

MTV Swim Team Handbook



**Mt. Vernon Swim Team Inc.
P.O. Box 782
Mt. Vernon, IN 47620
www.mtvernonswimteam.org**

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Contact Information

Coaches

Jessica Anselman: Head Age Group Coach

Phone: (812)306-6716 Email: Jessica_anselman@yahoo.com

Ben Anselman: Assistant Coach

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Stephen Loehr: MVHS Head Coach/Aquatics Director

Phone: (812)499-6181 Email: loehr57@yahoo.com

Board Members

Kevin Kuhn: President

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Phone: Email:

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: At- Large

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Practices and Facilities

MVJHS Natatorium
Mt. Vernon Junior High School
701 Tile Factory Road
Mt. Vernon, IN 47620

Practice schedules can be found on the team website. All practice changes are announced via the team website so stay up to date by checking your email and the team news.

About Us

Organization

MTV is a year round USA Swimming competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities, located in Mt. Vernon, Indiana. It is our goal to provide the high school with swimmers who have been given the opportunity to learn competitive swimming skills and to compete at the highest level that their ability allows. Our coaches, provide every team member that opportunity, from novice to national competitor. Over the years, Mt. Vernon Swimming has quickly gained national, state, and local attention.

MTV Swim Team was formed in 1991 to serve as a developmental feeder program for the Mt. Vernon High School competitive swimming teams. Mt. Vernon Swim Team Inc. is a non-profit club, run by its elected Board of Directors.

It is our belief that the efforts of our swimmers, coaches, parents and community helps create our "Swimming Family". As a club "We Care" not only about swimming performance but also personal development.

We are constantly growing and training young swimmers to maintain a well-rounded competitive swim team. Thank you for learning about us. If you are a perspective new member we are looking forward to meeting you. Please feel free to ask another member or coach any question you may have.

MTV's Mission Statement

To provide a positive atmosphere in which to train and promote our swimmers. MTV swimmers are encouraged to develop and understand the value of perseverance and sportsmanship within an environment that provides both competitiveness and physical development.

MTV's Vision Statement

To motivate swimmers to excel both in the pool and in the classroom. We attempt to teach to each swimmer the concept that in the end, a sincere effort does pay off.

Head Coaches

Steve Loehr—Head MVHS Coach/Senior Coach/Aquatics Director

Coach Loehr began coaching with the team in 2005. Coach Loehr is a man that has worn many hats: Coach, Meet Director, and Meet Official. Coach Loehr has coached IN Age Group State Champions as well as IN State record holders. He has been and still is one of MTV's most dedicated all around individuals. Coach Loehr will be heading up the MVHS Swim Team and Senior Group.

If you have any questions please feel free to get in touch with him.

Jessica Anselman—Head Age Group Coach/M Team/Senior Prep Coach

Coach Jessica has 20 years of swimming experience as both a coach and swimmer. She joined MTV in 2006 and started volunteering and filling in as a coach and doing private lessons for MTV. Her Coaching career includes coaching the Brittlebank Barracudas from 2004-2007. Assistant Coach to Larry Zoller for the Mt Vernon Senior High School Swim Team for the 2011-2012 season.

Jessica has been swimming since 1996 when she joined the MTV Swim Team as a swimmer. She went on to swim for the Mt Vernon Senior High Swim Team from 2003-2007 where she held multiple school records, was a 4 year state qualifier, all conference for 3 years, and a 4 year sectional champion, and lettered 4 years. From there she went on to swim on a scholarship for the University of Lindenwood in St. Charles, MO from 2007-2011 where she graduated with a bachelors degree in Criminal Justice. While at Lindenwood she held the school record in the 100 fly, was a 4 year national qualifying swimmer, placed top 8 at conference, and swam 3 years in the Missouri Grand Prix.

Jessica met her husband Ben Anselman while swimming in college. They reside in Mt Vernon with their two sons Reinitz and Walker.

"I can do all things through Christ who strengthens me." Phil 4:13

Contact Coach Jessica if you are interested in swim lessons, joining the team, having issues with the team website, or any other questions you might have.

Coaching Philosophy and Goals

The goal of the MTV coaching staff is to help our swimmers pursue excellence in swimming, which we feel translates to excellence both in and out of the water. We strive to foster a positive training environment and provide for the success of as many athletes as possible. Success requires hard work, but having success is what makes swimming fun. Not every swimmer can win every race he/she competes in, but every swimmer can pursue excellence in achieving his/her desired level of swimming proficiency in light of their respective potential. MTV coaches will do their best to help swimmers set realistic, yet challenging goals, educate swimmers on the commitment level required to reach those goals, motivate swimmers through a positive training environment, and appropriately train and condition athletes based on their respective goals.

Core Coaching Objectives

1. Positive Experience. Encourage swimmers to want to be a part of the MTV program. For younger age groups, this requires making practices and swim meets a fun and exciting experience. As swimmers mature, both in age and skill level, a positive experience requires more attention to goal achievement in an encouraging, constructive environment.
2. Build Individual Self-Esteem. Help MTV swimmers to develop a sense of pride in themselves and their efforts. Everyone should be proud of their efforts and accomplishments regardless of their abilities or level of commitment. Individual self-improvement is given priority over winning at all times.
3. Improve Technique. Help all swimmers improve their level of swimming proficiency. Some athletes will take advantage of technique training more than others, but the coach's job is to provide equal instruction to all swimmers, regardless of ability.
4. Positive Motivation. Find a way to help every swimmer want to improve. No swimmer should feel less valuable or less important to the team than another. Our coaches will try to instill passion where there is none, and provide guidance where there is already passion.
5. Excellence in Training. MTV Coaches will develop their respective training groups to maximize the competitive potential of all MTV swimmers. Individual swimmers will decide how much of the program they wish to take advantage of, but the program will be designed around and based on the highest levels of excellence in the sport.

Parent/Swimmer/Coach Relationships

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress a swimmer makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the MTV Swim Team.

The coach's job is to teach swimming technique, to constructively criticize the swimmer's performance, and to motivate the swimmer to perform well in competition. The swimmer's job is to attend practice regularly, listen to the coaches, follow directions, and to do his/her best at all times. Parents supply the love, recognition and encouragement necessary to give the swimmer confidence.

Watching Practice: Parents are also welcome to observe practices, but please remember that practices are learning situations, and swimmers need to be able to concentrate to improve their technique and times.

Be Enthusiastic: Positive enthusiasm creates an environment, which promotes the swimmer's improvement. In addition to self-motivation, swimmers need encouragement and positive feedback from parents and coaches. Be enthusiastic about taking your swimmer to practices and meets, participating in fundraising projects, meetings, etc...

The Proper Place to Complain: The coaches and board members want you and your swimmer to have a positive and enjoyable swim team experience. When something is not going well for an individual, or group of people, discuss the problem with the head coach or a board member. Please address any concerns/compliments you may have. Your input is important to us, and it is you who help us keep open lines of communication with our swimmers and parents.

MTV ENCOURAGES THE FOLLOWING PARENTAL ATTITUDES

- ✓ Keep open communications between swimmers and coaches and emphasize goal-setting and personal responsibility.
- ✓ Scheduling meetings with the coaches outside of practice times to discuss any issues.
- ✓ Positive reinforcement of swimmers through supporting coaches, demonstrating team spirit and team loyalty.
- ✓ Involvement in organizing, running, and helping at meets and other team events.
- ✓ Be a "Team Player/Parent" and only make positive comments relating to our swim club in the community.
- ✓ Practice *teamwork* by supporting the values of *Discipline, Commitment and Hard Work*.
- ✓ Provide positive support in terms of cheering, and clapping for all swimmers, both MTV and opponents.
- ✓ Be gracious in victory and dignified in defeat.
- ✓ Do not use alcohol, tobacco products or indulge in any types of illegal activities in the presence of the swimmers.
- ✓ Do not tolerate any sexual or racial harassment or intolerance and bring any instances of those behaviors to the attention of Coach Loehr or Coach Anselman.
- ✓ Be a positive role model for your children and their teammates.
- ✓ Provide your children with proper nutrition and show them with a personal example of correct eating habits.

THE FOLLOWING BEHAVIOR FROM MTV PARENTS IS UNACCEPTABLE

- ✓ Coaching children at practice or during meets. Being on the pool deck during practice or meets.
- ✓ Interrupting or confronting the coaching staff during practice or meets.
- ✓ Abusive language towards swimmers, coaches, parents, and/or officials.
- ✓ Any behavior that brings discredit or disruption to our swimmers and our organization.
- ✓ Only members of Mt. Vernon Swim Team coaching staff will communicate directly with swim meet officials.
- ✓ Negative comments and attitudes towards toward other team parents, swimmers, coaches and board members.

Maintain self-control at all times.

Remember:

- ✓ Swimmers - Swim
- ✓ Coaches- Coach
- ✓ Officials - Officiate
- ✓ Parents - Parent

TEN COMMANDMENTS FOR MTV SWIMMING PARENTS

(adapted from Ed Cledaniel's "Ten Commandment for Little League Parents")

- I. Thou shalt not impose your 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 his or her personal best.
- II. Thou shalt be supportive no matter what** There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- III. Thou shalt not coach your child.** You have taken your child to a professional coach do not undermine that coach by trying to coach your child on the side. Your job is to support, 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. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.
- 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 cheer and applaud, but never criticize your child or the coach.
- V. Thou shalt acknowledge thy child's fears.** At a first swimming meet any race can be cause 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.
- VI. Thou shalt not criticize the officials.** If you do not have the time or 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 not jump from team to team.** The water isn't necessarily bluer at the other 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. Oftentimes 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.** Giving an honest effort regardless of what the outcome is, 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. This does not make me a failure, in fact, I am very proud of that swim."
- X. Thou shalt not expect thy child to become an Olympian.** There are over 350,000 athletes who swim. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 6,000. Swimming is much more than just the Olympics.

Ask your coach why they coach. Chances are, they were not Olympians, but still got enough out of their swimming experiences that they want to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy that your child wants to participate.

Communications

The vast majority of team communications will be via email through our TeamUnify website. You must have a valid email address on file with the team to get a login account from which you can manage your meet registrations and payment options. You will have to verify your email address following instructions on TeamUnify in order to receive team mass emails. Contact Coach Jessica if you have problems with the team website www.mtvernonswimteam.org or if you are not receiving team emails. Check the website for news/updates to schedules frequently. Text message alerts are activated by verifying your mobile phone number with TeamUnify.

Discipline/Authority

Except as otherwise specifically stated, MTV's Board of Directors shall have complete and final authority to establish, implement and enforce MTV's rules and policies.

Authority of Coaches

Subject to discretionary review by MTV's Board of Directors, MTV Coaches have complete and final authority in all matters associated with the coaching and conduct of MTV swimmers while those swimmers are participating in MTV-related activities, or representing the MTV swim program. This authority extends, but is not limited, to: practice schedules, practice workouts/drills, swim meet event entries, training level placement, training and meet attire, and conduct of all swimmers at all practices and competitions, etc. All MTV members are expected and required to respect the authority and adhere to the decisions and directions of MTV coaches in all such matters. Failure of any member or swimmer to respect the authority or follow decisions and directions any MTV coaches may result in discipline under the MTV Code of Conduct. Any discipline imposed by MTV coaches is effective immediately as it pertains to practices or meets and will be subject to subsequent discretionary review by the MTV Board of Directors.

Authority of Officials

MTV members and swimmers shall also be expected to respect the authority, decision or direction of any meet referees, and officials acting in their official capacity during the course of any competition. Failure of any MTV member or swimmer to respect the authority, decision or direction of a meet official acting in their official capacity may be subject to discipline under the MTV Code of Conduct. This includes, but is not limited to the possibility of immediate suspension from that competition.

Loss/Damage

MTV shall not be responsible for any injury or loss to any swimmer or his or her property. At all practice and competition venues, swimmers are responsible for maintaining and safeguarding their own clothing, equipment, etc. MTV is not responsible for lost or stolen items.

MTV Registration fees, dues, and agreements

Welcome to the **Mt. Vernon Swim Team** Electronic Registration platform for our upcoming swim season! We are pleased to offer electronic payment processing and registration. The process is simple for both new and returning members. You'll get access to your own private account that will enable you easily declare for swim meets, sign-up for jobs, see your children's swim times histories, maintain your own contact information, and more.

Both check and autopay options are available.

Monthly dues by group:

Guppies -- \$40

-Must be able to get across the width of pool without any floatation device in the diving well.

V Group -- \$62

-Must know all four strokes, unless age permits.

T Group -- \$67

-Legal strokes and flip turns. Must be able to swim 10X100 @ 2:15

M Group -- \$75

-Legal Strokes and flip turns. Must be able to swim 10X100 @ 1:30

MVHS Swimmers -- \$75

-Must be in High School/College

Yearly Registration Fee - MTV charges a yearly registration fee of \$50 dollars to help offset the cost of yearly fees not associated with coaching. The club will host meets and do fundraisers in an effort to keep this registration cost to a minimum.

Initial Registration Fees (competitive swimmers)

There is a \$77 USA Swimming Card charge for all competitive swimmers. This goes directly to USA swimming to provide your national registration and insurance for the next year. **ALL NEW COMPETITIVE SWIMMERS MUST BRING A COPY OF THEIR BIRTH CERTIFICATE the first week of practice.** We are not able to complete your USA swimming registration without this. **This fee will be automatically billed to your account upon registration at the beginning of winter season.** If you are just joining us during the summer session, please talk with the coach for applicable summer USA registration fees.

Billing Schedule:

Members will be charged dues based on when they register and the group they are joining (talk with the Coach to ensure you are signed up with the proper group). Dues are pro-rated for 1/2 the month. Throughout the season, dues are billed / charged to your credit card / bank account and invoices are emailed on the 1st of the month. Pro-rating has to be entered manually. The initial registration will charge a full month of dues. Pro-rating is provided for swimmers who choose to participate in other sports and are going to join late or discontinue swimming to participate in another sport (monthly dues will NOT be adjusted for breaks like vacations, etc...).

IMPORTANT!!

If you are going to step away from swimming for any amount of time and billing needs to be stopped or adjusted, it is YOUR responsibility to notify the team in advance, NOT just the coach. Please send an email to the Team admin or treasurer. Your account will then be adjusted accordingly.

Parents, please make sure to review the Team Handbook found on the website to review your commitments regarding volunteering and home meet obligations.

We look forward to having you join the **Mt. Vernon Swim Team** and are excited for another great season!

Agreement 1

Medical Release

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **Mt. Vernon Swim Team** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, and/or illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Mt. Vernon Swim Team** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Mt. Vernon Swim Team** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

- [Required] I have read and agree to the above statement

Agreement 2

By registering my child(ren) with the **Mt. Vernon Swim Team**, I agree to participate (or allow my child(ren) and family members to participate) in the **Mt. Vernon Swim Team**, and hereby release **Mt. Vernon Swim Team**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Mt. Vernon Swim Team** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participate in the **Mt. Vernon Swim Team** program.

- [Required] I have read and agree to the above statement

Agreement 3

Team Fees/ Financial Agreement

Team fees and expenses are subject to change on an annual basis. Each year, usually in late August or early September, MTV will host a registration session at which time those desiring membership in MTV can complete the registration process. This agreement, states the financial obligations for each swimmer and family for the upcoming swim year. Season fees are generally separated into Fall/Winter (short course) and Spring/Summer (long course) fees. Your monthly recurring fee will be billed automatically at the first of every month. If your swimmer is involved in other sporting events, you may begin or end your season any month you choose. We will only pro-rate dues by the half month. Thus, if you swim one day before or after the 15th of the month, you will be billed for that two week period. Dues, however, will not be pro-rated during the championship months of March and July or the registration months of September and April. If your swimmer should choose to go inactive for a period of time, it is **your responsibility** to contact the MTV treasurer to make the necessary changes. Retroactive changes will not be made. This all has to be done manually. Thus, it is requested this only be done if your swimmer is going to be completely out of the pool for a couple months or more to participate in another sport.

Membership fees and obligations are as follows

1. USA Swimming Registration: non-refundable fee, required yearly for ALL members of MTV, including high school swimmers participating in pre-season training. The fee is \$77 and due at the time of registration. Returning swimmers who have not paid this fee by September 1st will be unable to practice until payment is received. New swimmers who have not previously registered with USA Swimming must pay this fee within 2 weeks from the first day they participate. MTV is a USA Swimming Member Club and is entitled to team insurance coverage only if its swimmers are registered USA Swimming Members.

2. Yearly Team Membership Fee of \$50 per family. This fee will be applied at the beginning of the short course season.

3. Short Course/ Long Course Monthly Fees:

Guppies: \$40 monthly

V Team: \$62 monthly

T Team: \$67 monthly

M Team: \$75 monthly

MVHS Swimmers: \$75 monthly

4. Meet Entry Fees: Members are responsible for entry fees charged by the host club at swim meets in which the swimmer is registered to swim. Meet entry fees will be charged to accounts within a reasonable time by the treasurer after the completion of the meet. It will be the parents responsibility to pay these meet entry fees within the following billing cycle.

5. Billing Statements: Team Unify auto-generates invoices the 1st midnight of each calendar month. Invoices will include meet entry fees owed for meets attended the previous month. All fees are to be paid to MTV within 15 days of invoicing. The invoice is to serve as a summary of your bill to date. It is optional but preferred for accounts to have auto pay set up and maintained. Fees and penalties will apply as detailed below.

6. Failure to pay fees – MTV, as a non-profit organization, depends on timely payment of fees to cover administrative costs, coaching salaries, equipment, and the like. Fees billed on the first of each month are generally charged to your direct payment method within several days after invoicing. It is the responsibility of each member to ensure their account information is correct and up to date. All fees not paid by the 15th of each month will result in a late fee of \$25 being added to the bill. **If your account has a balance of 60 days or more, your child will not be allowed to participate in practice, meets or travel trips; you will be required to participate in the club's ACH debit program or provide a credit card for monthly payments. A \$5 surcharge will be applied to the statement for credit card payment each month.** Any automatic payment denials or inaccurate account information not allowing billing to occur will result in a \$25 penalty fee per occurrence and your child will not be allowed to participate. Any accounts that have not had payments made for 90 days will be turned over for collections.

7. Delinquent/ Past Due Accounts – Delinquent accounts must be **paid in full** in order to register for a new season (fall/spring). **Any outstanding balance** incurred must be paid in full prior to the start of our Conference meet in order for your child to continue to practice and participate in Championship Meets. The same deadline of July 1st applies for paying outstanding balances in order to practice and participate in the summer championship meets.

As a member of the Mt. Vernon Swim Team, I agree to participate in all Mt. Vernon Swim Team Functions. I will pay all program fees as established by the MTV Board of Directors and listed above, and in accordance with additional policies or fees established within the MTV Team Handbook. I will also pay all late payment fees or credit card processing fees incurred.

[Required] I have read and agree to the above statement

Agreement 4

CODE of CONDUCT

MTV coaches set and maintain expectations with their particular training groups. In addition to the discretion of the coaching staff to use behavior expectations, the rules and regulations found in the Safe Sport Handbook and the USA swimming code of conduct (articles 304 and 305 of the USA swimming rulebook) are paraphrased here as the basis of the MTV code of conduct. When not otherwise specified, USA swimming requires that member clubs default to established policies and guidelines. Both documents are on file with the club for further reference. The code of conduct, as well as any changes made by USA swimming is reviewed annually by the board of directors.

1. MTV swim team member parents and athletes will abide by USA swimming's code of conduct and athlete protection policies (article 304 and 305).
2. MTV swim team member parents and athletes will not engage in bullying in any form.
3. All athlete protection policies including travel, anti-bullying, and reporting will be followed according to USA swimming's best practice guidelines and model policies.
4. Non-athlete members of USA swimming are required to complete athlete protection training every two years. It's a free, one- hour course available at usaswimming.org/apt MTV parents and swimmers are encouraged to complete any training available.
5. Use of audio and visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
6. In addition, MTV member parents and athletes will abide by the following basic rules of conduct.
 - a. all team members, team staff and parents of minors are apprised in writing this code of conduct and the referenced USA swimming code of conduct. Checking off on this document constitutes unconditional agreement to comply with the stipulations of said documents.
 - b. Team members will display proper respect and sportsmanship towards coaches, officials, administrators, teammates, fellow competitors and the public at all times.
 - c. Team members will not disrupt the training process or the orderly operation of any MTV activity, which shall include, without limitation, practices, workouts and other MTV/USA swimming events.
 - d. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
 - e. The possession or use of alcohol or tobacco products by any athlete is prohibited.
 - f. The possession, use, sale or distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
 - g. No "deck changes" are permitted. Athletes are expected to use available change facilities.

h. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and the MTV Swim Team. Athlete behavior must positively reflect the high standards of the club.

7. Failure to comply with the code of conduct may result in disciplinary action. Such discipline may include, but may not be limited to:

a. Dismissal from the trip and immediate return home at the athlete's expense.

b. Disqualification from one or more events, or all events of competition.

c. Disqualification from future team travel meets

d. Financial penalties

e. Dismissal from practice/ team activity with notification sent to parents

f. Three(3) or more instances of discipline involving an individual within one swim season will result in the suspension of practice/ team activity participation for a length of time to be determined by the coaching staff, with mandatory parent/ athlete / coach meeting before being reinstated.

g. Repeated infractions involving temporary suspensions may result in dismissal from the team; and or proceedings for an LSC or USA swimming national board of review.

As athlete parent members of MTV Swim Team, I have read and understand the code of conduct as stated herein, and that failure to comply with these expectations may lead to disciplinary action subject to review by the MTV Board of Directors.

[Required] I have read and agree to the above statement

Parent Volunteer Requirements

Team Support/Volunteering Requirements

Our team cannot exist without the support and participation of our parents. Volunteering at MTV hosted meets is expected and required. This helps keep our fees low and allows us to run successful meets. There is a session requirement for each family for each home meet and we also ask parents to help out several times a season with fundraisers and club parties. Failure to work your required sessions will result in a fine of \$50 per session. Please understand that we do not want your money! We need everyone working together so we can continue to run successful meets. Meet session requirements for the 2018-2019 winter season are:

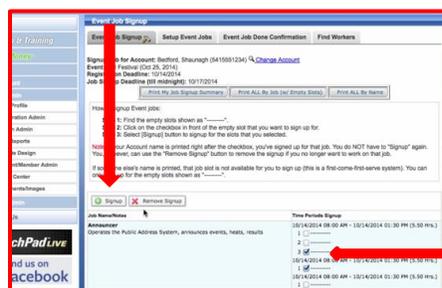
Kick-Off Meet – Saturday Sept 22, Sept 23, 2018 = 2 sessions per family

Candy Cane Classic – Friday Nov 30, 2016 – Sunday Dec. 2, 2018 = 3 sessions per family

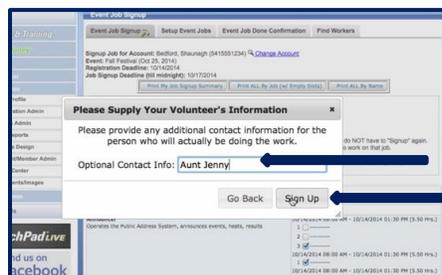
How to Sign Up:

Before each meet, a job sign-up will be posted on our team website where you can sign up to work your required sessions. The job sign-up will list all available jobs and a description of each.

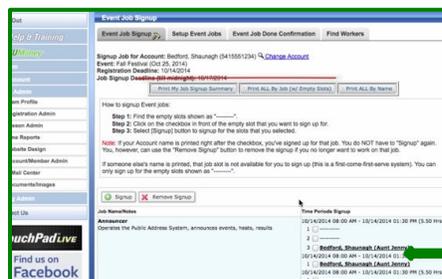
1. Check the box next to the jobs and times that you would like to work and click "Signup"



2. The next screen will allow you to write in a name (this can be used if someone other than the person on the account is volunteering, like a grandparent or older sibling). When you are finished hit the "Sign Up"



3. Your name will now be listed beside the job(s) you signed up for.



4. When you arrive at the meet you will need to go to the Check-In Table and initial next to your name to show that you worked your required sessions for the meet.

Team Apparel/Equipment

Our team suit is a black Speedo with the MTV logo. A team suit is required for all meets.

Team caps are also black with the MTV logo and are required for all meets. They are \$10.00 for silicone and \$5.00 for latex. Please see Coach Jessica for purchase.

Tech suits are only to be worn at Championship meets.

Please contact Coach Jessica for ordering information.

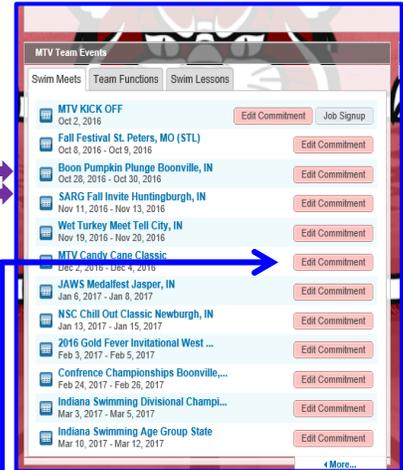
Each swimmer will receive one MTV team t-shirt during the winter season sometime after registration ends and the season begins. In order to look more uniform as a team, all swimmers are encouraged to wear (any) MTV team shirt to meets and other team functions (team outings, fundraisers, etc.) MTV meet shirts will be available for purchase at our home meets, as well. MTV t-shirts are also available for parents, family members, and friends to purchase. When these are available there will be a sign hung in the swim hallway for you to fill out your order information.

Swim Meets

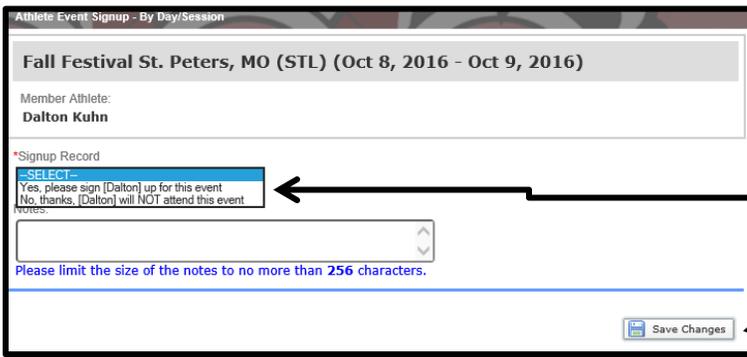
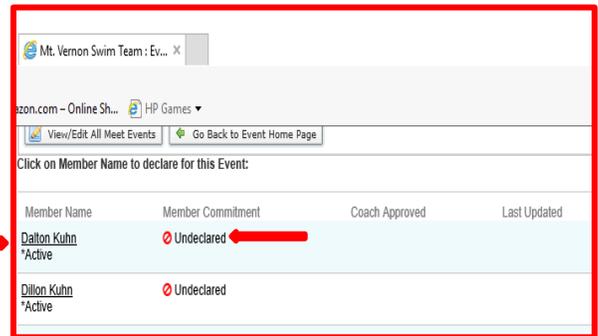
Here is some information to help you prepare for, understand, and enjoy your swimmer's competitions.

Meets are a lot of fun for the kids and they are a great way to see how far your child is growing as a swimmer. The only required meets during short course season are our home meets, MTV Kickoff and MTV Candy Cane Classic, and the Conference Meet (location of conference is announced prior to each season, but could be another home meet.) If there is a Conference Meet held in the summer, it will also be considered a required meet. All swimmers will be signed up for these meets unless you discuss it with a Coach beforehand.

1. Signing up for a meet on Team Unify is very simple. First go to the MTV home page and scroll down the page to where it says **MTV TEAM EVENTS** and look at the **SWIM MEETS** tab. All of our meets will be listed here.
2. You will need to simply declare whether you are going to **ATTEND** or **DECLINE** the meet. **Make sure you are logged in and at the right of each meet listed you will see a pink EDIT COMMITMENT tab.** Click this.

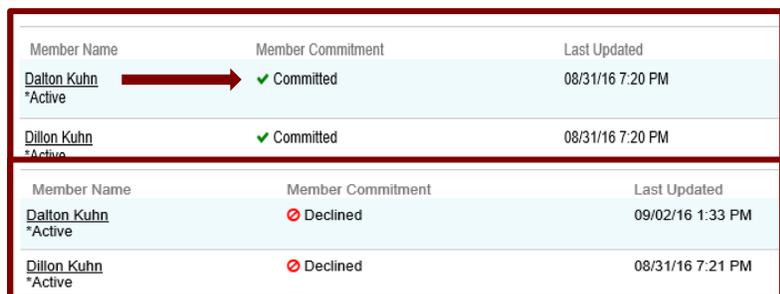


3. You will then see a screen that looks like the one to the right, where it will list your swimmer(s) names. Notice it says **Undeclared**. **Click on the name of your swimmer.**



4. Select either YES, please sign (your swimmer) up for the event, or NO thanks they WILL NOT attend. Click **SAVE CHANGES**.

5. If you choose YES to attend the event you will see this reflected under member commitment as **Committed**. If you choose NOT to attend the event it will show as **Declined**.



Next, you'll want to make sure you and your swimmer have all the necessary items for the meet. (See below: Swim Bag Packing List)

Make sure your swimmer eats properly and rests prior to the meet. Your swimmer needs to eat a decent meal before they come to the pool. They should have it finished about 30-60 minutes before Warm Ups. Let them eat what they like, within reason. (See below: Healthy Eating) For regular meets, a good night's sleep is essential. For championship meets, rest is extremely important. It supports the taper, so keep the extracurricular activities to a minimum.

Get to the pool early - in time to find a parking spot, get into the facility, for your swimmer to change, check in with the coach and be ready for Warm Ups. Our coaches want our swimmers on deck 15 minutes prior to the beginning of Warm Ups so they can get organized and stretch. It's generally best to have younger swimmers already in their suits when they get to the pool. Swimmers should be dressed appropriately for the weather, as sometimes; they will be walking a ways to get inside.

Coaches usually get to the pool early and stake out a place for the Team to sit. Swimmers should bring their bags with them when they check in with their coach. Swimmers will keep them on deck or in the swimmer's seating area. Parents are not allowed on deck at most meets (USA Swimming policy), so make sure your swimmer knows where you will be sitting. Usually there are separate seating areas for spectators (bleachers or a gym). It gets hot in indoor facilities, especially, in the bleachers. Wear cool, loose-fitting clothes-layer when it's cold outside.

Most meets have "camping" areas, which is where you will spend most of your time. See: Swim Meet Essentials for Parents, for a list of recommended items to take to the meet for a comfortable, enjoyable day.

On the way in, you can usually purchase a Meet Program (Heat Sheet) for \$2.00 to \$5.00. Most meets are pre-seeded, so the program lists the swimmers by event, heat, and lane. You can keep track of your swimmer's and their friends' performance. Occasionally, a meet will be deck seeded, so the Meet Program is a Psych Sheet, which lists the swimmers by event and entry time. It also includes the meet schedule and other important information.

Most venues don't allow food on the deck. Often, the host team runs a Concession Stand/Snack Bar that sells food and drink items. Some venues allow coolers in the spectator seating areas- you can bring your own drinks and snacks for you and your swimmers/siblings. Coolers are always welcome in camping areas, and allow you to pack the food you and your swimmer enjoy. Meets can be quite lengthy, and younger siblings find eating a great way to occupy themselves!

Swimmers usually stretch for about 10-15 minutes before they begin warming up in the pool. Teams are generally assigned lanes and times for their sessions. The coaches control warm-ups, which are designed to get the swimmer's muscles/bodies warmed up and loose and to work on technique and race strategies (pacing).

After Warm-Ups, the Meet Staff usually performs the last test of the Timing System and briefs the Timers. Most host teams will ask parents to help time the swims- either by assigning lanes to participating teams or just asking for volunteers. You should volunteer to help time (it's not difficult and it's a great place from which to watch the meet). The signup sheet for timers will be passed around should MTV need to time.

This is a good time for your swimmer to come to you so you can mark their hands with their race information (event, heat, lane stroke). A Sharpie is good for doing this. Make sure they understand when they are swimming. If you don't see them heading to the coach, clerk of Course, or the blocks, prior to their race, it might be a good idea to look around for them. **If they miss their heat, they won't be allowed to swim in that event.**

Most host teams play the National Anthem at the beginning of the session to honor our country and begin the meet. Swimmers for the first event should be lined up behind the blocks, ready to swim (the Announcer will normally call swimmers to the block by event). The Referee will signal the swimmers to get ready and to step up. The Starter will give the start command and start the race. The Stroke and Turn Judges will observe each race to ensure that competitors follow the technical rules. If swimmers violate the rules, they will be *disqualified (DQ 'd)*. For young swimmers, you should view the DQ not as a punishment, but as constructive criticism to help them learn to swim legally. It identifies for the swimmer and his/her coach an area that needs to be worked on and improved.

During the swim, CHEER for your swimmer (and their friends/teammates)! Good sportsmanship starts with you. Remember that improvement and personal accomplishment are more important than winning.

After the race, the coach usually instructs your swimmer to report to them for a post-race discussion. During the meeting, the coach will review the race, go over splits, and talk about what went right/wrong. When they are done, they can come to the camping/spectator area to see you. Praise them and their effort. But remember, **let the coaches' coach!**

Generally, after the individual events, relay events are competed. In regular meets, the coaches will set up the relay teams are based on the swimmers who are signed up to stay for them. If your child is signed up for a relay, **please don't leave early and cause the relay team to scratch!**

Meets are great fun! It's a good time to get to know the other members of the MTV Swim Team Family. Sit together, talk, and help each other learn about the sport, our kids and their friends.

At the end of the meet, make sure you and your swimmer gather all their belongings and clean up their area before leaving the facility.

Practice and Meet Schedule

Scheduled meets are subject to change. For the most recent schedule, please refer to the calendar on Team Unify.

Make sure you are logged in and click the "Practices" tab to find the practice schedules. This is a "pull-down" menu where you can click on your swimmer's practice group to see their current practice schedule.

Meets are listed on the Home page under "MTV Team Events" and "Swim Meets."

Swim Bag Packing List

The night before a big meet, many swimmers find themselves standing over their bags and scratching their heads. The fear of forgetting something essential can be almost as nerve-racking as the actual races. Push those "what-if's" out of your head, relax, and follow this guide. Then, on the day of your swim meet, you'll wake up feeling confident that you have everything you need.

Swim Meet Packing List:

- **Two suits:** Always bring your team suit and an extra suit. Always bring an extra suit; there have been occasions where a suit has ripped!
- **Two caps:** Always a good idea to have a spare of everything in case your cap rips.
- **Two pairs of goggles:** Again, two pair is a must.
- **Two or three towels:** They tend to get very wet!
- **Snacks:** Bring plenty of nutritious snacks. Many pools discourage food on deck, so parents may need to keep this with them.
- **Water/Sports Drink:** Swimmers don't realize they are sweating, and need to stay hydrated. Bring at least two bottles of water or sports drink. Soda and juice is not recommended.
- **Team t-shirt:** Show your team spirit and wear your team tee. You might want to bring along a hoodie or warm up suit in case you get cold on deck after your swims.

Also Consider Bringing:

- **Money:** Meet programs usually cost a couple of bucks. And you may want a concession treat, especially if the meet is running slowly.
- **Sharpie Marker:** You can write your event/heat/lane assignments on your hand.
- **Highlighter:** Parents, use these to highlight your swimmers events in the heat sheet.
- **Entertainment:** Be prepared to sit around for a couple of hours. Staying awake and alert will help you swim faster, so bring whatever keeps you happily entertained: a deck of cards, something to read, pens and paper for coloring, your iPod, or all of the above.
- **A relaxed, positive attitude:** This least tangible item is probably the most important thing you can bring to a meet!

Forgetting an Essential

If you forget to bring something to a meet, don't panic! Many swim meets have vendors that sell essential items: Caps, goggles, suits, etc. If you forget your goggles — or if they happen to break you can often purchase another pair at the meet. If there are no vendors at the meet, you can always ask a teammate or another friendly swimmer if they have an extra pair.

Times Standards/IMX Challenge

U.S.A. Swimming and Indiana Swimming have established "Time Standards" which serve as a benchmark for evaluating swimmers' performance and, in certain instances, qualify swimmers for local, state, regional and national swim meets.

Divisional Cuts: Achieving this time permits a swimmer to participate in the Divisional Championship Swim Meet, held toward the end of the winter season.

Age Group State Cuts: Qualifies a swimmer to participate in the short course or long course Indiana Swimming Age Group State Championship Meets. A swimmer must meet the qualifying standard of the age group they will actually compete in. A swimmer's age is determined on the first day of actual competition.

Senior State Cuts: Qualifies a swimmer to participate in the short course or long course Indiana Swimming Senior State Championship Meets. There are no age requirements for this meet. The only requirement is to have achieved the time standard.

Time standards established by USA Swimming:

National Meet Cuts: Qualifying cuts for National Championships, Junior Championships, US Open, US National Junior Team. These are all extremely difficult standards, but should always be part of a serious swimmers long range goal setting.

Motivational Times: This is a graduated scale of times designed to provide goals and incentive to swimmers. The scale starts at 'B' then progress to 'BB', 'A', 'AA', 'AAA' and ends with the highest ranking of 'AAAA'. The 'AAA' designation also corresponds to the Central Zone Championship Standard. These qualifying times are subject to change.

IMX Challenge

USA Swimming is very pleased to announce an exciting new program, the **I.M. Xtreme Challenge**. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming.

IMX Events

8-younger Swimmers = 100 Free, 50 Fly, 50 Back, 50 Breast and 100 IM

9-10 Swimmers = 200 Free, 100 Fly, 100 Back, 100 Breast and 200 IM

11-12 Swimmers = 400/500 Free, 100 Fly, 100 Back, 100 Breast and 200 IM

13-older Swimmers = 400/500 Free, 200 Fly, 200 Back, 200 Breast, 200 IM and 400 IM