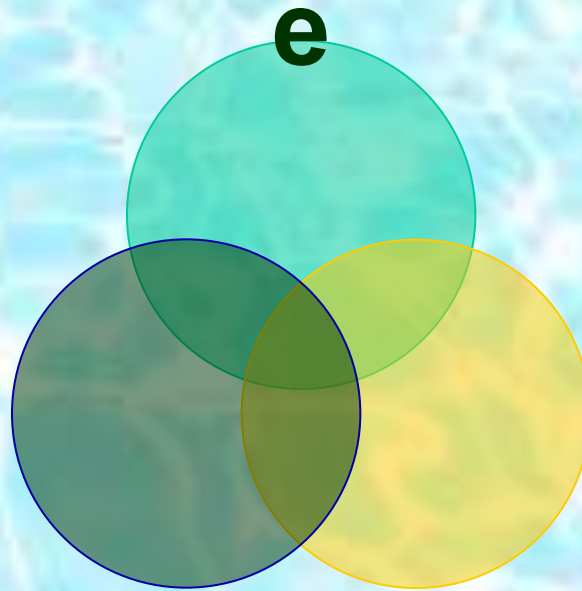
# Key Components of Competitive Swimming

■ **Athlete**

**e**

■ **Coach**

■ **Parent**





# Key Components of Competitive Swimming

- Athlete
  - Commitment
    - Attending practice
    - Paying attention to advice from his/her coach
  - Social aspect – having fun; making friends
  - Long-term goal setting – realistic goals
  - Measuring performance

# Key Components of Competitive Swimming

- Coach
  - Has a passion for the sport
  - Is a professional with a coaching philosophy
  - Is knowledgeable about competitive swimming
  - May be young but not inexperienced
  - Understands how to teach your athlete
  - Must deal with different types of parents



# Key Components of Competitive Swimming

- Parent
  - Fuel your athlete's body for good performance
  - Understand early vs. late maturation
  - Enter your athlete in competition that is relevant for his/her training level – talk to the coach
  - Build a rapport with your athlete's coach
  - Help your athlete deal with both success and disappointment
  - Find the right place to volunteer

# Parent Protocol

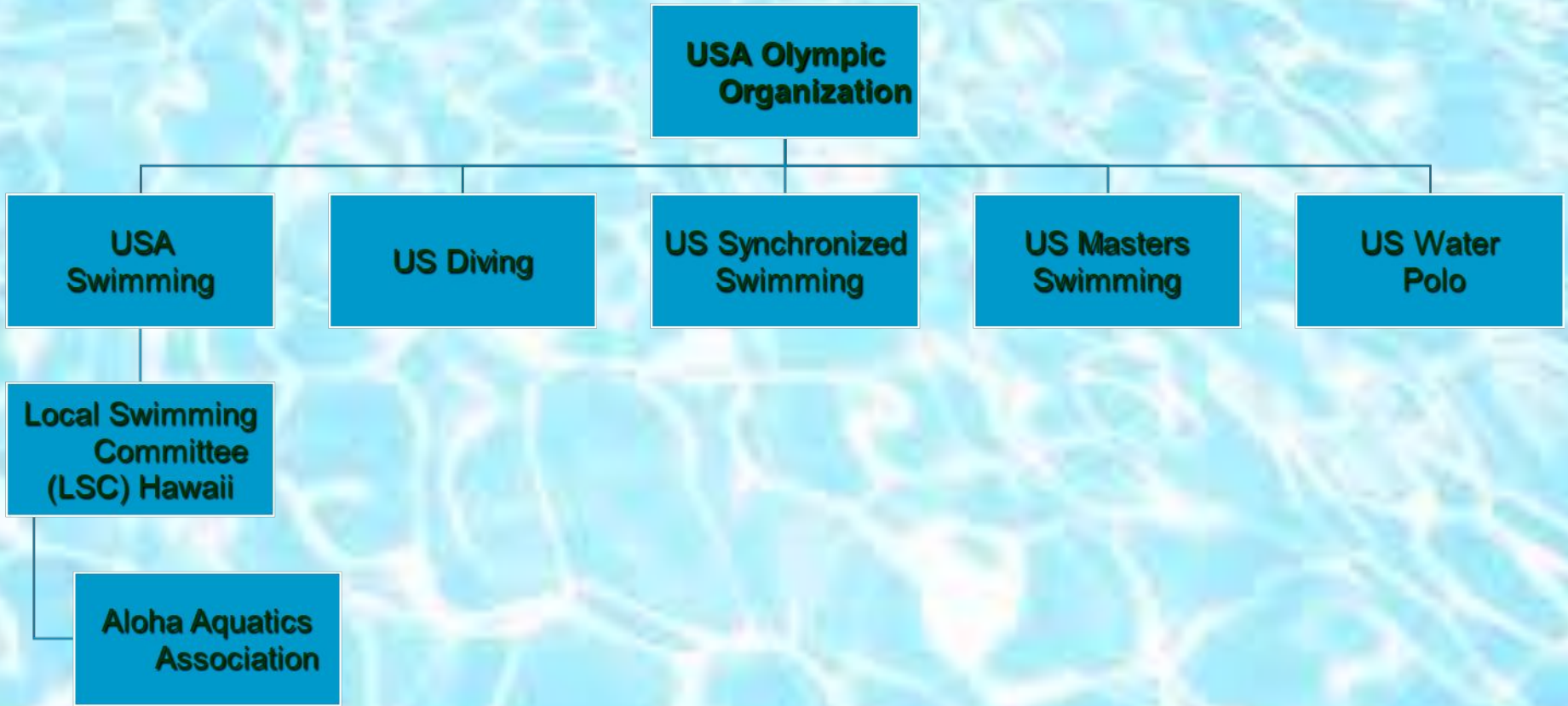
- Speak to your athlete's coach before or after practice. During practice, the coaches' attention is on the swimmers.
- Do not micro manage your swimmer at a meet – well before each race, send your swimmer to talk to the coach and then find his/her own way to the blocks; after each race, your swimmer should go talk to the coach
- Do not try to prevent failure – failure is for learning and leads to success
- If you have questions during a meet, ask an experienced parent or your athlete's coach when the coach is not talking to swimmers



# Parent Protocol

- Do not interrupt officials while they are working a meet and have swimmers in their jurisdiction
- At a meet:
  - BE QUIET FOR THE START
  - NO FLASH PHOTOGRAPHY AT THE START
  - STAY OUT OF THE AREA JUST BEHIND THE STARTING BLOCKS
  - NEVER DENEGRATE ANOTHER SWIMMER'S PERFORMANCE IN THE WATER – you never know who might be listening

# Competitive Swimming Organizational Structure - National





# USA Swimming Philosophy

- **Mission Statement**

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

# USA Swimming Philosophy

## **Vision Statement**

To inspire and enable our members to achieve excellence in the sport of swimming *and in life.*

## **Core Objectives**

- Build the base
- Promote the sport
- Achieve competitive success



# Geographic Areas of USA Swimming

- Eastern Zone – 12 LSC's
- Southern Zone – 15 LSC's
- Central Zone – 15 LSC's
- Western Zone - 17 LSC's

Alaska, Arizona, Central California, Colorado, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific Swimming, Pacific Northwest, San Diego Imperial, Sierra Nevada, Snake River, Southern California, Utah, Wyoming

**Competitive Swimming  
Organizational Structure – Local  
LSC - Local Swimming Committee**

**<https://www.teamunify.com/Home.jsp?team=hslsc>**



# Illinois Swimming

- **VISION: To inspire excellence through innovation and leadership.**

**MISSION: To promote and achieve excellence in performance through education, innovation, service and committed leadership.**

- **Fun Fit for Life**

# Geographic Areas of HI-Swim

- Oahu
- Everywhere else = Neighbor Islands



# Membership in USA Swimming

Membership to USA Swimming is through an LSC –  
Hawaii Swimming, Inc.

- Athlete – Premium
- Non-Athlete
  - Coach
  - Volunteer
    - Official
    - Meet Director
    - Safety Chair/Marshal
    - Club Administrators

# Volunteer – What That Means

- Get to know the coaches and their vision for the club
- Take off your Parent hat – put on the Club hat
- Put ALL your club's swimmers first
- Keep the best interests of the club in mind
- Find useful parent involvement – make a long-term commitment to the club
- Find out what jobs are available in the club and what is involved in each job - including parent board positions
- Remember that all volunteers in USA Swimming are exactly that – unpaid people volunteering their time



# Volunteers – Possible Areas

- If your club does not host meets:
  - Timers
  - Officials
  - Club Administrators - Parent Board position if your club has a parent board
- If your club does host meets, add the following:
  - Concessions
  - Setup/Cleanup
  - Safety Marshals
  - Meet Director

# Volunteer's Responsibilities

- Timers – work a shift or a session by operating a watch, being the backup for obtaining a time for the swimmer, and following the instructions given at the meet before the session starts
- Safety Marshals – during the meet, wear a bright orange vest and stay vigilant to make sure safe practices are being followed by ALL attendees, especially at a warm-up/cool down area
- Setup/cleanup crew – exactly as the title says
- Concessions – buy food, sell food, sell programs, manage hospitality for the coaches and officials



# Volunteer's Responsibilities

- Timing system operators – hook up the system to the pads, download the meet from the meet management software, and run the timing console during each session
- Meet management software operators – set up the meet database, process each team's entries, print a psyche sheet/meet program, capture the data from the timing console during the meet, provide results and award labels

# Volunteer's Responsibilities

## ■ Officials

- Training: Attend a clinic to become a Stroke & Turn Judge, take 2 tests (Stroke & Turn, Timer), and mentor with certified officials to obtain 24 hours of deck time
- Work meets as a certified official; as officials gain more competency at the Stroke & Turn position, over time they can add certifications for Starter, Chief Judge, Deck Referee, and Meet Referee



# Volunteer's Responsibilities

- Meet Director – is the Prior, Proper Planning Person
  - In charge of the “dry side” of the meet
  - Coordinates each area's activities before, during, and after the meet
  - Verifies payments have been collected from the attending teams
  - Compiles coaches packets for the meet
  - Manages the needs of the swimmers, coaches, officials, and parents during the meet
  - Coordinates the filing of HISI meet and financial reports that must be submitted after the meet

# Board Responsibilities

- Club Administrators (Parent Board)
  - Keep the club financially viable
  - Keep the best interests of ALL club members first
  - Follow the steps and file documents with USA Swimming to attain at least a Level 1 status in the Club Recognition Program which is a working blueprint for developing strong, stable, financially sound and athletically productive organizations.



# Questions ?

- Can Age Group swimmers wear the new “high tech” swim suits?
- What is Taper?
- How do you score points?
- What is Dryland?
- Champ Meets? Mandatory? YES
- Weird Swimming Stuff? Shaving etc.