

GREENWOOD GATORS SWIM TEAM



2022-2023 Short Course Team Packet

Welcome to the Greenwood Gators Swim Team! The information in this packet will introduce you to the Gators. We look forward to working with your swimmer and family throughout this new season!

Congratulations and welcome to the Greenwood Gators!

The Greenwood Gators Swim Club is dedicated to teaching young people the sport of competitive swimming. Gators are run by a Board of Directors that consists of parent volunteers and the head coach of the swim team and swim lessons coordinator. The team employs a coaching staff that is made up of certified professionals who are dedicated to helping your child be the best swimmer that he or she can be.

Gators conduct two swim seasons each year. The short course season runs September through February with championship meets going into March. Short course meets are held in 25 yard pools. The long course season runs from April through July with championship meets going into August. Long course meets are held in 50 meter pools.

Gators are members of USA Swimming. USA Swimming is the national governing body for competitive swimming in the United States. It was formed in 1978 with the passage of the Amateur Sports Act specifying that all Olympic sports would be administered independently. Their headquarters is located in Colorado Springs, Colorado at the Olympic Training Center. As the national governing body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, it formulates rules, implements policies and procedures, conducts the national championships, provides our charter and insurance, and selects the athletes that will represent our country in international competition.

Gators offer coaching excellence and consistency in addition to six graduated, integrated training groups ranging from novice (Developmental) to elite (Senior) levels of swimming. Most of all, Gators offer its members team spirit, friendship and a lot of fun!

Our Facility

All Greenwood Gators members train at the Greenwood High School natatorium located at 615 West Smith Valley Road. The facility houses a 25-yard pool that can be converted to a 25-meter pool for the long course season. The Greenwood Gators, the Greenwood High School swimming and diving teams, and the Greenwood Middle School swimming and diving teams all practice and host meets at the facility.

Although we use the Greenwood High School facilities, Gators are not affiliated with the Greenwood Community School Corporation.

Pool Time

Gators offer convenient practice times and good swimmer-per-lane and coach-to-swimmer ratios. Practices are typically offered three to six days per week. This makes it more convenient for younger athletes involved in other activities and sports to attend practice on a consistent basis. The Gators coaching staff encourages swimmers to participate in other activities, especially at a young age. Practice schedules depend on the group in which a swimmer is placed. While we do not require swimmers to attend every practice, we do encourage them to do so in order to train well and reap the maximum benefit offered by the program.

To make the most of your time on the team, coaches request swimmers are consistent in attendance starting with the first practice at the beginning of the season, if possible. Most technical instruction will occur during practice in the first few weeks of the swim season.



Gators divides team swimmers into six graduated, integrated training / practice groups. Groups range in ability from novice to elite. Each swimmer is placed in a group by a Gators coach, based on his or her current swimming ability and age. Within each group, coaches focus on helping swimmers achieve skill-appropriate goals so each swimmer is able to grow and progress at an individual pace.

Mission, Vision and Team Philosophy

Mission Statement: Provide a Dynamic, Safe and Instructional Environment where every student-athlete is encouraged to fulfill their greatest potential.

Vision Statement: The Gators are a competitive swim program dedicated to:

- Teaching and developing the skills of swimming
- Creating a fun and instructional environment allowing for success at all levels
- Promoting an environment where each individual is valued and feels his/her role are a vital part of the success of our club
- Developing life skills and personal characteristics for success out of the pool and in future endeavors
- Establishing an environment where success is attainable and celebrated

Team Philosophy:

Teamwork: The Greenwood Gators operate under the philosophy that Together Everyone Achieves More. The Gators believe that our current (and future) success in achieving the team's goals is dependent upon the cooperation and support of all swimmers, coaches, board members and their families.

Coaching: Gators are led by an experienced, knowledgeable and professional staff which strives to educate and inspire the Gator swimmers. The coaches refine strokes, develop training cycles and motivate swimmers for continued swimming success as they progress through the USA Swimming age groups. The coaches engage in goal setting, nutritional conversations and proper dry-land training techniques. We embrace and promote USA Swimming's Safe Sport Initiatives. The coaches keep the

experience enjoyable through swimmer recognition, fun pool activities and social interaction.

The Swimmer: The Gator swimmers are all unique individuals with different backgrounds, needs, and goals. The Gators develop positive self-esteem, individual goal setting and healthy social interaction. The Gator swimmers represent GRE through year-round participation, where, through enthusiasm and teamwork, everyone can achieve greater success. GRE believes that all members, swimmers, coaches and parents unite to promote team spirit for a greater Gator Nation.

Gator Training Groups

Developmental Green

Developmental Green is our introductory level into competitive swimming. This level is for swimmers who have recently completed swim lessons program. The swimmers at this level will be introduced to simple training techniques, all while having fun.

Progression

- 100% Technique
- 45 min practices
- 2-3 days/week
- Practice typically conducted in the diving well side of the pool
- Generally, 8 yrs of age and under
- Learning all strokes and turns
- Can sustain freestyle and backstroke kick
- Can swim a "diving well" 50 free and 50 back
- Extrinsic motivation

Fee: \$75/month

Developmental Black

This competitive swimming group is our introduction to “racing” group where regular attendance of swim meets is highly encouraged. Swimmers should have knowledge of all four competitive strokes. Focus in this group is on fundamentals and technique. A structured dryland program consisting of calisthenics will be introduced. Swimmers typically range in age from 8-11 years of age.

Progression

- 80-90% technique/10-20% train
- Typical Practice ranges 55 minutes up to 1 hour and 10 minutes
- Practices conducted primarily in the 25 yard side of the pool
- 4 Practices a week are offered
- Able to compete legally in at least 3 strokes for a 50, as well as compete in a 100 free
- Understands open and flip turns, plus proper streamlines and underwater kicking
- Can perform standing shallow dive
- Understands lane etiquette
- Attend meets
- Extrinsic motivation

Fee: \$80/month

Junior

This group is typically for our 11-13 year old athletes(advanced younger swimmers meeting coach based criteria and approval). The focus will be on fundamentals of swimming and physical development:

- Technical development of all 4 strokes with appropriate turns
- Improve endurance without the loss of technique
- Dryland program will be introduced and reinforced. Knowledge of basic muscles will be encouraged.
- Training strategies based on intervals, coupled with knowledge of basic meet times, such as 50 and 100 free, plus 50 stroke events

Progression

- 50-60% technique / 40-50% train

- Generally, practices(including dryland) last approximately 1 - 1.5 hours
- 5 practices per week are generally offered
- Legal Free, Back, Breast, Fly
- Dive certified
- Effectively performs all turns, understands freestyle and backstroke flip turns
- Can perform endurance sets without technical break-down
- Extrinsic motivation

Fee: \$100/month

Senior Prep

This is a transition group to our Senior groups. While technique will continue to be stressed, it will be done within the structure of increased training. Swimmers learn interval training and self managed practice sets.

Progression

- 40-50% technique / 50-60% train
- Generally, practices 1 hour 45 minutes - 2 hours
- 5 practices/week
- 4 30 – 45-minute Dry Land sessions per week
- Generally, 11-13. 10-year old swimmers that have attained State Meet qualifying times and exhibited sufficient physical and emotional maturity may be considered for coach approval
- Be both efficient and proficient in all 4 strokes with corresponding and effective turns
- Understands and performs interval training without prompting
- Can maintain training intensity without stroke deterioration (endurance set, speed set)
- Knowledge of all Freestyle times as well as Major Stroke times (50 and 100)
- Progress from extrinsic to intrinsic motivation

Fee: \$115/month

Senior

This group is our highest performing training group and is comprised of the most committed Gator swimmers. This is for swimmers, 14 and up who regularly compete at any of the LCM or SCY championship meets. We typically offer 9 practices a week, plus a potential "make up practice" if the swimmer needs to miss a day for any reason. Swimmers are encouraged to discuss the amount of training days and hours with the senior coach. These are the swimmers that have competed (and scored) highly at the High School Championship meets and wish to attain Sectional and National level swimming standards through the Gators. Swimmers in this group will work on race strategies, more efficient strokes and increased conditioning. Swimmers in this group regularly learn about and implement their knowledge in training energy system transfers and heart rate training. They will also focus on visualizations and mental strategies, goal setting, and preparation for their future swim career.

Progression

- Technique through training
- Water practices lasting in duration from 1 hour 45 min to 2 hours 15 min
- Dry Land sessions per week ranging from 45 minutes to 1 hour 15 minutes focusing on body manipulation as well as Cord and Band based workouts. Weight Room will be included for those swimmers 13 years of age and older.
 - Dryland for those entering or in High School is the combination of the GHS strength program and the Dryland program conducted by the Gator coaches
- 9 practices a week are scheduled. Consistent and constant attendance leads to greater performance
- Generally, 14+ (advanced younger swimmers (13) meeting meet standards and with coach approval)
- Can generally train at long durations at higher intensity of all 4 strokes as well as IM sets
- Knowledge of all Freestyle times and Major stroke events and can break down required pacing goals
- Progress from extrinsic to intrinsic motivation

- As a whole, this group is highly motivated to achieve Championship time standards and scores highly, as a team, at all Championship meets
- Prepare for a potentially successful college career

Fee: \$130/month

Team Requirements:

All Groups

1. Signed Code of Conduct - Swimmer (completed during registration)
2. Signed Code of Conduct - Parent (completed during registration)
3. USA Swimming Membership Fee
 - a. New USA Swimming registration process this year and it is not ready for anyone yet. More details to come soon.

Senior

1. Recommended Attendance - 4 out of 5 afternoon practices; 2 out of 3 morning practices; Saturday morning
2. Required Meet Attendance - mandatory at group specific meets (unless discussed with group coach), including but not limited to: mid-season focus/rest meet, potential travel meets, championship meets
3. Required Equipment - Goggles, paddles, snorkels, fins, kickboards, pull buoys.

Senior Prep

1. Recommended Attendance - 3 out of 4 afternoon practices; 1 out of 1 morning practice; Saturday morning
2. Required Meet Attendance - mandatory at group specific meets (unless discussed with group coach), including but not limited to: mid-season focus/rest meet, potential travel meets, championship meets
3. Required Equipment - Goggles, paddles, snorkels, fins, kickboards, pull buoy

Junior

4. Recommended Attendance - 4 out of 5 afternoon practices
5. Required Meet Attendance - mandatory at group specific meets (unless discussed with group coach), including but not limited to: mid-season focus/rest meet, potential travel meets, championship meets

6. Required Equipment - Goggles, paddles, snorkels, fins, kickboards, pull buoy

Developmental Groups

1. Recommended Attendance - 75% minimum
2. Required Meet Attendance - Minimum 2 meets (LCM season - Spring/Summer) or 3 meets (SCY season - Fall/Winter)
3. Required Equipment (*must have to participate in practice*) - Goggles, kickboard, swim fins, team suit

Swim equipment can be found at [Swim Outlet](#) or many other swim based sports stores. This Swim Outlet link is associated with the Greenwood Gators membership. Shopping through this link earns reward points for the team that we use for new and replacement swim equipment.

Team Fees

Team fees are due by the first day of each month during the swim season. They are set by the club's Board of Directors at the beginning of each season. Fees vary based on the swim group. Automatic credit card billing is required and multiple-swimmer discounts are available.

The Gators are a member of USA Swimming. USA Swimming is the governing body for amateur swimming in the United States. It provides our club insurance to guard against accidents and lawsuits. Every team swimmer MUST have a USA Swimming membership before he or she is permitted to participate with the team. The registration process is new for USA Swimming this year. You will register for a USA Swimming Membership after you register your swimmer with the Gators. USA Swimming registration is not yet ready and information will be provided as soon as its available from Indiana Swimming.

There is a new \$40 per swimmer registration fee to cover the cost of a team t-shirt and all swim caps.

The Gators will charge a \$15 per meet fee for each meet in which a swimmer competes.

Gator Practice

What to Bring to Practice

- Weather appropriate clothing worn over swim suit
- Swim suit - wear to practice, don't change once at the pool
- Towel
- Mesh bag designed to get wet(it will get wet!) containing:
 - Swim cap
 - Goggles
 - Water Bottle
 - Kickboard
 - Fins
 - Pull buoy (if applicable)
 - Hand paddles (if applicable)
 - Snorkel (if applicable)

Parent Practice Expectations

1. All communication with coaches should be done **before or after practice, but not during**. Please be mindful that just because it's before or after your child's practice does not mean they are not coaching another group. Please be respectful of their time constraints.
2. **Remain off deck** when any practices are occurring.
3. **NO PARENTS IN THE LOCKER ROOMS!** If your child cannot handle being in the locker room alone, please have them utilize the bathroom outside the pool area where you can provide assistance.
4. Please bring your swimmer to practice 10-15 minutes before practice time. Arriving late without coach's approval may result in your child not being able to practice that day.

Swimmer Practice Expectations

1. Be focused. You are at practice to get better / faster / stronger. All dryland workouts should be taken seriously; no goofing around.
2. During practice hours, no phones will be used. This includes dryland and dynamics.

3. Show up 10-15 minutes before practice starts.
4. Wear your swim suit to practice
5. No sharing water bottles.
6. Use of audio or visual recording devices, including cell phone cameras, are not allowed in changing areas, rest rooms or locker rooms. **NO EXCEPTIONS!!!!**
7. Make sure you "fill your tank" before practice (20-30 minutes before dynamics). Snacks are ok during practice only after challenging sets or cool down and will be left to coaches' discretion. Please make sure you clean up after yourself if you do eat.

Gator Swim Meets

What to Bring to Swim Meets

- Weather appropriate clothing worn over swim suit
- Gator team meet suit
- Backpack containing:
 - Towels x 2
 - Goggles x 2
 - Swim cap x 2
 - Water Bottle
 - Snack/Food
 - Extra swimsuit
 - Sharpie(for writing events)
 - Mask(COVID restrictions pending)

Parent Meet Expectations

Meet attendance: All swimmers are encouraged to attend meets. Swimmers are expected to attend all home meets unless there are extenuating circumstances approved by the coaches. Events will be selected by the coaches based upon skill and limited for younger swimmers. Please make notes when signing your swimmer up for the meet if you have specific wants.

1. Ensure your swimmer has all necessary gear for the meet.
2. Ensure your swimmer arrives ontime and prepared to swim.
3. Your conduct should always represent Greenwood Gators positively.
4. Do not expect to talk to your swimmer after their race. Swimmers need to cool down, talk to their coaches, and then, if there is time, they can come see their parents, if needed.
5. Respect the coaches' ability to lead the team and instruct your swimmer.
6. Team Spirit in the stands is always appreciated, but not a requirement.

Swimmer Meet Expectations

Meet Attendance: All swimmers are encouraged to attend meets. Swimmers are expected to attend all home meets unless there are extenuating circumstances approved by the coaches. Events will be selected by the coaches based upon skill and limited for younger swimmers.

1. Be engaged in the meet; no playing games on your phone if your teammates are swimming.
2. Cheer for your teammates if they are racing!
3. Team apparel is mandatory at meets: team cap, suit, t-shirt, etc.
4. Bring all necessary swimming gear(caps, goggles, towels, etc.) including extras(things break!)
5. Always bring a water bottle and healthy snack(s) to keep yourself fueled on deck.
6. Always be a good sport at all times (to your own teammates as well as athletes from other teams) no matter how you feel about your race.
7. No sharing water bottles.
8. Learn how to read heat sheets - You are responsible for knowing what heat and lane you are in.

Behavioral Consequences

- After being spoken to once, we expect you to follow instruction
- 2nd time = warning
- 3rd time = removal from practice

- Consistent removal from practice / distraction / problem = meeting with head coach and possibly asked to leave the team

Team Apparel

Team Suits

Team suits are **required** for swim meets. Team suits are either solid black or green. With swimmers who are just starting out, you may want to purchase a starter suit that is not terribly expensive until you are aware of your swimmers long term commitment. We use Elsmore Swim Shop as our supplier for suits and general team spirit wear. The store is live and available year round. www.elsmoreswim.com.

Each swimmer will receive a Gator team t-shirt at the start of the season.

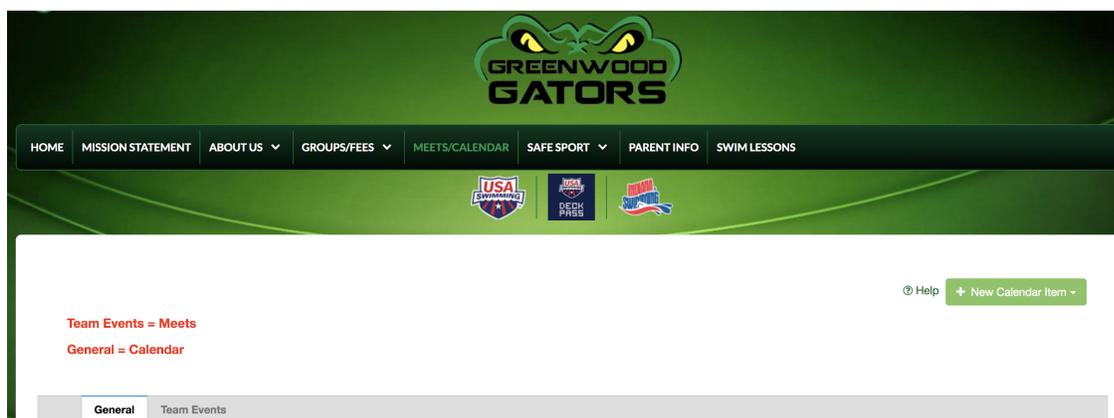
Team Caps

NEW swimmers will receive a Gator cap during the first week of practice. **It is mandatory if your swimmer wears a cap during meets that they wear a Gator cap.** Practice caps can be from anywhere. If lost or damaged, additional caps will be provided. Frequent replacements will require purchase of additional caps.

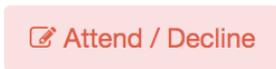
Team Communication

Please consult the [Gator website](#) for general teamwide communications. The Meets/Calendar page will show group practice times and team events/meets. If information and/or times change, a communication will be sent either via email or GroupMe chats.

There are Parent liaisons for each group that help coordinate communications between coaches and parents, and act as a first line of defense for common questions. These communications utilize the GroupMe App. Please see the [Parent Info tab](#) of the Gator website for the most updated GroupMe chat links.



The general tab shows practice times. The Team Events shows a list of all meets for which Greenwood Gator swimmers can register. Go to the Team Events tab and select "attend/decline" to RSVP to meets.



Pay close attention to registration deadlines. IF YOU MISS THE DEADLINE, YOUR SWIMMER **WILL NOT** BE ABLE TO COMPETE IN THAT MEET. This is also the time to add any notes regarding days you can/can't participate and desired events (though coaches will take your child's skills into account when assigning events).

Emails will be sent for communication, so please make sure your spam filters are set to allow Greenwood Gators emails to flow through your inbox.

On Deck is a great app that interfaces with Greenwood Gators website. It is recommended that you download this app. It is available on both iPhones and Android.



OnDeck

SportsEngine Sports

Everyone

This app is compatible with your device.

Add to Wishlist

Another important app to get is Meet Mobile, also available on both iPhone and Android. Meet Mobile houses meet times and heat sheets for meets as well as real time race information.



Meet Mobile: Swim

ACTIVE Network, LLC Sports

Everyone

Offers in-app purchases

This app is compatible with your device.

Add to Wishlist