



Sunkist New Parent Information

Sunkist Mission

Developing champions in life through excellence in swimming.

Philosophy

Sunkist Swim Team and its coaches subscribe to a philosophy of teaching and training that provides for maximum long-term performances for its swimmers both in and out of the pool. Sunkist's philosophy revolves around the concept that children be placed in an environment that is best suited for them to learn and retain knowledge that can be used in the future. We believe that there are no good or bad swimmers, but rather a wonderful variety of swimmers who are at various levels of development. Our program places swimmers in different training groups based on a variety of factors that include age, ability, maturity, performance, commitment and attitude. We hope to provide a successful developmental experience for all our swimmers.

The center of Sunkist's coaching philosophy resides with the building of an aerobic base while teaching proper skills and mechanics. Swimmers of all ages are taught proper stroke technique and drills from the start. The retention of these techniques is key throughout each and every group in the progression of our program. At the same time, the capacity to train is increased as we add to the aerobic base of each individual through the types of training and interval sets each group performs in daily practices. Sunkist's successful training program is IM-based, providing a balanced progression and proper development of all strokes. Leadership and accountability are two essential "life skills" important to our program which Sunkist strives to develop in its athletes. As swimmers progress they are given more and more responsibility for their goals and commitment to achieving these goals. Swimmers learn self-discipline, time management, sportsmanship and goal setting - important lessons that prepare them for life beyond swimming.

Communication

All communication is done through our website platform. Email is the primary form of communication. Members can add their phone number and service provider to their account to receive text alerts. Sunkist has a private FB page that is used for communication within our membership. We also have a public page to help showcase our swimmers and market our program. Please follow along most of the most up to date activities in our program

Practice

Parents are allowed to view practice at anytime but are not allowed on deck behind the blocks or on the window side of the pool. Seating is available upstairs or on the restroom side of the facility. Parents should refrain from coaching their children during Sunkist practices. Practice schedule winter/summer can be found on our website

Weather Policy

Sunkist will practice on rainy days unless there is hazardous weather in the area. Usually a call is made 30 minutes prior to practice start. An email/text notification and FB post will be the outlet of information regarding canceled practices.

Meets

Commitments to meets on the team schedule must be made online through the Sunkist website under the event sign-up page by the designated deadline date. Swimmers can only un-commit prior to the deadline by selected to do so online. Sunkist meet fees are non-refundable past the sign-up deadline date. Swimmers are responsible for all fees associated with a swim meet even if having to cancel participation in the meet for any reason. Sunkist swimmers are only allowed to participate in meets that are approved by the head coach. Head coach has final decision as to what events a swimmer will swim at all meets, including approved meets in which a Sunkist coach will not be attending. Once entries have been approved by head coach, a meet fee report will be emailed to the team listing meet fees to be drafted for the meet.

Meet fees are calculated as follows per swimmer: Sunkist Meet Fee of \$18 plus the entry fees designated by the host for the meet for each swimmer. The full Sunkist Meet Fee is required no matter how many days a swimmer will be participating in the meet. The remaining amount due is designated by the meet host and based on the number of individual and relay events entered, along with any event surcharges. Typically, individual events cost anywhere from \$3 to \$5 per event, with relays costing anywhere from \$1.50 to \$3.00 per swimmer.

Healthy Parent: Please review the healthy parent documents.

Website: The Sunkist website is filled with information for parents and swimmers. Be sure to browse the tabs for useful tools for parents and swimmers.

THE FOUR STROKES

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

Freestyle

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

Breaststroke

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously on the turns and the finish.

Butterfly

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

IM

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.