

The Bradley-Bourbonnais Swim Club Handbook

Summer 2017



Welcome to the Dolphins, the 2017 Winter Red Division Champs!

Many swimmers begin the swim season wondering what the year will bring: Will they learn a new stroke or technique? Will they perfect what they know? Will they better their times? Many parents begin the swim season wondering what the year will bring: Will my child fit in? Will they accomplish their goals? Will they enjoy being a part of this team? The Bradley Bourbonnais Swim Club has the same answer for all of these questions

YES !

You may think that these questions only run through the mind of the new swimmers and their families, but just ask, and you will find that the same questions run through the mind of the swimmer or parent who has been a part of this team for many years. Those swimmers can also tell you about the lifetime friendships they developed and the feelings of accomplishment they experienced as they progressed through the years. Those parents can tell you about the pride of watching their child grow from being afraid to dive in the water to swimming a 500 yard race.

The Dolphins compete in the South Suburban Swim Conference and are members of USA Swimming, the same organization that represents our Olympic swimmers. Every swimmer, by attending practice, growing in their ability, and participating in meets; and every parent who encourages their swimmer, all other swimmers and supports the swimmers through volunteering contributes in our ability to grow the team. With you as a committed member of the Dolphins, we look forward to another successful season.

This handbook was developed to provide answers to many of the questions and concerns you may have. It is written for both the swimmer and their parents. It is a source of information about who we are, about what parents and swimmers can expect from the club, and about what the club expects from parents and swimmers.

Thank you!

Goals and Philosophy

The goals and philosophy of our club concern the growth of our swimmers in every facet of life. First and foremost, being a member of the Dolphins should be a fun experience. Not every swimmer will compete at the conference meet, but every swimmer will get the chance to compete as a member of our team. Not every swimmer will finish first, but every swimmer will, with dedication, improve their abilities and their times. We are concerned with the growth of our members as swimmers and as well rounded children.

Our philosophy is that participation in athletics is an important part of a child's life. We want to allow every swimmer to develop to their fullest extent. We want the swimmers to set goals, and by attaining those goals, develop confidence and a positive attitude toward swimming and life. We want to offer a safe environment where each swimmer and their family can experience competitive swimming at their own level. We want Dolphin swimmers to be challenged, and through those challenges, grow as individuals.

To support that philosophy, *the goals of the Bradley Bourbonnais Swim Club are:*

- To promote, encourage and develop the skills necessary to succeed in individual and team competitive swimming.
- To enable our swimmers to develop confidence, pride and discipline to strengthen all facets of their life.
- To develop the team concept through good sportsmanship, parental support and the swimmer's dedication.
- To support a coaching staff dedicated to the advancement of the team.

Our Board Members

President Brian Cooper

Vice-President

Treasurer Dave Nemeth

Amy Fritz

Mike Fortin

Tim Lehman

Michele Oliver

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Head Coaches Melissa Tyson

BBCHS Aquatic Director Scot Boudreau

Meet Director Bo Cresswell

Aquatics Chair Karen Nemeth

Concessions Jennifer Jackson

Volunteers

The club is "owned and governed" by the parents of each swimmer. The board is elected to hire and support our paid professional coaching staff, and to lead in the growth and development of the club. Board meetings are planned monthly (dates will vary based on board member's availability and are published on the website). Your input at this meeting is valued and parents are always welcome to attend.

Our Coaches – Summer 2017

Head Coaches

Melissa Tyson – “I have been coaching for the Dolphins now for 8 years and each season is different, new and exciting! I swam for the Dolphins Team starting at the age of 6 all the way until I was 18. I had the opportunity to swim at Age Group State, Senior State and The Midwest Zones Meets! At BBCHS, I made State all 4 years that I swam competitively and played water polo for 4 years, too. I also had the privilege to be a part of ONU's first swim team and coached there for a year as well. I'm currently a homeschool teacher for two families. I recently got married, so this year is busy but fun for me! I have always had a passion for coaching. I love helping the swimmers reach their goals and improve. Watching them smile after accomplishing a goal is why I do this! I may be their coach, but I learn from them just as much as they learn from me. They keep life interesting and entertaining! ”

Assistant Coaches

Emily Caise – “As a child, I took swimming and diving lessons at the BBCHS Pool. When I reached high school, I joined the Swimming and Diving Team. Although I was a diver, I filled in on relays when I was needed. I also played water polo in high school and college. I attended Lindenwood University where I studied Recreation Administration and Coaching. While at LU, I helped my team place top 8 in the nation three years in a row, and then spent my last semester coaching the men's water polo team to a CWPA National Championship. After graduating, I spent a year coaching men's and women's water polo at Connecticut College, where my women's team won the Division III National Title. In 2016, I moved back to Bradley to help coach the boy's and girl's water polo teams at the high school. I started coaching so I could give back to the sports I love. I enjoy coaching because I get to have a positive impact on the athletes' lives and help them build character and self-confidence. I look forward to coaching another season with BBSC and being involved in the world of competitive swimming.”

Ashley Porter – “I am so excited to be back to another season coaching the Dolphins Swim Club. I started swimming as a little Dolphin when I was 8 years old. I swam for Dolphins and BBCHS until I graduated at 18. I also coached Dolphins for a few years in high school. I then continued my swimming career swimming Division I at Bradley University in Peoria. While I was in Peoria, I coached the River City Swim Club, lifeguarded, and taught swim lessons. When I graduated, I returned to the area as a teacher for Manteno High School and coached Dolphins again for a few years until I had my daughter, Hailey. I took quite a few years off from coaching, but taught both of my kiddos to swim. When Hailey decided to join the team, I tried to sit on the sidelines and support her as a parent. But, the love of coaching this sport brought me back to it. Now, with both of my children swimming and my husband coaching as well, we are back to being 'Dolphins' and couldn't be happier!”

Brian Porter – “I am very excited to be back on the deck to coach and challenge the members of the Dolphins Swim Team. I was a competitive swimmer with POSA Swim Club, Orland Park, and Carl Sandburg High School, also in Orland Park. After high school, I spent two years teaching swim lessons and coaching an age group team in Peoria, IL. During my stay in Peoria, I also assisted with an outdoor swim team in Washington, IL. When Ashley and I moved back to the area, swimming got put on the back burner and I focused on my career and our family. I have been a fire fighter/paramedic for eight years on the Kankakee Fire Department and I've been in the National Guard for nearly six. Now that both of our children are swimming, it's the perfect time for me to get back into coaching again. I have a strong passion for stroke technique and look forward to seeing this team do some really great things this season.”

Coaching Responsibilities

The coaching team's job is to supervise the training and team administrative functions of our program.

- The head coach will develop the training routine and implement it throughout the coaching staff.
- The head coach will assign their staff to the group where they will have the greatest impact on our swimmers.
- The coaching staff will decide which events, both individual and relay, that swimmers are to swim in dual meets and which swimmers will be included in the conference meet. (This does not include the larger USA meets, which provide a good opportunity to swim events in which a swimmer might not otherwise get the chance to compete).
- The coaches will offer immediate review of a swimmers performance, through praise and critique, offering tips for improvement. **(It is the parent's job to offer their swimmer unconditional support and understanding, whatever the outcome of their swimmer's performance)**.
- The coaching staff, with the full support of the board, is responsible for promoting the team concept, improving the training process, enforcing the team conduct code and encouraging the growth of each swimmer.

Parents

Parents have the greatest impact on our swimmers by supporting their child and in their support of the team through volunteering. We need you to show your child that you support them in both words and actions.

Parents Responsibilities:

- Offer praise and reassurance **to all swimmers**. As parents, we need to cheer for and support all of the swimmers on this team. Choose your words carefully when talking with your swimmer(s) about their progress. It only takes one instance of negativity to wipe out weeks of positive reinforcement.
- **Ask questions.** We have all heard it before, but there is no such thing as a dumb question. If there are concerns, clear the air right away. The more you know, the better able you are to support your child.
- **Do not try to coach your swimmers.** Instead, support the efforts of our coaches. Let the coaches do their job. If you wonder why something is or isn't being taught, ask. Our coaches are trying different and new coaching techniques all the time. Some produce great results and some don't work. The coaching staff will discover what works with each group / swimmer and use those that work.
- Attend practices. Parents are not permitted on the pool deck during any swim team practice or meet, but are encouraged to observe from the stands. This is very helpful for new or younger swimmers who need the assurance that mom or dad is there.
- Speak with the coaches. **If you need to speak with a coach, please see them before or after practice.** You can also email or leave a note in the coaches' mailbox to contact you. Once practice begins, the coaches need to give their full attention to the swimmers. If you should need to contact your child due to an emergency during practice or at a meet, please go through the coach.
- **Attend meets.** Make sure that your swimmer attends meets and support all of the swimmers at each meet. Allow your swimmer to stay for the entire meet, if possible, so that you and they can cheer for and support every swimmer in every event. Staying until the end allows you to know how the team fared, and at conference, be around to accept **and offer** congratulations.
- **Volunteer, volunteer, volunteer!** Unlike many other team sports, a swim team cannot function without volunteer support from the parents (**See Volunteering**).

Swimmers

Everything in this handbook and everything that is done by all involved is to ensure that you become the best swimmer that you can be. You are what this team is all about! This means that you also have some responsibilities to the team.

Swimmers Responsibilities

- Attend as many practices and meets as you can.
- Give all you can every time you enter the pool, at practice and at meets.
"Give 100% at every practice, at every meet, in everything".
- Pay attention to your coaches and ask questions. They are your teachers.
- **Cheer on your teammates at practice and meets. When you're not racing, you should be supporting those who are.**
- Treat your teammates, coaches and opponents with respect.
- ***Take pride in being a Dolphin.***
- Talk with your coach before each race to prep and after each race for immediate feedback.
- Work with your coach to set, work toward, and achieve personal and swimming goals.
- **HAVE FUN !!!**

Volunteering

Running a swim team is not just the responsibility of the board and coaches. **IT REQUIRES YOU!** We need all of our parents to become involved with the team. The more input and volunteering the team receives, the better it becomes and the more it grows. There is almost no volunteer job that can't be done with just a few minutes of training /orientation. Don't be afraid to try, or think that you are too new!

Meets

Running meets requires the efforts of the board, the coaches, the swimmers and a multitude of volunteers. Home dual meets require volunteers in many different capacities. These include timers, a runner, timing system operator, computer operator, safety marshals and concessions help, to name a few. It takes 16 lane timers to run our home meets. If you have a finger and an eye, you can run a stopwatch and be a timer with a short 5-minute orientation. Being a timer also gets you the best seat in the house: on deck right on the finish line! All of these functions must be filled in order for a meet to take place. In addition to the functions listed previously, the 2 large USA meets hosted by the Dolphins also require additional concession help, entry fees table help, ad recruiters, etc. Hosted USA meets during the fall season are a major source of revenue for the team each year.

Other Areas

There are many other areas which can use your help. These include the newsletter, fundraising, awards banquets, concessions, etc. These require chairpersons as well as volunteers to assist with their function.

Community Service

The Dolphins want to be known as a team that recognizes the support it receives from the businesses in the community and therefore desires to give back. **There will be a team swim fundraiser that will support an area charity affecting the youth of our community.** Swimmer involvement with this effort is encouraged and appreciated, and lets the community know that we appreciate the support that we receive. Information will follow when this is scheduled.

Team Apparel

Like most teams, we have a team uniform. The team uniform includes a swimsuit, a t-shirt (provided by the team) and if used/needed, a swim cap. All swimmers should wear a swimsuit that is both comfortable and appropriate for racing.

A swimmer may also wear any approved suit from a previous year, a combination red and black suit or a solid black suit. If unsure of your suit choice, please check with our head coach. (This includes fastskin suits). **To better compete, represent and perform as a team, there are no exceptions to the approved suit colors at dual or conference meets.**

Your team suit should not be worn for practice on a daily basis. Due to the amount of time spent in contact with chlorine, rough cement and metal surfaces, nylon racing suits can wear quickly. You should consider buying at least one practice suit (any color) for your swimmer. Practice suits can be found inexpensively on-line at www.swimoutlet.com, for sale at larger USA meets and at sport retailers.

Code of Conduct

The coaches have both the responsibility and the authority to deal with a swimmers' behavior during practice sessions and swim meets. Disruptive behavior negatively affects not only the swimmer and the coach, but the entire swim group, and ultimately, the entire team's achievement. If a swimmer's behavior becomes disruptive during practice or during a meet, the coaches will work to mediate the problem.

Swimmers are expected to:

- Behave in a way that their actions reflect positively on the team.
- Support, not impede, the efforts and progress of other swimmers and / or the team at practice and at meets.
- Avoid the use of alcohol, tobacco and illegal drugs.

The coaches will take the following steps in the event of misconduct on the part of a swimmer:

First Offense: The coach will give the swimmer a clear verbal warning.

Second Offense: The swimmer will be removed from the pool and sit out the remaining part of the practice session in the bleachers. The swimmer's parents will be notified of the disciplinary action and a meeting may be required between the parent(s) or guardian(s), the swimmer, and the coach.

Third Offense: A parent/swimmer conference will be called with the coach and a Swim Team Board member(s). The meeting will review this and prior offenses, and a determination will be made by the coach as to discipline, including removal from practices for a period of time, non-participation in meets and up to removal from the team.

Communication

E-mail: The email address of the head coach is bbsheadcoach@gmail.com Please feel free to contact him with any questions or concerns if you cannot meet with him before or after practice. You will also receive weekly emails from the coaching staff.

Mailbox: Each swimmer and coach is assigned a file folder in the mailbox at the pool. The mailbox is located near the concession stand, and is available at all practices. Any information put in the folders may also be available on our website. Individual information, such as notices of meet participation, award ribbons, payment reminders, fundraising information, etc. are placed in the swimmer's mailbox. It is each swimmer's and parent's responsibility to check the file at practice.

Coaches: The best way to speak with the coaches is to meet them before or after practice. They usually make themselves available for 5-10 minutes to answer questions or provide information. Sending a note or email to the coach with your swimmer is also a good way to get information to them. **Unless absolutely necessary, please do not disrupt the coaching process by interrupting the coaches during practice.**

Website: Our website is <http://www.bbscdolphins.com> It is the source for information about the swim team. On the site, you will find our meet schedule, addresses to other pools for away meets, practice and meet calendars, and other needed information.

General Swim Information

Strokes

If you're not a former swimmer, the strokes and their rules can be cause for confusion. Provided here are the basics.

Freestyle: The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts: You cannot walk on the bottom or pull yourself along using the lane lines, and in a 50-yard race or longer (two or more pool lengths), you must touch the wall at each end of the pool, including the finish. (This may seem obvious, but sometimes swimmers do miss the wall at the turning end of the pool).

Backstroke: Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Swimmers learn to guide off of the lane lines, use the overhead backstroke flags, the ceiling patterns and the lane line markings to know where they're at in the pool, and also to count strokes from the flags to the wall. The backstroke starts with the swimmer in the water, feet planted against the wall. If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. The flip turn is the one exception to staying on your back, and can only be used only as part of a turn (never a finish).

Breaststroke: The breaststroke, the most complex to perform, has two components, the arm pull and the kick, which must be done in sequence. The arm pull must be under the breast and cannot extend further back than the waist area. The kick allows one dolphin style kick at the start and at each turn, followed by "frog" kicks, where the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for touching the wall at the finish. Breaststroke turns and finish require a simultaneous two-hand touch.

Butterfly: The butterfly (commonly called the Fly) is the hardest stroke for most swimmers to learn. Like the breaststroke, the two components of the fly are the arm pull and the kick. The arm pull must be an over the water recovery stroke while moving forward simultaneously. The kick is a dolphin-style kick with both legs held together and moving simultaneously on their downward kick. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Like the breaststroke, turns and finishes require a simultaneous two-hand touch at the wall.

Individual Medley: The individual medley (or IM) is when an individual swims each of the four strokes in sequence: Butterfly, Backstroke, Breaststroke, Freestyle.

Relays: There are two kinds of relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is Backstroke, Breaststroke, Butterfly and Freestyle, with each swimmer swimming one of the strokes. In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck or block.

DQ's

In swimming, the stroke rules must be followed or a DQ (disqualification) is issued. A DQ is any violation of the rules observed by an official. To a swimmer new to a stroke or competition, a DQ should be viewed as a learning experience. For the seasoned swimmer, it is often a lapse in concentration, from which they can also learn. It even happens at the Olympic level. When an deck official observes a violation, he or she will raise their hand to signify an observed violation (except for false starts or an early take-off during a relay), write it up on a DQ slip, and forward with lane time records to the administrative official for recording. A new or younger swimmer will most often be counseled immediately after the race by the Deck official to let them know what was done wrong, and to offer comfort if needed. The seasoned swimmer will know what they did wrong often before leaving the water. Some of the more common reasons for DQ's are:

Freestyle:

- Failure to touch the wall at the ends of the pool.
- Pulling on the lane lines, walking or pushing off of the bottom.
- Exiting the pool before swimming the specified distance.

Backstroke:

- More than 90 degrees off of the back at any time except during a flip turn.
- Improper flip turn.

Breaststroke:

- Incorrect kick, such as a flutter kick or scissor kick.
- Non-Simultaneous two-hand touch or one-hand touch at turn or finish.
- Toes not pointed outward during the propulsive part of the kick.
- More than one dolphin kick or stroke underwater at start or turn.
- Arm recovery past waist except on first stroke after start or turn.

Butterfly:

- Non-Simultaneous or one-handed wall touch at the turn or finish.
- Using an incorrect kick, such as a flutter kick or Breaststroke kick.
- Arms not completely breaking the water surface during the recovery stroke.
- Non-Simultaneous arm movement during the stroke.

Relay Races:

- A swimmer's toes leave the deck or block before the previous swimmer touches the wall.
- Swimmers swimming out of order.
- An entire relay is disqualified if even one member of the relay DQ's.

False Starts:

A false start occurs whenever a swimmer moves to enter the pool after having assumed a take-your-mark stance at the beginning of the race, but before the Starter has started the race. This occurs when a swimmer is trying to anticipate the starting signal and beat the other swimmers into the water, or is not settled into a still starting position. If the false start is detected before the starting signal is sounded, the offending swimmer may be removed from the race prior to re-starting. If a false start occurs, but the starting signal has sounded, the race will not be stopped. Instead, the false starting swimmer will be notified of their false start at the end of the race.

Protesting Disqualifications

The coach is the only person who can officially question a disqualification, or any other call by an official. A parent should not directly approach the officials or coaches during a meet about a disqualification. DQ's will be discussed with the swimmer after the event or/ and at a subsequent practice to assist in correcting the swimmers stroke.