



**Goshen Swimming Incorporated**

P.O Box 1303 Goshen, Indiana 46527

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**Parent/Guardian Handbook  
Revised 11/20/2021**

# GSI Board of Directors

## Contact Information

[GSISwimclub@gmail.com](mailto:GSISwimclub@gmail.com)

### **Position/Task Group Name Board Member Term** (through June 30 of..)

Co-President: Britney Dominguez 2021-2023

Co-President: Lisa Estrella 2021-2023

Vice President: Vacant

Treasurer: Vacant

Secretary: Vacant

Sponsorship: Paul Steury 2019-2022

Meet Director: Paul Steury 2019-2022

Merchandise: Lisa Estrella 2021-2023

Fundraiser: Vacant

Volunteer Coordinator: Vacant

## GSI Staff

### **Position Name**

Head Coach: Trevor Wood

Assistant Coach: Britney Dominguez

## PARENT-COACHING RELATIONSHIP

Guidelines have been established to ensure the implementation of GSI's developmental philosophy and goals and the separation of responsibilities between parents and coaching staff. These guidelines should be followed by the parents of GSI swimmers.

A. GSI strongly discourages the use of stopwatches by anyone other than coaches, whether at swim meets or practices. Swimmers' times are available from the read-out board, from the swimmer, and from the official results which are posted shortly after an event is concluded.

B. Stroke instruction is to be left up to the GSI coaching staff, only. Individuals other than GSI coaches should not attempt to interfere with or influence the coaching of any athlete. Moreover, GSI coaches have a specific coaching philosophy. Accordingly, stroke instruction from any private coach outside of GSI is strongly discouraged.

C. The outside reward of materialistic incentives to GSI swimmers is strongly discouraged. Threatening to take something or offering to reward swimmers based on performance is not the basis to which the GSI coaching staff wants to achieve success with its athletes.

D. Individuals are not permitted to interfere with the coaching process during practices or meets. Unless working in an official capacity for either GSI or the host team of an away meet, **no parent should be on the swimming deck** at any meets or practices in which GSI participates. This area is reserved strictly for swimmers, coaches, and officials.

E. Parents are invited to privately communicate their concerns, ideas, comments, etc. with coaches either **before or after practice, over the phone, or by scheduling meetings**. Please use discretion when discussing matters with coaches so that no other athletes or parents are present in the area during the discussion. Adhering to these guidelines and the basic rules of conduct established by GSI will allow the coaching staff to, most efficiently, do its job. It is for the benefit of all swimmers that they be subjected to one standard philosophy that allows for fair and consistent treatment of all GSI members.

## COMMUNICATIONS

### Email

- If you have any questions, please email us ([gsiswimclub@gmail.com](mailto:gsiswimclub@gmail.com)) and allow us 48 hours to respond to your inquiry.
- You will receive emails from Team Unify regarding account information, meet information, etc.

### Remind App

- We will use this app to communicate vital and time critical information about the swim club so please register. If you have questions on how to register, please email us.

### Facebook ( <https://www.facebook.com/GoshenSwimmingInc> )

- Facebook is used to communicate general information, sharing pictures and fun activities that we are doing as a swim club.

## **SWIMMER TRAINING GROUPS**

GSI uses a 'progressive' age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing performance levels is crucial for optimal performance during a swimmer's physical and physiological prime.

The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, 'too much too soon' is more often the cause of failure to achieve maximum potential in a senior swimmer than in the reverse situation.

All training groups emphasize skill development and self-improvement in a positive, character-building environment. At each level in the GSI program, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program and every GSI swimmer, novice to Olympian, is encouraged to 'Be the Best You Can Be'.

Swimmers are encouraged to attend as many practices as they wish within their assigned group schedule. Self-improvement is closely linked to increased practice attendance, membership, however, is not. In addition to emphasizing long-term rather than short-term results, it is also important that GSI establish training groups comprised of swimmers who are compatible in respect to physical, emotional and social abilities.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of continued improvement and total excellence is always at the heart of every training group assignment.

## **TEAM UNIFORMS/SWIMMING EQUIPMENT**

GSI swimmers are expected to wear our chosen team swimsuits and caps (if they wear caps at all) to all USA Swimming and Indiana Swimming meets while swimming attached to GSI.

Team swim apparel can be ordered through the team store at <http://www.swimoutlet.com/collections/teamgsi>

Flippers, paddles, buoys and all other such training equipment will be provided by GSI.

Goggles are optional, but recommended for all practices and competitions. Swimmers are encouraged to have at least two pair of goggles with them at all practices and competitions.

Caps are optional. However, any caps worn during competitions shall be GSI caps. GSI caps can be purchased from the coaching staff at practice or competition. Silicone caps are recommended for durability.

## SWIMMER'S BASIC RULES OF CONDUCT

1. All swimmers are expected to be **on deck, prepared to swim, at least five minutes before** the start of practice. If a problem arises where a swimmer needs to alter his/her workout schedule, he/she should contact his/her coach ahead of time for clearance.
2. A swimmer entered in a meet must swim in that meet unless he/she has otherwise received his/her coach's permission. There will be no "self scratches". The final decision for all scratches rests with the coach. Swimmers who do not fulfill this obligation will not be assigned to relay teams and may be subject to being scratched by the coaching staff in further competition.
3. If a swimmer is assigned to a relay and does not fulfill that obligation (except for reasons of health with coach approval), the swimmer/Member parent is responsible for the **total cost of the relay**.
4. Swimmers, parents, and coaches are expected to conduct themselves in a manner that will bring credit to themselves and to GSI. Disruptive behavior will not be tolerated at practices or meets. The coaching staff will not tolerate abusive behavior between GSI members, swimmers, or towards other teams or their members.
5. No individual associated with GSI should initiate the active recruiting of athletes from other U.S.A. Swimming or Y teams.
6. Swimmers are expected to report directly to the practice pool area and to stay out of other areas of the practice facility.
7. All swimmers must be at the swim meet venue on deck, and prepared to swim at least 15 minutes before their assigned warm-up time. All GSI swimmers will warm-up as a team and not as individuals. This provides assurance that all swimmers get properly warmed up for their events. Working as a team and showing strong team unity is essential to promoting and growing the GSI program. At the coach's discretion, swimmers showing up late for meet warm-ups may be scratched from one or more events that day.
8. Any swimmer or member found to have caused physical damage to any facility in which GSI is participating will be charged with the repair of or replacement of the damaged property.
9. Any coaching decisions that you have questions about should be discussed with the involved coach. However, please **do not talk to the coaches on deck**. Wait to call the coach or send a message through your child requesting that the coach talk to you at the first available time for the coach. Please do not expose any athletes to your conversation with the coach.
10. During swim meets, any questions that a swimmer or a parent has about meet results, format, and/or officiating, should be directed to the GSI coach in charge. Do not take any action unless instructed to by that coach. Please have your swimmer bring the problem to his/her coach's attention.

## **DISCIPLINE/AUTHORITY**

Except as otherwise specifically stated, GSI's Board of Directors shall have complete and final authority to establish, implement, and enforce GSI's Rules and Policies.

### **AUTHORITY OF COACHES**

Subject to discretionary review by GSI's Board of Directors, GSI Coaches have complete and final authority in all matters associated with the coaching and conduct of GSI swimmers while those swimmers are participating in GSI-related activities, or are representing the GSI swim program. This authority extends, but is not limited, to: practice schedules, practice work-outs/drills, swim meet event entries, training level placement, training and swim meet attire, conduct of swimmers at all competitions and practices, etc. All GSI members and swimmers are expected and required to respect the authority and adhere to the decisions and directions of GSI coaches in all such matters. Failure of any member or swimmer to respect the authority or follow the decisions and directions of any GSI coach may result in the sanctioning of said member and/or swimmer. Sanctions may include, among other things, immediate suspension or dismissal from GSI. Sanction(s) imposed by GSI coaches shall be effective immediately, subject to subsequent discretionary review by GSI's Board of Directors.

### **AUTHORITY OF OFFICIALS**

GSI members and swimmers shall also be expected and required to respect the authority, decisions and direction of any referees, and officials acting in their official capacity during the course of any competition. Failure of any GSI member or swimmer to respect the authority, or follow the decisions and directions, of any referee or official acting in their official capacity may result in the sanctioning of said member and/or swimmer, which sanction may include, among other things, immediate suspension or dismissal from GSI.

## GLOSSARY OF TERMS

**Age Group State Championship Swim Meet** – All USA – registered swimmers, 14 years of age and under, who have met the qualifying time standards for specific events, are eligible to compete in their age group category. A swimmer's age, as of the first day of the swim meet, governs the entire meet. The swim meet is generally held at the IUPUI Natatorium in Indianapolis, Indiana.

**Away (out of town) Meet** – GSI will often travel to competitions outside of Elkhart County. This is done in an effort to find new, different and motivating competition as well as to form new and mutually rewarding relationships with other programs and athletes. GSI families are not expected to attend travel meets; however, it is an important part of each swimmer's development as an athlete and young person. If possible, GSI families are encouraged to attend all meets recommend by the GSI coaching staff.

**Clerk of Course** – The person responsible for checking in swimmers and seeding heats and events at swim meets. In many cases, but not all, a clerk of course is made available to assist 10 and under swimmers get to their events in a timely manner.

**Deck** – The area immediately around the pool. Per USA Swimming Rules, you must be certified as a worker or official to be on deck. Accordingly, swimmers not competing, and parents not working at a swim meet, are asked to stay off the deck.

**Deck-Seeded/Pre-Seeded Events** – Deck seeding is a procedure of assigning swimmers to the proper lane and heat immediately before each event. This allows there to be as few "open lanes" (lanes without a swimmer in it) as possible. Pre-seeded events assign swimmers to heats and lanes prior to the day's events. Lanes remain open (empty) for those swimmers not showing up to the meet or for those swimmers scratching an event. Generally, swim meets which require a positive sign-in (see below) are deck-seeded competitions.

**Deck Entries** – A policy of accepting entries on the day of the swim meet. These are more expensive entries, usually double the original event fee. These are not allowed at all meets.

**Entry Fees** – Read the meet letter attached to the meet to know your meet fees. Those meet fees will be entered to your account within a week of going to that meet. You are responsible for those fees. If you don't decline or withdraw your swimmer before the deadline of closing that meet, you are responsible for those meet fees.

**Heat Sheet** – A listing of all swimmers by event (and occasionally, by heat and lane assignment) in a swim meet. These are usually available for purchase at the swim meet.

**Indiana Swimming, Inc.** – The name of the local swimming committee charged by USA Swimming, Inc. to govern competitive swimming in the State of Indiana.

**Long Course** – A type of competitive pool which measures 50 meters in length. This is the standard size for all summer swim meets. It is also the competitive course for the Olympics.

**Positive Sign-In** – The process by which a swimmer is required, prior to (usually 30 to 60 minutes before) the start of **each swim session** to positively declare the events he or she is swimming. Usually, positive sign-ins are accomplished by simply highlighting the swimmer's name and events at a sign-in sheet at the competition site.

**Prelims and Finals** – In certain meets, qualifying rounds are held for each event to determine the finalists (6 to 24 in number depending on the size of the pool and whether or not consolation finals are held). These are called the prelims. The finals are the session where the finalists compete, usually in an afternoon or evening session.

**Referee** – The USA official who has authority over all other officials at the swim meet. The referee makes all final decisions and sees to the efficient running of the meet.

**Scratch** – Withdrawing from an event after entering the event. This should only be done after a discussion with the coach on deck.

**Seed Time** – The time a swimmer uses to enter a meet. This time determines one's heat and lane assignment for a particular event.

**Senior State Championship Swim Meet** – All USA – registered swimmers regardless of age, who have met the qualifying time standards for specific events, are eligible to compete in this meet. The swim meet is generally held at the IUPUI Natatorium in Indianapolis, Indiana.

**Short Course** – A type of competitive pool which measures 25 yards or 25 meters in length.

**Split** – A per lap time that coaches often record for teaching the concept of pacing.

**Starter** – The USA official at a swim meet responsible for starting each heat and calling the next heat to the blocks.

**Stroke Judge** – The USA official who determines the legality of swimmers' strokes and reports those which do not conform.

**Timed Finals** – A meet format where all swimmers are entered and compete in heats from slowest to fastest and swim the event only once (as opposed to prelims/finals, where a swimmer may have two opportunities to swim).

**Time Standards** – Certain qualifying times which have been set up by Indiana Swimming and USA Swimming for all events and all levels of meets to ensure that competitors are reasonably of the same ability in their respective meets.

**Touch Pad** – The part of an electronic timing system that rests in the water at the end of each lane. Swimmers' times are recorded when the pad is touched.

**Unattached** – The status a swimmer receives when changing from one USA team to another. A swimmer must be "unattached" for 120 days from the last competition with their previous USA club before they can represent their new USA club. During this time they may compete in individual events as unattached (UN) swimmer, but not in relays.

**USS/USA Swimming** – USS is the old abbreviation for United States Swimming, which is now designated as USA Swimming, Inc., a governing body for amateur swimming in the United States.