

Triton Swim Team

Parent/Swimmer Handbook

Revised 7/4/17

Introduction

The purpose of this handbook is two-fold; to explain to new members just what the Triton Swim Team is and to outline various policies that affect all swimmers year after year. All families should read it so that they may become familiar with important facts and rules of the club.

Why swim?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

Physical Development

Swimming is considered by many physicians to be the ideal activity for developing muscular and skeletal growth. Why do doctors like it so much?

Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.

Swimming does a better job in proportional muscular development by using all of the body's major muscle groups. No other sport does this as well.

Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.

Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement. Swimming is the most injury free sport of all children's sports. Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Masters Swimming programs are still training and racing well into their 80's.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self-image.

What is Triton Swim Team?

Triton Swim Team (TRI) is an organization in partnership with the Marple-Newtown Recreation Department. The Triton Swim Team club is governed by the United States of America Swimming, Inc. and Mid-Atlantic Swimming (MA) organizations. Triton serves the Marple-Newtown School district and the surrounding communities.

Mission Statement, Vision and Philosophy

Mission Statement

Triton Swim Team, a USA Swimming club, is dedicated to developing an athlete's individual skills in an energetic team atmosphere where all are encouraged to succeed and to promote swimming as a lifelong sport.

Vision

Triton Swim Team's vision is to develop and maintain a program that will produce quality swimmers who will represent Triton in all levels of swim competition. Triton swimmers will use the lessons taught to them at the University level as a competitive swimmer and student. Triton Swim Team is a program that will produce swimmers that are leaders in the community and school.

Philosophy

Teamwork: Triton Swim Team is a team that is built upon the commitment, support, and participation of the coaches, swimmers, parents/guardians, and the community at large. Triton Swim Team believes that its success in achieving the team's goals is dependent upon the cooperation of all members.

Coaching: Triton Swim Team is committed to providing comprehensive, expert swim/stroke training by an experienced coaching team. In addition to swim training, Triton Swim Team promotes the practice of healthy lifestyle habits such as good nutrition and sleep.

The Swimmer: Triton Swim Team believes that each swimmer is an individual with different backgrounds, needs, and goals. The club focuses on the development of positive self-esteem and individual goal setting. The team encourages swimmers to represent Triton Swim Team by participating competitively on a year-round basis. Triton Swim Team believes that all members should model team spirit and sportsmanship.

Coaches' Roles

All Triton Swim Team coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. Triton Swim Team coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and the Triton Swim Team.

Triton Swim Team Coaches' main responsibility is to mold swimmers into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values.

Coaches shall build relationships with team families to achieve mutually set goals for each swimmer.

Coaches also help the team to build relationships with other aquatic organizations.

Parent/Guardian's Role

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. You can show your support by ensuring your swimmer's attendance at practices and swim meets.

Parents/guardians are not participants on their child's team, but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models and children frequently emulate their attitudes. It is asked of you to be a positive role model. Most importantly, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a Parent of the Triton Swim Team (TRI), I will abide by the following code of conduct:

1. Parents/Guardians are responsible for arranging transportation to and from practices and meets. Meets are not drop-off events for any swimmer who is not able to drive him/herself. Parents/Guardians are required to contact the coach that the swimmer has arrived to the meet. Parents/Guardians are required to stay at the facility to ensure their swimmer has the support they need. Carpooling with other parents is encouraged.
2. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
3. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day.
4. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and/or practices.
5. Maintain self-control at all times know my role.

Swimmers – swim, Coaches - coach, Officials – officiate, Parents –parent.

6. Enjoy involvement with the Triton Swim Team by supporting the swimmers, coaches, and other parents with positive communications and actions.
7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
8. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, or any participating swimmer will not be permitted or tolerated.
9. As a parent, I will not take a swimmer from a meet without confirming with the coach.
10. As a parent, I will not text my coaches unless in case of emergency on meet days.

11. As a parent, I will not post any pictures to social media including Facebook unless I have permission from the parent of the other swimmer. On Triton's "Private" Facebook Group, however, I do not need permission and can post freely.
12. As a parent, if I need to speak with a coach, I will set up a pre-arranged time or wait until after practice instead of approaching the coach on deck.
13. As a parent, I understand that payments for registration, events or merchandise need to be made in a timely manner and by due dates.

I understand and agree to the above terms and condition of the Triton Swim Team in exchange for the privilege of my child(ren) registered with this agreement to participate in the activities and swimming program of the Triton Swim Team.

Should I conduct myself in such a way that brings discredit or discord to Triton Swim Team or USA Swimming, I voluntarily subject myself to disciplinary action. Triton Swim Team maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

Release of Liability

The "Release of Liability" can be found on the Marple-Newtown Recreation and Triton Swim Team websites and must be signed by all families joining Triton Swim Team. It reads "Parent/Guardian hereby releases Marple-Newtown Recreation and Triton Swim Team, its employees, officers, directors and volunteers and any facility used by Triton Swim Team from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the Triton swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by Triton Swim Team."

Swimmer's Role

Training Groups

Training groups and criteria are designed to help swimmers be successful in the sport. We encourage younger swimmers to be involved with other sports and activities as well. The training groups are designed around age with flexibility between them. Performance is a consideration in finding the right group for each swimmer. Also, to be considered is physical and emotional preparedness. All Group Placements are designed for the swimmer's best possible situation to succeed and is always at the coaching staff's discretion. Thanks for the support in this process.

Please call **610-353-2326** to schedule a tryout or email **tom.tritonswim@gmail.com**.

Training schedules are listed on the team site. Swimmers are expected to swim only during their practice times/days without exception.

Swimmer Code of Conduct

As a swimmer and member of the Triton Swim Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.

2. I will be on time for practice, training sessions, and meets. I will be on deck 5 minutes before the start of my practice group. I will not waste time in the locker room.
3. I will comply with all team rules.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff member, swimmers and I will leave the Triton Swim Team area in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to my opponents.
8. I will encourage and cheer for my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of Triton Swim Team spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will not text my Coach. This is against USA Swimming's Safety Recommendations.
12. I will not post pictures to public Facebook or any other social media without permission of the other swimmer's parents. Triton's "private" Facebook Group is ok to post.
13. I will follow the Code of Conduct at home, at away events and at any event where Triton Swim Team is represented.
14. I will not leave a swim meet or other event without checking in with my coach to get permission.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all Triton Swim Team swimmers during practice, during swim meets, and at events sponsored by, or in which, Triton Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, push ups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that Triton and/or MN Recreation deems necessary if a swimmer fails to adhere to the Code in part or in whole.

The following addresses the situation for refusing to swimming sets and including misbehavior to the coach:

1. Minimum 10 minutes in the stands as a "time out" and a Team apology.
2. 10 minutes in the stands, 20 pushups and a Team apology.
3. Asked to leave practice; parent contacted and action is discussed; and apology to coach.

4. Asked to leave team after being removed twice in one swim year.

Safety and Behavior

Triton Swim Team and Marple-Newtown Recreation reserves the right to terminate the membership of any individual whose behavior places the Triton Swim Team in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Equipment needed for practice:

Equipment is a vital part of our practice and training. See our team store to purchase the correct equipment.

- Mini Group: Practice Suit, Goggles, Cap, Fins
- White Group: Practice Suit, Goggles, Cap, Fins, Kick Board
- Blue Group: Practice Suit, Goggles, Cap, Fins, Paddles, Pull Buoy, Kick Board

Royal, Platinum and Senior Groups: Practice Suit, Goggles, Cap, Fins, Paddles, Pull Buoy, Kick Board, Snorkel and Jump Rope.

Swim Meet Attire:

Swimmers should wear a Triton Team suit or a solid black or solid blue racing suit. Tech suits must be FiNA approved suits. Tech suits are discouraged at regular age group meets. They should be worn only at championship meets or when a swimmer is trying to qualify for a championship meet.

Triton Swim Team Team Cap (required for all swimmers at meets)

Team shirt – 1 t-shirt is provided each season. The team shirt is expected to be worn at meets. Team Spirit Wear such as t-shirts, shorts, sweatshirts, and sweat pants will be available for purchase during the year.

Swimmers are expected to compete in meets regularly. Swimmers' growth in the sport depends on applying what is practiced. Meets allow coaches to adapt training to swimmers' strengths and to design practices to improve weaknesses. Above all else, meets are a fun, social time that allows the team to grow together. Meets are part of being on a competitive club team.

Meet Entries

Meets in Mid-Atlantic Swimming fill up very quickly. Meet entries are due usually 2 months in advance.

Entry Process:

1. Team emails meet information through Team Unify to families.
2. Swimmer/ Parents Select events in Team Unify. Coaches reserve the right to change events. An email will be sent to parents to discuss changes.
3. Parents print out entries and bring entry fee to the pool. Entry fee will include the price per event and a team meet fee. Team meet fee is \$10 per swimmer or \$15 per family.

This meet fee goes towards Relays, Coaches' Expenses, and miscellaneous team expenses related to a meet.

4. Coaches email the entry to Host team. Only swimmers entered in the first email are guaranteed to get into the meet. The cost to add late to a meet is an additional \$15 based on coaches having to do multiple entries.
5. Coaches will update times as swimmers compete in meets.
6. The Coaches will determine relays. All swimmers entered in the meet are expected to participate in relays.

Swimmers in the Winter Session will be expected to participate in Championship meets.

Meet Fees

Meet Fees are due upon registration for the meet. Once the coach's submission is made, no refunds for meets will be honored. Cancellations are taken, but at the cost to the family.

As a courtesy, a meet account has been set up with swimmer funding. This initial funding was calculated to approximate payment for 2 to 3 meets by age group. This money is to be used for each swimmer. See Registration form for parameters on use.

USA Swimming Membership, Team Registration and Team Training Fee

All Triton Swim Team members must be registered with USA Swimming. The fee is \$70 annually.

Team registration of \$100 plus the USA Swimming fee if applicable. It is due prior to the start of the Fall session to reserve spot on the team.

Team Training Fee includes the Meet Account and is due prior to the start of each session. The Fall and Spring sessions will be a 1-time payment for the session. The Winter session will be split into 2 pieces as long as there is a credit card on record for the second payment. The first payment is due before the session starts in November. The second payment will be immediately due on the second day from returning from Winter Holiday break. This will be collected the first week in January.

All swimmers must be paid in full before entering the pool for the 1st day of practice. The exception is made for Transfer Swimmers from other club teams.

All Transfer swimmers who are currently participating on other teams will be given one week to practice with the team before making a commitment. During that week, they will sign the liability sheet, but not make a payment.

Registration – *all swimmers will have a space reserved for them in that group in the next session. Please be respectful to the team and other swimmers by giving 30 days notice for not moving forward. Payment for repeating swimmers should be made 2 weeks prior to the session. Missing payments may create a possibility for the swimmer's space to be taken by a new swimmer joining the team.*

Refunds – There are no refunds for meet fees or registrations. If a swimmer is injured at the start of the session, please consult the Team Manager before registering.

Fundraising and Volunteering

In lieu of fundraising, the team has set up payment to be included in the Team Registration Fee.

For 2016, the team participated in a Fundraiser for St. Jude's Childrens Hospital. We will work to raise money for a charity to further support children in need.

Triton Swim Team needs parent volunteers. Currently we do not have a volunteer requirement. We will need parents to head up our parent groups. This group is not a governing body of Triton Swim Team. The purpose is to help organize kids and parents at meets, team parties and social events.

There will be a Parent Organizational Chart that is posted seeking volunteers for different opportunities.

Holiday Party

The team will hold its annual holiday party during the month of December. The party will be a potluck dinner held at the Marple-Newtown High School.

Team Banquet

The team will hold an annual Spring party after March Championships each year. Team members will be honored with special recognition for Junior Olympic, Senior Championship, Sectional and National Qualifiers. The Banquet will also honor graduating High School Seniors. A "Team Hall of Fame" will be started to include any team member who competed with Triton during high school and went on to compete and graduate from a university or college.