



Parent Education Meeting

Central Iowa Aquatics
September 26, 2021



Board of Directors

- ❑ 2 year terms
- ❑ Positions & Current holder
 - ❑ President - [Jason Kemp](#)
 - ❑ Vice President - [Chris Trospen](#)
 - ❑ Safety Chair - [Gina Valentine](#)
 - ❑ Treasurer - [Holly Roland](#)
 - ❑ Secretary - [Beth Tecklenburg](#)
 - ❑ Meet Director - [Andrea Matheson](#)
 - ❑ Fundraising - [Dan Hage](#)
 - ❑ Registrar - [Andrea Stone](#) (Non Voting)



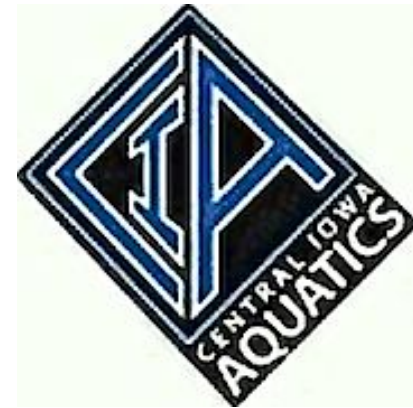
Today's Topics

- ❑ Coaches
- ❑ Team Unify (CIA's website platform)
- ❑ Billing and Volunteer Commitment
- ❑ OnDeck app (Team Unify app interface please download ASAP)
- ❑ CIA Group Structure, moving through it
- ❑ Equipment
- ❑ Meets, Progression, Sign up, Why Your Coach Has Final Say Over Events
- ❑ How to be a Great Swimming Parent
- ❑ Safe Sport
- ❑ Social Media
- ❑ Tonight To Do: & Questions



Coaches

- ❑ Andy Pym - Senior Head Coach
- ❑ Thad Gunther - Age Group Head Coach
- ❑ Leslie Winnett-Assistant
- ❑ Jun Li-Assistant
- ❑ Julie Monaghan-Assistant
- ❑ Eddy Johnston-Assistant
- ❑ Steve Jones-Assistant
- ❑ Cody Hackney-Assistant Sr Prep
- ❑ Moriah Ross-Assistant Sr & Sr Prep



Team Unify (CIA's website platform)

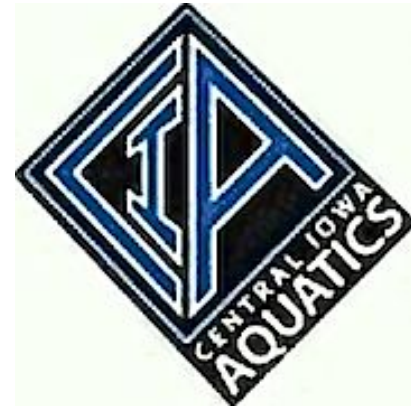
- ❑ [Central Iowa Aquatics](#)

Meet Schedule & Practice Calendar/Team Events



Billing and Volunteer Commitment

- ❑ Andrea Stone
 - ❑ ACH
 - ❑ 12 Hour Short Course Volunteer Commitment
 - ❑ 8 Hours Long Course Volunteer Commitment
 - ❑ \$75 per hour not fulfilled



OnDeck app

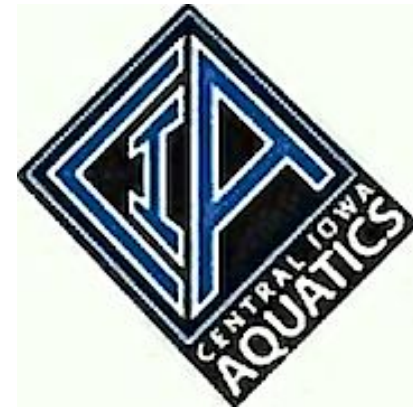
- ❑ Download on your phone through the App Store
- ❑ Login with your Team Unify login and password

Share Screen



CIA Group Structure and moving through it

- ❑ Training/Practice Groups
- ❑ Practice schedule
- ❑ Coaches look at various things when placing a swimmer in a specific group including ability, commitment, and age. We want swimmers to be with their peer groups together as much as possible! Typically swimmers are in the same group for 1-3 years at the age group level, and start senior prep group typically at age 13. Some swimmer's needs are met by changing groups within a season. Coaches have the final say in group movement.



Equipment

- ❑ List below for each team
- ❑ CIA Team Caps required for practice
- ❑ What other gear do we use? Headsets, future: Tempo Trainers
- ❑ Target date for Snorkel use! Oct 13th
- ❑ Free gear! (Julie's updated Spreadsheet) @ her contact info

CIA Equipment AGE GROUP 1-2-3

Fins	Cross Blades
Buoy	TYR Classic
Snorkel	TYR Ultralite
Water Bottle	ANY
Mesh Equipment Bag	Any, CIA bag available for order
Kickboard	TYR Classic
CIA Swim Cap	Latex or Silicon, order from Elsmore

*Each swimmer will get a swimcap @ Intrasuad Meet

Intro A & B and Age Group 4

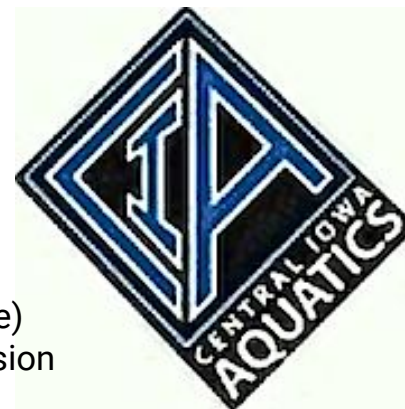
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Meets

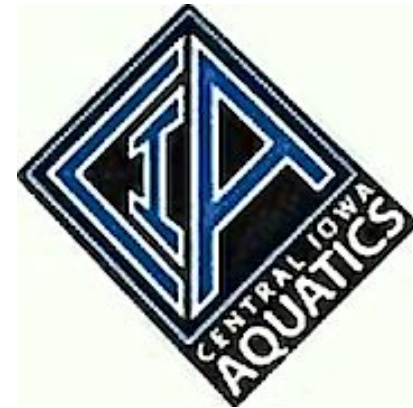
- ❑ Meet Progression
 - ❑ Local Meets-Silver Champs-AG Champs- Sr Champs-Futures-Olympics
- ❑ [Sign up](#) (CIA website link)
- ❑ Meet Mobile app(live meet results) \$5.99/year *Many meets don't have paper heat sheets
- ❑ Picking Events---parents/child can pick events when committing to meet, leave a note....
- ❑ Coaches Role in picking events
 - ❑ Setting up for success
 - ❑ Start small. Cultivate enjoyment. Decrease nervousness
 - ❑ First meets not required to dive off blocks
 - ❑ The Big Picture
 - ❑ Not all the meets are set up for best times
 - ❑ Specialization is for adults
 - ❑ Every swimmer has great seasons and times of plateau
 - ❑ We are teaching life skills, not the next Olympian
- ❑ Creating well-rounded athletes
 - ❑ Tendency is for swimmers (parents) to choose the same events
 - ❑ By age 14, every swimmer will have swum each event
 - ❑ Swimmers will be put in events they don't like (or don't think they like)
 - ❑ The Coach plans each season, each meet, each race...it's a progression



Planning for the Season Training

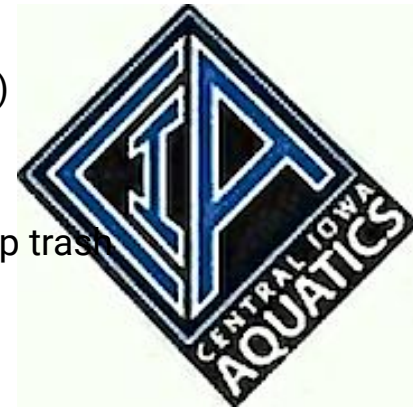
“Plan to work, and work the Plan”

- ❑ Three cycles per season
 - ❑ 1) Macro-cycle (12 month period)
 - ❑ 2) Meso-cycle (4-8 week period)
 - ❑ 3) Micro-cycle (1 week period)
- ❑ Macro-cycle broken into four phases
 - ❑ 1) General Preparation Phase
 - ❑ 2) Specific Preparation Phase
 - ❑ 3) Competition Phase
 - ❑ 4) Transitional Phase



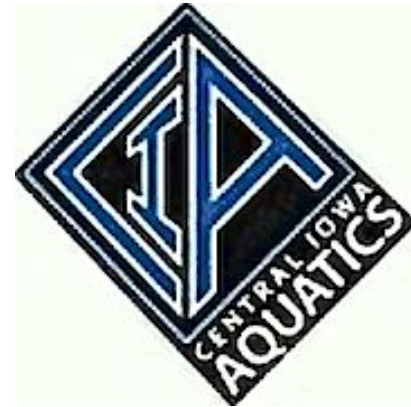
How to be a Great Swim Parent!

- ❑ Support your swimmer by being a spectator: let the coaches coach
- ❑ Don't compare your child's performance to other children
- ❑ Reward effort, not results
- ❑ Volunteer often. Show your swimmer you care about their sport
- ❑ Give your swimmer ownership of their sport. Step back and let them figure things out. Come to meet with events on arm! (Explain)
- ❑ Love and support your child always. Don't ridicule or get angry about poor swims
- ❑ Don't force your child to swim
- ❑ Don't bribe or reward your child with money (there is enough focus on external rewards already)
- ❑ Focus on enjoyment, exercise, and mastery of the skill (rather than winning)
- ❑ Stay informed on all team activities, events, information
- ❑ Cheer for all CIA Swimmers! Even kids you don't know!
- ❑ Represent CIA in bleachers not just in the water! I.e...sportsmanship, pick up trash in bleachers, set a good example



A Swimmer Wants Their Parent To:

- ❑ Love and support them, regardless of their performance
- ❑ Focus on effort rather than results
- ❑ Volunteer and be involved
- ❑ Take them for ice cream after the meet :)



Safe Sport

- ❑ Carpool form to Gina(email last week)
- ❑ Info Link on Website



Social Media

- ❑ Follow CIA Parent Facebook Group
 - ❑ CIA Parent Swap and Connect
 - ❑ Central Iowa Aquatics (team highlights)
 - ❑ Instagram (team pics)



Tonight To Do:

- ❑ Commit to Intrasquad Meet (upto 3 events)
 - ❑ Fun Meet, builds confidence!
- ❑ Commit to Fall Mixer Meet (enter events)
 - ❑ 2 Days
 - ❑ Younger swimmers morning sessions (1&3)
 - ❑ Older Swimmers afternoon sessions (2&4)
- ❑ QUESTIONS????
 - ❑ If I have a concern, who do I go to?
The CIA board of directors (parents just like you!) has adopted a Concern Policy for the team. In summary you would...
 - ❑ Approach the Coach Thad. If the concern is not resolved you then...
 - ❑ Approach the HR committee of the Board

