

New York Sharks
Aquatics



Team Handbook

- A. Team Philosophy**
 - a. Mission Statement*
 - b. Team Philosophy*
- B. Setting Expectations**
 - a. Coaches*
 - b. Swimmers*
 - c. Parents*
- C. USA Swimming, and Empire State Swim League (ESSL)**
- D. Team Structure**
 - a. Guppy*
 - b. Bronze*
 - c. Silver*
 - d. Gold*
 - e. NYSA Senior Team*
- E. Avenues of Competition**
 - a. USA Meets*
 - b. Empire State Swim League (ESSL) & Rockland Summer Swim League*
 - c. Which meets should I enter?*
- F. Meet Information**
 - a. Meet equipment*
 - b. Meet entry procedures*
 - c. Warm-up*
 - d. After Warm-up and During the Meet*
 - e. Meet Conduct*
 - f. Types of Meets*
 - i. Dual (or tri-) Meets.*
 - ii. Invitational Meets*
 - iii. Travel Meets*
 - iv. Championship Meets*
- G. Practice Guidelines**
 - a. Attendance*
 - b. Practice*
 - c. Behavior*
- H. Equipment**
 - a. Pool Workouts*
 - b. Meet Equipment*
- I. Communication**
 - a. Coaching Staff*
- J. Parent Guidelines**
- K. Parent responsibilities**
 - a. Meet days*
 - b. Practice days*
 - c. Fundraising*
 - d. Volunteering*
 - e. Dual Meet Operations*
 - f. Coaching Support*
- L. Projected expenses**

M. Team Discipline

N. New York Sharks Aquatics Code of Conduct

O. Team Rules

a. Drugs, Alcohol & Tobacco

b. Practice and Meet Behavior

c. Travel Meet Behavior

d. Penalties/Consequences for Violations of the Team Rules

Attachments

Ten Commandments for Swimming Parents

National Age Group Motivational Times

Welcome to New York Sharks Aquatics. NYSA is a 501(c)(3) nonprofit that offers swimming programs for athletes ages 5-24. (put in flyer info)

In this handbook, you'll find information that will be useful to both new swimmers, as well as, NYSA veterans. The information in this New Parent Handbook is intended to help you understand a bit more about the sport and NYSA, but it's just a starting point. Your questions are encouraged! Parent meetings will be held in September, and you may email us any time using the addresses below. We hope you will become an engaged, enthusiastic supporter of your swimmer(s) and our organization. Thank you for choosing NYSA!

If you have question about our program, do not hesitate to ask.

Registration & Team discounts/Sponsorships/Fundraising/Volunteering
contact Coach Melissa nysaquatics@gmail.com

Team Billing contact Regina O'Brien reginanyinfo@gmail.com

Meets and Entries, Group Practice Schedules contact your child's coach.

NYSA is a growing program with three branches across Metropolitan Swimming

Rockland	Cornwall	Goshen
Rockland County Community College South Orange Middle School HNA Hotel Pool	Cornwall High School Union Ave Fitness Center NYMA	Goshen Aquatic Center

NYSA is proud to offer swim lessons at each of our three branches! We offer Red Cross authorized water safety instruction and swimming lessons to about 200 children each year.

A. Team Philosophy

a. Team Mission Statement

The mission of New York Sharks Aquatics is to be a recognized USA Swim Team, which teaches and trains all levels of our community swimmers, emphasizing individual progress, team unity and family participation.

b. Team Philosophy

New York Sharks Aquatics (NYSA) pledges to maintain an infrastructure of children, coaches and parents who create the platforms and opportunities for each and every swimmer to fulfill their potential as a swimmer, person, and member of the team. Although NYSA is a competitive swim club, we emphasize individual improvement in skill acquisition and time improvement more than your place in a race.

B. Setting Expectations

Our expectations for coaches, swimmers and parents come from our desire to be the best team we can possibly be: all working together as a team. With our goal to provide swimmers with the best, most complete swimming experience possible for all ages and ability levels, we have established ground rules and responsibilities for each person involved with the team. We are a team sport. Although only one swimmer may be in the pool at a time during a race, we expect each swimmer, coach and parent to actively support our whole team's effort to help our team be the best. We behave and treat each other as teammates making each swimmer's best effort part of our overall team's success.

a. Coaches

Our coaches will actively coach all swimmers, challenging each individual swimmer to work hard and aspire for high goals. All our swimmers have the potential to become better swimmers and grow as people in the process. Seasonal, monthly and weekly planning will be done by each level's team of coaches. Interactive planning will occur among all levels of coaches for a cohesive team program. Our coaches will continue to grow professionally, attending coaching clinics as well as in-house training. Coaches will communicate and enforce appropriate behavior both with swimmers and parents. Coaches will be available to talk briefly with swimmers and/or parents 15 minutes before or after practice, but not during practice time. If a longer conversation is necessary, coaches will make arrangements to meet outside of practice time.

b. Swimmers

Our expectation for our swimmers is that they give their best effort, every day. Our expectation for our swimmers is that they want to be on the team, they want to challenge themselves to grow and they accept that with being part of this team comes with responsibilities. Our swimmers have an attitude of giving their best effort at all times. Giving their best effort involves both attitude and behavior. This same best effort is expected in all areas of our team: interacting with teammates, coaches, and parents. Our swimmers will challenge themselves to set and work actively toward high goals. We believe every swimmer will grow as a person and also a swimmer with genuine best efforts toward these goals. We expect our swimmers to actively support their teammates' goals. Our

swimmers will take responsibility for working toward goals both in and out of the pool. Making good choices for adequate sleep, eating good food as well as stretching and conditioning before and after practices will help all of us be successful. Also, supporting teammates to make good choices is part of being a team. Swimmers will communicate with coaches, teammates, and parents in a respectful, appropriate, and timely manner. Swimmers must take responsibility for their results. Our coaches, and parents will create the challenging environment for our team to be successful; our swimmers are the ones in the pool doing the actual swimming. An attitude of “giving their best effort” will lead to the desired results. Our swimmers must be honest with themselves and intentional about really doing their best before, during, and after practice which will make our team—and our individual swimmers—the best possible. Swimmers are expected to attend all Championship Meets for which they qualify, providing the swimmer meets all rules and regulations set forth in this handbook. At practice and at meets (home or away), swimmers are expected to have signed, be aware of, and actively promote the NYSA code of conduct, which specifically prohibits:

- i. Use of alcohol, tobacco or other illegal drugs
- ii. Vandalism and/or destruction of property
- iii. Violation of these rules may result in:
 - 1. Asking the swimmer to leave practice – the parents will be notified if this occurs
 - 2. Scratching the swimmer from upcoming swim meets or events
 - 3. Permanent or temporary dismissal from the team.

c. Parents

Our expectation for our parents is that they give their best effort, every day. Our parents have already made the decision to have their child grow through the sport of swimming. Knowing this, our parents realize that their child’s success and the team’s success are not only up to the coaches and the swimmers. The parents play a huge part in reaching our team’s potential. Our parents will actively support their child, the coaching staff, and the other young people on our team to be their best. Parental support is the crucial to our team. Parents must understand that this is a team and that plans and decisions are made for the benefit of the team. Parents communicate with swimmers and coaches as needed in a timely, respectful way. Our parents will talk with coaches either briefly before or after practice the coach’s practice or set up a longer meeting as needed rather than interrupt practice time. Our parents let the coaches coach the swimmers. To accomplish our team and individual goals, it is critical for coaches to have your swimmer’s undivided attention during practice and at meets. Our parents will not communicate with their children during practice; this competes with the coaches for his/her attention. If our parents have questions or concerns with anything regarding their child or the team, our parents will contact our coaches directly; please recognize that our coaches plan each practice with specific goals in mind. A specific practice set or drill may not make sense without looking at the whole practice or season plan. Our expectation is that parents will be a part of the team through volunteering time and maintaining an attitude in keeping with our goal to be the best team possible.

C. USA Swimming, Empire State Swim League (ESSL), And Rockland Summer Swim League

NYSA is unique in that although we are a USA Swimming team, we are also able to compete in the ESSL & RSSL as a club team. As a parent and a swimmer, it must be understood that there are many differences between these three bodies of swimming and it is important to have a discussion with a member of the coaching staff so that you are able to make informed decisions about participation in ESSL, RSSL, and USA meets.

D. Team Structure

NYSA believes that all children learn and develop at different rates and different times in their lives. NYSA strives to develop all of the skills necessary to foster constant improvement throughout a swimmer's career. A swimmer's admission into a particular practice group is dependent upon his/her ability to meet the criteria set up for each group by the coaching staff. Advancement into the next practice group will be decided upon by the coaching staff and approved by the Head Coach.

a. NYSA Guppies (Ages 5 - 10)

This is our entry level training group and athletes in this group are typically 6-10 years old. Practice duration is one hour 3 times per week. There is no attendance requirement for this group, we recommended 2 practices per week. Remember, athletes will improve more quickly, and make more friends (which will make them want to come more!), the more often they attend workout. Practice duration is one hour.

Minimum Requirement

Swim 25 yards freestyle unassisted and unattended without stopping

Goals:

Swim 1x100 individual medley legally.

Perform turns and push-offs efficiently.

Perform regular starts and backstroke starts.

Respect other swimmers and coaches in the group.

Know that attitudes affect others in the group.

Listen to coaches.

Work toward consistent practice attendance.

Acquire basic understanding of the pace clock

Kick 8x25 @ :50

Push off and streamline to flags with dolphin kick

b. NYSA Bronze (Ages 7-10)

Athletes entering this group are typically 7-10 years old and must complete the goals for Guppy. Four training sessions are offered per week. Attendance in at least three sessions per week is encouraged, but none are required. Athletes will improve more quickly and make more friends the more often they attend workouts. Practice duration is 1 hour.

Goals:

Improve starts, turns and finishes

3x100 @ 2:10 Freestyle

3x100 @ 2:30 IM

10x50 kick with fins under: 55, or....

10x50 kick 1:15 (no fins)

Learn distance per stroke

Develop consistent practice attendance.

Go through the goal setting process

Listen to the coaches

Follow directions

Courteous to other swimmers in pool

Athletes know their attitude affects how they swim and how others around them swim

c. NYSA Silver (Ages 8 – 12)

Athletes entering this group are typically 9-12 years old and must complete the goals of the Bronze. Five training sessions are offered per week. Attendance in at least four sessions per week is encouraged. Athletes will improve more quickly and make more friends the more often they attend workouts. Practice duration is 1-1.5 hours.

Goals:

Improve starts, turns and finishes

6x100 @ 1:45 Freestyle

6x100 @ 2:00 IM

10x50 kick with fins under: 45, or....

10x50 kick 1:00 (no fins)

Learn distance per stroke

d. NYSA Gold (Ages 10 – 13)

Athletes entering this group are typically 11-13 years old and must complete the goals of the Silver group before admission. Six training sessions are offered per week. Attendance in at least five sessions per week is encouraged. Athletes will improve more quickly and make more friends the more often they attend workouts. Practice duration is 1.5 hours-two hours. Dryland is also introduced at this level.

Goals:

Improve starts, turns and finishes

12x100 @ 1:25 Freestyle

12x100 @ 1:45 IM

10x50 kick with fins under: 40, or....

10x50 kick :55 (no fins)

Demonstrate good distance per stroke

e. Senior Team (Ages 12 and older)

From the Age Group program, athletes move into this group. Swimmers entering this group are usually 13-18 years old and must complete the goals of the Age Group program. Practice duration is approximately 2 hours. Six training sessions are offered per week, plus two morning sessions. Attendance is critical to this group and goal achievements. Attending 5 training sessions a week, as well as, 1 morning workout is highly recommended. This group incorporates dry-land training and cross-fit, depending on physical ability and maturity, in progressive levels. Athletes will improve more quickly and make more friends the more often they attend workouts.

Requirements:

Before moving into the Senior Program, the following is required:

Verbalize intention of adhering to Senior requirements.

Racing history available in every event.

10X100 @ 1:25 Freestyle

10x100 kick @ 1:45

5x200 IM @ 2:50

1x500 free holding under 16 strokes per length.

Learn goal setting skills

Begin learning how to manage effort and intensity through practice.

Help to bring fellow teammates with you into more challenging groups through encouragement

E. Avenues of Competition

NYSA competes under 3 different governing bodies: USA Swimming, ESSL and RSSL. Our competitive season is broken up into 2 sessions, short course and long course. Short course season meets are typically swum from September-March in a 25 yard, indoor pool. Long course meets are typically held from April -August in a 50-meter pool. These meets can be held indoors or outdoors, depending on the meet venue.

a. USA Meets

NYSA is a certified member of USA Swimming, the national governing body of the sport in the USA. USA Swimming offers swimmers the chance to swim a wide variety of different events and offers more avenues for competition than local swimming leagues. USA meets are all invitationals; while some of these meets are one-day affairs, the majority offer several sessions spread out over two or three days, with swimmers attending only those sessions in which their age-group is scheduled to swim. The USA Swimming fall/winter season culminates in a series of championship meets, including the Bronze Championships, Silver Championships, Junior Olympics, Sr. Mets, Speedo Sectionals, Futures Championships, and NCSA Championships, all of which swimmers must meet qualifying standards. NYSA is part of the Metropolitan LSC (local swim committee), as designated by USA Swimming. This LSC extends from eastern Long Island to northern Dutchess County, and includes more than 8,000 swimmers of all abilities. Swimmers are welcome to leave at the completion of all registered events for USA Meets.

b. Empire State Swim League (ESSL).

Every NYSA swimmer is automatically eligible to swim in Empire State Swim League meets. The ESSL is a league that has been in existence for more than 30 years and is comprised of teams in the Mid-Hudson Valley region. More than 2000 area age-group swimmers participate in the league each season, which runs from mid-September through late March or early April. The league is split into two divisions based primarily on the size of the clubs. Within each division, each team competes in dual meets (see below) against each of the other clubs in its division. The season concludes with a championship meet where swimmers from both divisions who have met or exceeded the qualifying times (cuts) for their events compete. It is expected that all NYSA swimmers will participate in all ESSL dual meets during the course of the season and the championship meet if they qualify. Meets are generally held on Saturday or Sunday mornings and the schedule is based on a home and away format so that a team we swim at home this year we will travel to swim next year. These meets are scored as a team, making every swim from every swimmer important. Due to this team scoring coaches will select all events for swimmers. Meet Line ups are also not released until the day of the meet. Swimmers are required to stay until the completion of the event as there are relays at the end of the meet your child may be needed for.

c. Which meets should I enter?

Determining when swimmers race, the types of meets entered, and how often a swimmer competes is an integral part of the swimmers' training. Your swimmer's coach will discuss meets and a swimmer's participation in a particular meet as the season progresses. Relays are determined by the coaching staff and may or may not be swum by the fastest four swimmers in an age group.

F. Meet Information

a. Meet equipment

Arrive at the meet with the following items: team suit, team cap, two pairs of goggles, two towels, team clothing, water bottle, and healthy snacks.

b. Meet entry procedures

Once it is finalized, a complete meet schedule will be posted on the NYSA web site and will be sent via e-mail to all registered families. Families must declare their intention to either attend or decline each USA Meet on our website. Once your child has been entered in a USA Swim Meet, families are responsible for all affiliated meets fees. You may simply commit your child to the meet, and enter them in events, or you can commit them and suggest events for the coach to review. If you can only attend a USA Meet on a certain day, please include that in your notes for the meet. If you do not advise the staff as to what days you are available, your child may be entered in days you are unable to attend. If a swimmer must scratch a meet after the entries have been sent, the team is charged regardless, and these fees are passed along to the family who has scratched.

All NYSA swimmers are entered in all ESSL dual meets. It is the responsibility of the parents to notify the coach 2 weeks in advance of an ESSL dual meet if they know a swimmer **cannot** participate in the meet so that the necessary adjustments to the meet line-up can be made. The absence of one swimmer affects many others – sometimes resulting in no entry for individual events or the cancellation of a planned relay. If the meet is close it could also result in a loss for the team. The coaches understand that swimmers may become ill or something can come up and it is the swimmer's responsibility to call the head coach as soon as possible on the swim meet morning, so adjustments can be made.

For RSSL, you must request to be entered in all meets through the Head RSSL Coach. Line ups are made for each event, making it necessary for all participants to be entered ahead of time. This league takes place during the Long Course Season each summer and is only open to Rockland County Swimmers.

c. Warm-up

Team warm-ups are usually held one hour or more prior to the start of the meet. Swimmers should be on deck dressed to swim 10 minutes before the pool warm-up for dryland stretching and to check in with the coach so the coach can turn in the correct scratches for the day. If you are late, you run the risk of being scratched from your events. It is important to be on time or inform the coach of possible delays. In the pool, the coach will supervise warm-ups. A good warm-up is vital to a successful meet. The leagues NYSA competes in have enacted a number of warm-up rules to insure safety when swimmers are warming up. The

most important of these is that **there is to be no diving**. During warm-up, which is a circle swim, swimmers must step, not jump, into the water feet first to make sure that no one is injured. At the end of warm-up there are “one-way” sprint lanes when swimmers can practice diving from the starting blocks. Swimmers must wait for their coach or the meet marshal overseeing the deck to inform them that circle swim has ended and the one-way sprints have begun. During the sprints, all swimmers must swim directly to the wall opposite the starting blocks and they must immediately exit the pool once they reach that wall. Swimmers may not swim back towards the diving blocks once the one-way sprints have begun.

d. After Warm-up and During the Meet

Immediately after warm-up, put on your team clothing, including socks and shoes to stay warm. Pre- and post-race conferences with the coaches are very important and it is each swimmer’s responsibility to report to the coach IMMEDIATELY before and after he or she swims. Be sure that you know the event, heat, and lane you will be swimming in. Your coach will have this information, and it will be posted on the pool deck. Swimmers must report to the bullpen and/or starting end of the pool in plenty of time to get ready to swim fast. Be sure that you adjust your equipment and have your goggles and cap securely on before you step onto the starting blocks. Swimmers can be disqualified for delay of meet if they are not ready to follow the starter’s directions once they step on the starting block. After your race, get your time from the timers and report to your coach. Be sure to dress again in your full warm-ups so that you can stay warm and ready until your next race.

e. Meet Conduct

- i. Sit with the team in the team area at all times (parents are not permitted to sit in the team area or be on deck during the meet unless they are doing a volunteer job).
- ii. Support your teammates by cheering, offering congratulations, and being positive.
- iii. At team dual meets, it is your responsibility to stay on deck and in your swim suit for the entire meet.
- iv. If a swimmer must leave the team area on deck for any reason (including to visit his or her parents, to go to the concession, or to use the bathroom), be sure to let a coach know first. This ensures that a swimmer does not miss an event.
- v. The meet is not always over when you’ve swum your final event of the day (sometimes you might be needed in a relay you weren’t originally scheduled to swim) but rather after the entire team finishes their events. Please check with your coach prior to leaving any team meet.
- vi. Show respect for the meet officials, as well as other teams and coaches.
- vii. Be responsible for yourself. Remember, your actions reflect not only on you, but your coaching staff and New York Sharks Aquatics! Handle yourself with pride and dignity.

f. Types of Meets

i. Dual (or tri-) Meets (ESSL)

These are meets that we swim against another team and, in the ESSL, are used to determine division standings. Points are awarded for places 1-3

and ribbons for places 1-6. As in all the meets we swim, swimmers are broken down into age groups and separated by gender, usually 10 and under, 11-12, 13-14, and 15-18. In all meets, the coaches are the ones who will determine what events and relays all NYSA swimmers will swim based on the training strategy the coaches adopt for the season. There are no additional fees required for participating in ESSL Dual/Tri meets and all NYSA swimmers who are 'competition ready' are expected to attend all dual meets during the season. Swimmers are generally permitted to swim two individual events and one freestyle relay (or three individual events and no freestyle relay) in a dual meet for points. They will often be asked to swim 1 or more events as exhibition. Dual meets are run in one session and there is no spectator fee. Since the coaches don't want opposing teams to know who is swimming what in a dual meet, entries are not posted online.

ii. Invitational Meets (USA MEETS)

Unlike dual or tri-meets, invitationals require a separate, per event fee as designated by the host team, there is usually a small fee for spectators. For invitationals coaches will determine the final events the swimmer will swim. Depending on how the organizers have set up their invitational, swimmers may swim as many as four or five events per session. Unlike ESSL meets, in which all the swimmers are at the pool at the same time, invitationals are broken into sessions, usually with 2 age groups in each session. The exact details of what age group swims what stroke, etc., are decided by each meet's organizers and so vary considerably from meet to meet.

iii. Travel Meets

There will be meets that swimmers attend, either by invitation from their coach or by qualifying, where the team will travel with coaches and parent chaperones. This travel could be by bus or airplane. The coaches will make all arrangements for hotel, meals, transportation to the meet and at the meet. All swimmers, regardless of age, will be roomed with another swimmer(s). No requests for roommates will be accepted but every effort will be made by the coaches to select appropriate roommate(s) for swimmers. The cost of attending a Travel Meet will vary and the total cost will be divided by the number of swimmers attending. The costs will include hotel room, transportation costs, meals, entry fees, coaches' fees and coaches' room(s). All efforts will be made to give parents of attending swimmers a financial breakdown prior to the meet. All swimmers attending travel meets will be required to sign a Travel Code of Conduct prior to departing. This is in addition to the General Code of Conduct all swimmers are required to sign in order to be a part of NYSA.

iv. Championship Meets

To swim in Championships swimmers must meet qualification times, as well as practice attendance standards that vary for each championship meet. These are the meets where the team philosophy overshadows individual achievement. We focus our training to peak for these meets, and expect our swimmers to be prepared both mentally and physically to perform to high standards. It is expected that swimmers who meet all

requirements for these meets attend all sessions in which they are eligible to compete.

G. Practice Guidelines

a. Attendance

Ample time is provided at each level of swimming for skill development and conditioning. Swimmers are encouraged to attend all of their group's practices, but the coaches recognize that life does sometimes get in the way. We ask that if a swimmer must miss practice they let their coach know in advance, or call to make the coach aware they will not be there. If the swimmer is on the Senior team or National Team we require that the swimmer be the one to make the phone call, not the parent, as this allows them to take responsibility for their training and results. High practice attendance is mandatory to be eligible to swim in Championship meets.

b. Practice

Always be early. The time listed on the practice schedule will be when practice begins, not when you should arrive. If you have another activity on a regular basis, be sure to advise the coach of your conflict. Plan to stay for the entire practice session. Coaches write the practices with the main set often coming at the end. If you need to leave early, be sure to tell your coach before the practice starts. NYSA would like to have every swimmer succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that they can attempt to make appropriate accommodations.

c. Behavior

Swimmers are expected to treat each other as teammates and all people with a spirit of respect, enthusiasm, and cooperation. Swimmers are expected to give their coaches their undivided attention at all times when the coach is speaking. Abusive language, lying, stealing, fighting, disrespectfulness, or willful destruction of property will not be tolerated. Swimmers who engage in these or any other inappropriate actions will be subject to disciplinary actions. Swimmers are expected to follow proper lane etiquette at all times during practice. Swimmers may not leave the pool without the coach's permission.

H. Equipment

a. Pool Workouts

- i. Bathing suit(s)
- ii. Girls should wear one-piece competition suits, not bikinis or two-piece suits
- iii. Boys should wear briefs or jammers, not shorts or baggy suits
- iv. Combination lock for lockers both at home and away
- v. Goggles
- vi. Water Bottle
- vii. Towel
- viii. Cap (mandatory for all swimmers with long hair)
- ix. Kick Board
- x. Other equipment as defined by the group in which they train.
 - Guppy: Kick Board & Flippers
 - Bronze: Kick Board & Flippers
 - Silver: Kick Board, Flipper & Buoy

Gold: Kick Board, Flipper & Buoy
Senior: Kick Board, Flippers, Buoy, Paddles *(Some sites require snorkels and tempo trainers)*

b. Meet Equipment

Team suits and caps are required for all team competitions. **Swimmers should not wear their competition suits to practice.** For those swimmers who need team suits, a date will be set early in the fall for try-ons. Team gear (sweats, bags, tee-shirts) can also be ordered in the fall.

I. Communication

As a large team with varied practice times, it is important that we be able to disseminate all information in a timely and consistent manner. We rely heavily on e-mail for all communications through our website, you should check your account on the team website to make sure that your proper address (or addresses) is listed. There is a news section on our website where important team wide information and dates will be displayed.

Coaches will be providing weekly or monthly newsletters to their swimmers with important dates and information as well.

If you have any questions about any part of the team's activities, you should feel free to contact your Site Head Coach. If your concern is specifically about your child's swimming, you should arrange a meeting with your child's coach and head coach.

a. Coaching Staff Cornwall

Site Head Coach Chris Mance, 508-942-8375; manceswim@gmail.com
Coach Matt Mauriello
Coach Christian Pryne
Coach Mikey Fiegel

b. Coaching Staff Goshen

Site Head Coach Melissa Kubik, 845-645-1458; nysaquatics@gmail.com
Coach Alex Loli
Coach Courtney Wong
Coach Ricky Szyndor

c. Coaching Staff Rockland

Head Coach Edgar Perez, 845-490-1690; bg26608@hotmail.com
Coach John Alaimo
Coach Peter O'Donnell
Coach Stanley Wong
Coach Fran Kaufman

J. Parent Guidelines

It is extremely important for you to support your children by encouraging them to chart their progress, to strive to improve and ultimately to reach their goals. However, it is just as important to keep in mind that on the NYSA, swimming is not a spectator sport; it can better be described as a family sport, with different expectations for its athletes and the athletes' families. With this said, we should note that family participation is both expected and required. We know that not everyone is not comfortable officiating or timing during meets but we know that there is a team job for you!

K. Parent responsibilities

a. Meet days

Get your swimmers to the meet in time to get changed and **be on deck 15 minutes before warm-ups begin** so that she or he can have ample time to help reserve a spot for the team to sit. If your job is complete or if you don't have a meet-day job, be sure to stay in the spectators' seating area. Parents are not permitted in the team area or anywhere on deck and swimmers are required to stay in the team area on deck during the meet, except for trips to the bathroom and/or concession stand. At dual meets, plan to stay for the entire meet, and Trials/Finals meets plan to swim in the finals session. Swimmers are expected to stay in their suits until the completion of the final event of dual meets. Please make sure you confirm that your child has spoken to his or her coach after leaving the pool deck for any reason.

b. Practice days

Bring your child to practice early and with all the proper gear. Be at the pool on time to pick up your child: if you are going to be late, call your child's coach so arrangements can be made for someone to stay with your child until you arrive. If you remain at the pool during practice you must stay in the designated spectator area. Do not interfere with the practice by offering advice or otherwise distracting your swimmer or the coaches from his or her training session. Remember to let the coaches coach and support what they do. Questions for the coaches should be reserved until after practice. If you have concerns, do not hesitate to call or e-mail your child's coach. He or she will be happy to set up an appointment to meet with you.

c. Fundraising

The cost of running New York Sharks Swim Team is not entirely covered by fees alone. Fundraising events are necessary for the Team to remain financially sound. If fundraisers are unsuccessful additional assessments charged to each swimmer may be necessary. Working at New York Sharks hosted swim meets does not count towards fundraising. Funds raised will go towards the purchase of outfitting and travel for coaches and swimmers reaching Junior/Senior Nationals, coach's education classes, and team equipment. **NYSA has a family requirement of \$300 for the short course season. There are no Fundraising requirements during the long Course season. We offer several options to complete this requirement; NYSA Annual Golf Outing, USA Swim-a-Thon, permitted gaming and team sponsorships.**

d. Volunteering

The New York Sharks Swim Team hosts six to seven swim meets per year (From October 2016 through July 2017). Each meet is typically a two-day event with morning, afternoon and late afternoon sessions. Each family is expected to send at least 1 representative whenever their child is swimming in a session of a New York Sharks Swim Team hosted meet.

Each family will sign-up to work at NYSA meets through their account on the New York Sharks website and choose which jobs and sessions to work. Job Sign-up will open to members 2-3 weeks prior to the start of the meet. Families who do not sign-up via the website will not earn credit for their hours. This is not considered a part of fundraising. Available Jobs include: Concessions, Hospitality, Safety

Marshalls, Timers, Officials (formal training), Desk (formal training). All volunteers must check-in at the desk with Coach Mel, she will sign-in each volunteer with our OnDeck application through our team website. You must check-in with Coach Mel to receive credit for the hours worked. The team website will automatically keep track of each family's sessions. Please email Coach Mel at nysaquatics@gmail.com, for more information about volunteering.

2016-2017 SC Volunteer Obligations

Guppy	5 Hours
Bronze	10 Hours
Silver	20 Hours
Gold	30 Hours
Senior	30 Hours

To Sign-Up

1. Log on to www.nysaquatics.com
2. Sign-in to the website
 - At registration, you are emailed a password for log-in to the website.
 - Use your email and given password to log-in to the website.
 - If you have trouble, you can reset your password on that page.
3. Once, signed in, go to the Upcoming Events on the Home Page.
4. Sign-up to volunteer by clicking "Job Signup" next to the meet name.
5. Click on the time-slot you want to work under your desired Job.
6. Click the "Signup" button in the top left of the frame to make it official.

e. Dual Meet Operations

i. Officials

New officials participate in a training seminar and then serve a probationary period. For information on how to become a certified official, see the head coach or member of the board.

ii. Head timer/timers (6 per dual meet)

The head timer is responsible for recruiting and coordinating the 6 timers the team must supply at each dual meet in which we participate. No special training is required of timers.

iii. Runners

Runners are responsible for collecting the swimmers' cards at the completion of an event, after the timers have recorded the swimmer's time.

iv. Meet set-up/clean up

For home meets, someone needs to see that the pool is ready for the meet (bleachers correctly placed, scorer's tables set up and supplied with chairs, etc.) and cleaned up after it.

- v. Meet marshal
The meet marshal wears a large yellow 'meet marshal' tee-shirt during warm-ups and ensures that the warm-up period runs properly and safely. The marshal's responsibilities end when the officials come on deck to begin the meet.
- vi. Food concession
Organize and oversee donations to the concession stand the team runs at all home meets (this is an important source of revenue for the team). Make sure that the concession stand is properly staffed during meets and that all concession workers are able to go inside the pool and see their children swim.
- vii. Team photographer
Take photos at meets and other team events. Try to photograph every swimmer at least once during the season so that every swimmer will appear in the end-of-year slide show at the awards banquet.
- viii. Swimmer supervision
Assist coaches during meets by maintaining order in the team area on deck. (ESSL ONLY)
- ix. Swimmer event organizer
Help ensure that swimmers are ready for their events several events in advance of being called to the starting platforms.
- x. 50/50 raffle
Sell tickets at all home meets for the 50/50 raffle.
- xi. Locker room monitors
Be responsible for regularly checking locker rooms before, during, and after dual meets and practices.

a. Coaching Support

- i. Team Travel Coordinator
Work with coaches in coordinating travel, accommodations, and securing chaperones for travel meets.

L. Projected expenses

What follows below is a list of the sorts of expenses that swimmers can expect to incur during the season. All prices are estimates and are listed for illustrative purposes only. Your own expenses may be different. All monies due can be paid through our website. If you have a card on file, all invoices will charge off on the first of every month. If you do not use our automatic payment option, you need to mail current invoices, in full, 9 Green Rd Monroe, NY 10950. If your payment is not received by the 15th of each month, your account will be assessed a \$25 late fee. Removal of late fees is prohibited. Please check your account to ensure your payments are up to date.

- a. Team Dues: varies by training group
- b. Team Registration / Insurance fee: \$115.00
- c. Team Equipment: varies by training group
- d. Entry fees for ESSL Championships and USA Swimming meets
- e. Travel expenses: 1 or more meets may require travel and stay in a hotel depending on training group, and championship meets.

M. Team Discipline

Swimming is a sport which develops self-discipline. It is unusual for coaches to spend time disciplining any of our swimmers. Swimmers should understand, however, that signing the "Athlete Code of Conduct" indicates to the coaches that they understand what is expected of them as members of this team. Two warnings concerning unacceptable behavior will be given. If a third reprimand is necessary, you will be excused from the pool and will sit on the bleachers for the remainder of practice. After a third removal from the pool, the matter will be referred to an ad hoc disciplinary committee.

N. New York Sharks Aquatics Code of Conduct

All team members are expected to be orderly, courteous, competitive and show sportsmanship during practices, meets, and any team related function. This includes all team practice facilities and other competition venues (locker rooms, lobbies, parking lots etc.) as well as hotels. Any inappropriate behavior may result in dismissal from practice, or being sent home from team functions or travel meets at the family's expense. All violations of conduct will be reviewed by the head coach and may lead to suspension or dismissal from practice, meets and/or the team.

O. Team Rules

a. Drugs, Alcohol & Tobacco

- i. A swimmer shall not engage in any behavior involving the illegal use or distribution of alcoholic beverages, drugs or controlled substances, or knowingly remain in the presence of those engaged in such behavior(s). This rule shall apply at all times.
- ii. Helping swimmers is our first priority. If a swimmer is concerned about his own involvement in drugs or alcohol or that of another swimmer, the swimmer is encouraged to talk confidentially with a coach. A swimmer who voluntarily discloses to a coach his involvement with drugs and alcohol will not be charged with a violation of the Team Rules as a result of such disclosure. The swimmer will be referred to substance abuse counseling or treatment at his/her own cost.

b. Practice and Meet Behavior

- i. Swimmers will refrain from using drugs, alcohol, and tobacco.
- ii. Swimmers are responsible for the care and proper use of equipment.
- iii. Practice is not finished until the deck is clean up. Everyone helps.
- iv. Swimmers will refrain from physically or verbally abusive behavior.
- v. Swimmers will be dedicated and loyal to NYSA and their teammates.
- vi. Swimmers will be vocally supportive. Swimmers will display team pride by competing in NYSA attire at all times. Team caps and suits are to be worn when competing.
- vii. Swimmers will act respectfully, remaining silent and making an honest effort to listen when anyone is speaking.
- viii. Swimmers will arrive to practice allowing enough time to begin on time.
- ix. Swimmers will contact their coach by email or telephone to notify of a late arrival at practice. The swimmer will contact their coach prior to that practice, not when the swimmer arrives at practice.

- x. Swimmers will be committed to their best effort every day. An honest effort does not include cutting laps, pulling on the lane lines or stopping in the middle of sets.
- xi. Swimmers are to refrain from inappropriate physical contact.
- xii. Swimmers will wear appropriate size swim wear and attire to practice and meets.

c. Travel Meet Behavior

- i. All team members are reminded that when traveling on trips, competing in meets, and attending other team related functions, you are representing yourself, your coaching staff, and the entire NYSA program. Your behavior must positively reflect the high standards of the team.
- ii. Male swimmers are not allowed in female swimmers' hotel rooms, nor are female swimmers permitted in male swimmers' rooms unless a chaperone/coach has granted permission (i.e. for a small group to watch a movie). If permission has been granted the door must be propped fully open at all times.
- iii. All swimmers traveling with the team will attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them. Coaches will establish warm-up times and other trip related timetables as needed. Being prompt and on time is essential.
- iv. Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
- v. Swimmers are to treat hotel rooms and travel vehicles with respect. Belongings should be kept together and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip at the parents' expense.
- vi. Swimmers must wear seat belts and remain seated at all times when traveling with the NYSA Team.
- vii. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals.
- viii. Swimmers are expected to strictly adhere to the curfew established by the coaching staff.
- ix. Chaperones must agree to fulfill their responsibility to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones.

d. Penalties/Consequences for Violations of the Team Rules

- i. If the head coach determines that a swimmer has or may have violated a Team Rule, the head coach will determine the penalty/consequence for the violation after consultation with the swimmer's coach and parent or legal guardian. The penalty or consequences for a violation of the Team Rules will be at the discretion of the head coach. The penalties or consequences may include, but are not limited to one or more of the following:
 - 1. Counseling by the coach or designee

2. Community Service
3. Restriction from team trips and/or swim meets
4. Loss of privileges
5. Probation
6. Suspension
7. Dismissal from the team

Ten Commandments for Swimming Parents

By Rose Snyder

Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents and available on-line
at www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=404&Alias=rainbow&Lang=en)

I. Thou shalt not impose thy 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 him or her based on what you think she or he should be doing. The nice thing about swimming is every person can strive to do his or her personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition—"Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for."

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. 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 or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal to and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome 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. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides memories and creates friendships that will last a lifetime, and much, much more. The intangibles will far outweigh any ribbon or medal your swimmers have won along the way. Swimming builds good people and you should be pleased that your child wants to participate

Dear Swimmer:

This year we would like to be sure that you are part of your decision to swim. Please discuss with your parents and coaches your commitment level, your group, and the days that you will participate in swim practice. Attendance and active participation in practices are very important to your growth and development as a swimmer. It is important to remember coaches have a season plan in place and by missing practices you are taking your training out of their hands. This season promises to be exciting with a lot of room for you to grow as a swimmer. Before each season it is important that you ask yourself several questions:

What do I want to accomplish as a swimmer?

How am I going to accomplish this?

Am I prepared to make the appropriate sacrifices to achieve this goal?

This season, we ask that all swimmers fill out a goal sheet and schedule a goal meeting with their coach. Please think about what you would like to accomplish this year, and we will work together to meet these challenges and surpass your goals.

Please complete the bottom portion of this page with your parents and return to your coaches by September 20, 2011.

Thank you,

The NYSA Coaching Staff

Dear Coaches,

My name is _____ and I will be in Group _____ this year. I will attend _____ practices a week.

By the end of the season I will have

_____. (This should be an event, or an accomplishment that you have never done before. Examples are to qualify for Championship meets, swim new events, score at championships, etc.)

Goal Times

Most swimmers will be asked to swim every event at some point this year, even if only in practice. It is the coaches' belief that swimmers need to compete in every age appropriate event at some point. They will not be asked to do any event in a meet if coaches don't have full faith that they can complete the event legally. Goals here should be a time.

	Best Time	Goal Time		Best Time	Goal Time
50 Fly			100 IM		
100 Fly			200 IM		
200 Fly			400 IM		
50 Back			50 Free		
100 Back			100 Free		
200 Back			200 Free		
50 Breast			500 Free		
100 Breast			1000 Free		
200 Breast			1650 Free		