

**Team Handbook**

**(September 2017)**

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## KEY CONTACTS

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## INTRODUCTION

Welcome to the Lawrence Aquahawks competitive swim team. With your membership to the Lawrence Aquahawks, you have joined a great tradition that goes back to 1968. Welcome, and we are truly excited to have you be a part of this great organization!

The following is a book of standards for our swimming program. This handbook outlines our club’s basic philosophies, group structures and goals.

Mission Statement

Lawrence Aquahawks Swimming, Inc. is a non-profit organization dedicated to providing a program of swimming instruction for competition for the youth of Lawrence, Douglas County, and surrounding communities. It is the mission of the Aquahawks to promote the sport of swimming by providing professional teaching, technique training, and competitive opportunities through which swimmers at all levels can reach their full potential, both in and out of the water.

The Aquahawks are a coach-facilitated, board-supported, parent volunteer organization that cooperatively work together to create the optimal environment for each and every athlete from novice to national competitor. The Aquahawks is open to all youth who have completed basic swimming instruction. The club is operated by the parents of swimmers and annually elects parents of swimmers to a Board of Directors (BOD) to manage club operations. The BOD, which holds monthly meetings, is responsible for hiring the head coach, providing oversight of the club’s operations, and coordinating fund-raising and volunteer activities.

The Aquahawk program operates year-round and also offers a summer swim team program. The program takes two breaks throughout the year, one in August and one in March. Swim practices are held at the Lawrence Outdoor Aquatic Center (summer only), Lawrence Indoor Aquatic Center, Alvamar Country Club (summer only), and Lawrence Country Club (summer only). Practice times and locations are established each swim season and are subject to change given pool availability. Practice schedules can be located on the team’s website under the tab “calendar”. Select your child’s group to see the relevant schedule. The general calendar contains information that is applicable for the whole team, including social events and parent meetings.

History

Before the founding of the Aquahawks in 1968, Lawrence had four small private club swim teams, each with their own coach. The teams scheduled dual meets throughout the summer and the season concluded with the Douglas County Age Group Swimming and Diving Championships, which were held at Holiday Park Pool. In the summer of 1968, the parents and swimmers of these teams combined to form the Lawrence Swim Club, the original name of the Aquahawks.

One of the first tasks for the new club was to become actively involved in the campaign to support a bond issue for a new municipal pool. The passage of the bond issue provided a facility where the entire team could train together. When the new municipal pool opened for the 1969 season, it was quickly hailed as the premier facility in the Missouri Valley LSC.

Bill Barnes served as the first coach for the new club and was assisted by Bob Hines and Bob Russell, two

KU swimmers. Bill’s son, Brent, is credited with inventing the club mascot, the Aquahawk, while Bill’s wife, Jo Barnes, was the first to put green and yellow trunks on the waterborne Jayhawks. By 1973, the team was well established with approximately 100 registered swimmers.

In 1977, Gary Kempf took over as head coach of the program. Under Gary’s leadership, the team began to expand beyond a summer program by swimming at the KU pool during semester breaks and in the late spring.

By the late 1970’s, the lack of an indoor pool in Lawrence was a serious constraint on the ability of the club to improve and expand its programs. Once again, Aquahawk families played an important role in promoting the construction of an indoor facility. Finally, in 1980, the Carl Knox Natatorium was opened at Lawrence High School under the combined direction of USD 497 and the City of Lawrence Parks and Recreation Department. With the addition of an indoor practice facility, the Aquahawks became a year-round program.

The Aquahawk board of directors hired Dorothy Kempf in 1988 as the club’s first full-time head coach. The club continued to expand in size under Dorothy’s leadership, but the lack of pool space at the high school pool became a serious constraint. In 1991, Haskell Indian Nations University permitted the club to use the HINU pool on a limited basis.

In 1992, Bryan Beatty was hired as head coach. With his guidance and added pool space, the team grew from 100 members to about 160 members.

Several significant events occurred in 1998 for the Aquahawks. In October 1998, after a nationwide search by the Board of Directors, Brian Barnes was hired as the Aquahawks’ new head coach. Primarily for financial reasons, the Aquahawks dropped the diving portion of the program and became a swimming only program. Also in 1998, the Aquahawks became active and vocal supporters of a plan that resulted in the City Commission approving a new Indoor Aquatic Center to be built at Free State High School. The Indoor

Aquatic Center opened in June 2001 and includes a 50-meter pool as well as a family/recreation pool. The Lawrence Indoor Aquatic Center now serves as the main location for swim meets sponsored by the Aquahawks.

Mike Soderling, a former KU swimmer, served as Head Coach until 2009. In 2008, the Lawrence Aquahawks had its first Olympic Trials qualifier, Emma Reaney. Mike also coached the United States Swimming Sectional Champion Women’s Team in 2008.

The club hired Zach Devine as Head Coach in 2010. With his departure in 2012, Assistant Coach Justin Clossen was named Interim Head Coach. The current coach, Andrew Schmidt, was hired to fill the Head Coach position in 2013.

Affiliation

The Aquahawks program is affiliated with USA Swimming, an organization that governs amateur swimming throughout the country. In addition, the club is an active member of Missouri Valley Swimming. Each swimmer must join USA Swimming and Missouri Valley Swimming in order to be eligible for Aquahawks membership. Registering with USA Swimming allows you to track your swimmers’ times and participation at meets. To register go to [www.usaswimming.org](http://www.usaswimming.org/),click on the “my USA swimming” tab, and register.

While not affiliated with the City of Lawrence Parks and Recreation Department, the Aquahawks work closely with the City and USD 497 to use the city and school facilities. Without this close cooperation, the Aquahawk program would not be possible.

## POLICIES

Communication and Conflict Resolution Policy

Communication between parents, coaches and the swimmer is of the utmost importance to having a successful swimming and team experience. We offer these guidelines and suggestions for optimal communication. **If you have any concerns or questions, please do not hesitate to contact a coach or board member.**

The best way to communicate with your child's coach is to schedule a meeting or meet with them before or after practice. Coaches are asked to arrive 15 minutes early and leave 15 minutes after practices in order make time for swimmer and parent questions. Unless a coach has a prior engagement, they usually have time after practice to answer questions or provide information.

Please feel free to email your child’s coach with any questions about their participation in the program. If you have questions regarding billing, volunteering, fundraising, or general questions about meets, please email or contact a member of the Board of Directors. You should expect a reply within 48 hours of your inquiry.

Please keep in mind that the coaches have the best interests of your child at heart. Also, keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a practice group.

Communication is also the best way to reduce conflicts within any club. Aquahawk families should follow the procedures below regarding problems, questions, or complaints:

* If a parent has a concern about their swimmer, they should speak with the coach outside of practice time.
* If there is a conflict between a parent and the coach, the parent should air their concern with the head coach.
* If still dissatisfied, the parent should air their concern with the Vice President–Liaison on the Board of Directors, who will make every effort to resolve the situation. At his/her discretion, the VP–Liaison may suggest bringing the situation to the attention of the full Board of Directors.
* If the issue has not been resolved to the satisfaction of the member, any member can ask the President of the Board of Directors to place the issue on the agenda of the next regularly scheduled Board of Directors meeting.

If a fellow team member approaches you with complaints about a coach's performance or policies, encourage the member to speak directly to the coach and follow the conflict resolution guidelines listed above.

Practice Pick-up Policy

Swimmers should be picked up promptly after all practices. If you are running late, please let the coach know through a phone call or text message. Another option is to contact another parent in your swimmer’s group so they can relay the information or can supervise your child until you arrive. Please have that parent tell the coach of the arrangement if you cannot reach the coach. Many times, our coaches have other obligations following practice, and if a parent is late picking up their swimmer, our coaches must stay with that swimmer. You can find the contact information for each coach on the website.

Health Documentation Requirements

Each swimmer is required to have medical information listed on the Aquahawk website and updated as needed. This includes allergies, injuries, medications that are possibly administered during Aquahawk events/activities, etc. At the start of each short course season, swimmers are required to submit an annual health release form signed by the swimmer’s physician. This information packet is located on the Aquahawk website. If this form is not returned by a specified date, the swimmer will not be allowed to participate in practice or other Aquahawk events until it is completed, but monthly dues will still apply. If a swimmer is entered in a swim meet and is not able to participate because the health form has not been returned, the family will be required to pay the fees for that meet.

Code of Conduct

1. The following provisions pertain to local swim meets, team travel meets, meetings, practices, and other social activities where swimmers represent the Lawrence Aquahawks.

* 1. Swimmers and family members shall exhibit good sportsmanship, in and out of the pool.
  2. Swimmers and family members shall follow rules during practices, meets, and team events.
  3. While attending meets, swimmers shall abide by the curfews and instructions given to them by coaches, officials, and chaperones,
  4. Swimmers and family members shall show respect for all property.
  5. Swimmers and family members shall behave in a responsible manner and are prohibited from possession or use of alcohol, tobacco, illegal drugs, or banned substances.
  6. Swimmers and family members shall not use cell phones or cameras in the locker room or behind the starting blocks.
  7. Swimmers and family members shall abide by the USA Swimming bullying policy as written below:

**“Bullying is prohibited. For these purposes, the term “bullying” shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members**

**(“Members”) of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member’s property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or** (**v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).”**

1. Failure to comply with this Code of Conduct will result in any or all of the following disciplinary actions.
   1. A swimmer may not be allowed to participate in practices, meets, social activities, or meeting.
   2. A swimmer may be sent home immediately from a meet or training trip at the expense of the swimmer and/or their family.
   3. A swimmer and/or their family will be responsible for any damage caused by the swimmer.
   4. A swimmer may be suspended from membership in USA Swimming.
   5. A swimmer may be suspended from Lawrence Aquahawks Swimming.

1. The Board of Directors is responsible for reviewing a written summary of alleged violations of the Code of Conduct, as well as any disciplinary actions that have been and/or may be taken.

**Electronic Communication and Social Media Policy**

Required by USA Swimming

**PURPOSE**

The Lawrence Aquahawks recognizes the prevalence of electronic communication and social media in today’s world. Many of our swimmers use these means as their primary method of communication. While the team acknowledges the value of these methods of communication, the team also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

**GENERAL CONTENT**

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection. For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

* drugs or alcohol use
* sexually oriented conversation, sexually explicit language, sexual activity
* the adult’s personal life, social activities, relationship or family issues, or personal problems
* inappropriate or sexually explicit pictures
* Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the team’s records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the team. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

**FACEBOOK, BLOGS, AND SIMILAR SITES**

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the team join their personal page as a “friend.” A coach should not accept any “friend” request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to “private message” each other through Facebook.

Coaches and athletes are not permitted to “instant message” each other through Facebook chat or other IM method. The team has an official Facebook page that athletes and their parents can “friend” for information and updates on teamrelated matters. Coaches are encouraged to set their pages to “private” to prevent athletes from accessing the coach’s personal information.

**TWITTER -** Best Practice: The team has an official Twitter page that coaches, athletes and parents can follow for information and updates on teamrelated matters. Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to “direct message” each other through Twitter.

**TEXTING -** Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 7am until 9pm. Texting only shall be used for the purpose of communicating information directly related to team activities. Athletes and coaches may use email to communicate between the hours of 7am and 9pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

**REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS -** The parents or guardians of an athlete may request in writing that coaches, through any form of electronic communication, not contact their child.

Video/Photo Release

Parents/Guardians will be asked to sign a waiver regarding the use of images of their swimmer, captured during USA Swimming events through video, photo and digital camera, to be used solely for the purposes of Lawrence Aquahawks Swimming promotional material and publications, and waive any rights of compensation or ownership thereto.

## VOLUNTEER PROGRAM

The Aquahawks are a parent-run team. To host meets and perform other organizational and administrative tasks, we need a strong program of parent volunteers. Without hosting swim meets – and the work that is involved – your monthly dues would be significantly higher and programs and opportunities for our swimmers would be limited. In addition, we would not be able to host meets and would have to travel more to other cities to provide the swimmers with an opportunity to compete.

A very big thank you to the army of volunteers that it takes to run an amazing swim club of the Aquahawk caliber. This is our team and we are AQUAHAWK PROUD!!

Most successful swim clubs have instituted a service hours program to meet four objectives:

1. **To Benefit Swimmers**: Competition allows swimmers to have opportunities to race and test the skills they work so hard to achieve. Sponsoring our own meets gives the added benefit of a familiar environment without the added time and expense of traveling.

1. **To Allow the Team to Prosper**: The dollars raised from the meets we host far exceed any other fundraising. This enables the team to keep dues at a reasonable cost while providing the staff, facilities and equipment required to maintain a premier swim team.

1. **To Get More Families Involved**: Our meets require an average of 45 workers per session. The volunteer program involves all families so we can continue to host well-run, well-attended and successful meets. It is also a great place for new families to get to know other parents. “Families that play together, stay together!!”

1. **To Promote and Actively Support Competitive Swimming in our Community**

Aquahawk Service Hour Requirements

Silver, Gold, Platinum, Senior, Pre-National and National

* Each family is required to work a designated minimum number of sessions at Aquahawk home-hosted meets, including intrasquads, for each season (for each long and short course season). The number of sessions required will be determined by taking the total number of jobs available for the meets during that season divided by the number of families with required hours.
* A $50/session fee for sessions not worked will be assessed at the end of each season. **However, please note: paying the fine does not help the team staff our hosted swim meets!**
* Each family must serve on a Team Committee. Team Committees will be a one-year (not per season) commitment. Each family may indicate their Committee preference but may be assigned to a Committee as necessary to fulfill all team responsibilities. The fee for non-participation is $75.

Bronze

* Each family is required to work 1/2 required sessions of all other groups at an Aquahawk home-hosted meet if its swimmer swims in that meet, including Intrasquads.
* Team Committee service is not required but highly encouraged.

How to Earn Service Hour Credit

You will receive an email indicating that jobs have been posted for a particular meet. Once the jobs have been posted, you can sign up on the Aquahawk website: www.aquahawks.org. If you elect not to sign up, there will be a penalty fee. It is the responsibility of the person working to check in with the meet director to receive credit. Service hour requirements are applicable even if a swimmer is on a leave of absence. Credit can be earned by any family member or other reliable representative 12 years or older. The full session must be worked in order to earn credit.

Committees will be presented at the fall parent meetings each year and sign-ups will be available at that time. Committees will meet with their designated board members to develop plans for the year. Parents of high school juniors will host the Senior Recognition and Team Award Banquet each year. Pay it forward!

## FUNDRAISING

**USA SWIM-A-THON**

The USA Swimming’s Swim-a-thon is a fun annual event, typically held in the fall. **USA Swimming, our national organization, requires each swimmer to participate whether or not they swim laps at the swim-a-thon.** Five percent of all funds raised are remitted to USA Swimming. Swim-a-thon funds help the team purchase equipment, pay for continuing education for the coaching staff, and meet many other expenses. If a family has three or more swimmers, they will only be required to raise an amount equal to the total for two of the swimmers in the highest group(s). The Aquahawks require a specific amount for our club per swimmer by group as follows:

* Bronze - $100
* Silver, Gold, Platinum - $200
* Senior, Pre-National and National - $200

**SPRING FUNDRAISING**

Each Silver, Gold, Platinum, Senior, Pre-National, and National swimmer is required to raise a minimum of **$300.00** no later than April by selling different levels of advertising to businesses, family members, and friends. If you are not interested in participating, you may opt to pay higher monthly dues (see dues schedule). If you have two or more swimmers, you are only required to raise a minimum of $400. If you decide to participate in the fundraising, but do not raise the entire amount required, any shortfall will be billed to your account. This is the primary fundraiser for our team; it generates funds that help sustain the club and keep monthly dues as low as possible.

**Please do not contact businesses other than those assigned to you without communicating with the fundraising chair, as they may have already been assigned to another family.**

## 2017-2018 FEES

**Swimmer Group Monthly Dues**

|  |  |  |
| --- | --- | --- |
|  | With Spring Fundraising | No Spring Fundraising |
| Bronze | $65 | $65 |
| Silver | $70 | $95 |
| Gold | $85 | $110 |
| Platinum\* | $115 | $140 |
| High School | $70 | $70 |
| Senior\* | $125 | $150 |
| Pre-National\* | $140 | $165 |
| National\* | $160 | $185 |

\*Fees for these groups include a $10/month charge for strength and conditioning at The Underground Lab.

Fees are charged each month throughout the year, including when we are on Aquabreak for two weeks.  Aquabreaks typically occurs at the conclusion of each season (March and August).

If your swimmer wants to leave the team or take a leave of absence (see below), you must inform the business manager at businessmanager@aquahawks.org.

We encourage members to pay their fees thru direct payment via credit card or ACH bank transfer.  It’s **free and convenient!**  You can sign up for this service through your account on the team’s website. If you have questions on how to set this up please contact our business manager at [businessmanager@aquahawks.org](mailto:businessmanager@aquahawks.org).

**Families with Multiple Swimmers:** The Aquahawks offers a discount for families with multiple swimmers. The swimmer in the highest group will pay 100% with the next swimmer receiving a discount off monthly due of 10%. Each subsequent swimmer will receive a 15% discount off monthly dues. The discounts do not apply to any other fees or requirements unless otherwise stated in this handbook.

**Annual USA Swimming Fees:** The Lawrence Aquahawks Swim Team is a member of USA

Swimming, which requires all swimmers to register and pay an annual fee of $67 per swimmer, which is billed each September.

**Semi-annual Dues:** The Lawrence Aquahawks Swim Team has semi-annual dues of $25 per swimmer (billed in March and September).

**Electronic Payment Fees:** We encourage members to pay their dues using our auto-pay service offered through the team’s website. This can be done via credit card or ACH bank transfer. Accounts are billed on the 1st of the month.

**LIAC key tag**: Swimmers need to sign to each practice by swiping the key tag provided by the Lawrence Indoor Aquatic Center. If you lose the key tag, there is a $5 replacement fee.

**Late Fee/Past Due Balance:** All balances are DUE IN FULL by the 20th of each month; otherwise, there will be a $20 late fee. If an account is greater than 30 days overdue, your swimmer will not be allowed to enter swim meets without BOD approval. Any member whom has a balance over $300 that swimmer will not be able to swim at meets. Any member whom is on a payment plan and in good standing the swimmer can still sign up for meets but has to continue to make payments plus pay for the meet fee before they can participate in the meet.

**Swim Meet Fees:** There are also fees for meets that vary by type of meet, events, and location. Below are the typical fees for most swim meets within the Missouri Valley Swimming area. If you have questions or concerns regarding the fees, please review the meet information found on the Aquahawks website, or Missouri Valley Swimming website, or contact our business manager.

* $4.50 fee for *each* event, $2.25 per swimmer per relay event

Please note that certain swim meets may charge higher fees per event, as well as an additional surcharge. Please discuss this with your coach if you have questions or concerns.

If your swimmer was entered in a meet, but was unable to participate for whatever reason, meet fees will still be billed to your account.

**Team Travel Fees:** The team travel fees help the Lawrence Aquahawks offset the costs of sending coaches to meets. The Aquahawks pride themselves on a low swimmer to coach ratio in practice and that principle is true for swim meets as well. It is important to have your swimmer’s coach at meets so they can give them the best possible feedback, and the Aquahawks want to do everything possible to make sure that happens. In most cases, the fees listed below do not offset 100% of the cost to send coaches to meets, but these fees help the team minimize the cost incurred.

* Meets Held in Lawrence. All swimmers attending a meet in Lawrence will be charged $5.
* Meets held within 60 miles of Lawrence. All swimmers attending a meet held within a 60-mile radius of Lawrence will be charged $10.
* Meets more than 60 miles from Lawrence (not team travel). All swimmers attending a meet over 60 miles but less than 200 miles from Lawrence, which coaches drive to and stay overnight, will be charged $20.
* Meets more than 200 miles from Lawrence (not team travel). All swimmers attending a meet more than 200 miles from Lawrence, which coaches must fly or drive to and stay overnight, will be charged an equal percentage of the cost to send the coach(es). These fees are not to exceed $150 per swimmer.\*

**\*If the total cost to the team is more than 50% of the total cost, each swimmer’s practice attendance must be 88% or higher. The team does not want to keep swimmers from attending high-level meets, but it’s important that swimmers have shown their commitment before the team invests in sending a coach.**

* Team Travel Meets. All swimmers attending a team travel will be charged an equal percentage of the cost for the trip. A deposit of $150 is required and will be charged to each account. The difference in deposit and actual cost will be charged or refunded during the next bill period.

**Leave of Absence (LOA):** Group fees are charged each month throughout the year regardless of the practice schedule. If your swimmer does not practice or compete for a period of 1 to 3 months, your swimmer is granted a Leave of Absence (LOA.) While under LOA you are charged dues at 50% reduction. Examples of this policy include being on the High School Swim Team or any other school activity that conflicts with the practice times offered by the Aquahawks. If you are on LOA during a fundraising event, you are still held responsible for those fees as well. If your swimmer returns after a LOA of 3 months or longer, a $50 registration fee will be accessed.

If the team is at maximum capacity, a swimmer in Bronze may need to continue paying partial dues during a leave of absence to hold his/her spot on the team. Please speak to the Head Coach before finalizing any leave of absence plans.

## GROUP DESCRIPTIONS AND REQUIREMENTS

The Lawrence Aquahawks offer professional technique instruction and training. The program is divided into smaller practice groups based on requirements and expectations.  The requirements and expectations are listed below for each group. These requirements are not set in stone, and may be altered after the conclusion of the season if the coaching staff sees fit to do so. These requirements are a guide that coaches use to decide which group best fits a swimmer's needs at any given time.

The progression of each swimmer is based on meeting the expectations, time standards, age and attendance requirements. Group advancement is determined by the coaching staff. These decisions are typically made at the conclusion of the long course season in August. Occasionally group moves may be made at other times during the year if the coaching staff deems it necessary for a swimmer's development. Ultimately, all decisions are determined by the Head Coach of the Lawrence Aquahawks and are based on the individual swimmer.

Please keep in mind the coaches have the best interest of your child at heart. Our program is designed for long-term success and development, not short-term accolades.

**\*** Some exceptions to a group's age range may be made by the coaching staff in order to ensure each swimmer is in the most appropriate group for their skill and development level. Newer swimmers may need to start in a younger or less advanced group in order to gain fundamental stroke technique. Our goal is always to get each swimmer into an age-appropriate group with their peers as soon as they have mastered the necessary skills.

The coaching staff for the Lawrence Aquahawks has and will always have a large amount of flexibility when it comes to working with swimmers that are committed and willing to work with the coaching staff to come up with creative solutions to accommodate scheduling conflicts. It is ultimately up to the swimmers and parents of swimmers to communicate with the coaching staff to address possible scheduling conflicts. **It is the decision of the Head Coach to rubber stamp the feasibility of making exceptions for swimmers/athletes and his/her needs without compromising the needs of the group and the overall goals of the Lawrence Aquahawks.**

**Guidelines for the skills checklist and questions with movement:**

o   As swimmers move through the skills AT THEIR OWN INDIVIDUAL PACE, our coaching staff will make a recommendation to the Head Coach as to when the swimmer should move up into the next highest level group.

o   Any disagreement between a swimmer/parent and the coaching staff as to a swimmer’s completion of these checklist guidelines should be resolved through a discussion between the parent of the swimmer, the swimmer, and the Head Coach.

o   If there is still further disagreement the parent/swimmer may request a discussion with the Head Coach and a member of the BOD.

**The Explorer Group**

The Explorer Group is for young swimmers (Age 4-8\*) that have little in the water. While there are no set requirements for registration with the Explorer Group, we do recommend that swimmers have completed Level 2 of our Group Swim Lessons Program or an equivalent with another swim program, as well as general comfort in the water. We want to ensure these practices are productive for all involved, and part of that is a swimmer being comfortable in the water.

Swimmers in this group will be introduced to all four strokes in a small group setting. Swimmers will learn skills that range from how to kick and breathe properly, all the way through full stroke swimming. Instruction takes places in small groups with instructors in the water at all times. There are two primary focus points for this group, teaching basic skills that swimmers will need as they progress through the program, and enrich the swimmers love for the water.

Explorer sessions will be offered in 2-month blocks, with 16 total classes for each session.

Spring Session: April & May

Summer Session: June & July

Fall Session: September & October

**Monday/Wednesday Classes:**

**9/6, 9/11, 9/13, 9/18, 9/20, 9/25, 9/27, 10/2, 10/4, 10/9, 10/11, 10/16, 10/18, 10/23, 10/25, 10/30**

**Tuesday/Thursday Classes:**

**9/5, 9/7, 9/12, 9/14, 9/19, 9/21, 9/26, 9/28, 10/3, 10/5, 10/10, 10/12, 10/17, 10/19, 10/24, 10/26**

Winter Session 1: November & December

6 Week Session due to Holidays ($75/month)

Winter Session 2: January & February

You have the option of attending practices on either Monday/Wednesday or Tuesday/Thursday from 7:00-7:30pm. One Session lasts 8 weeks. The cost of the first month is $167 and each subsequent month costs $100. This will be charged to your team account on the 1st of each month for the session you select. The first month cost includes the team dues and an annual USA Swimming registration fee ($67). All swimmers will need to participate is a swim suit and goggles.

**TO REGISTER**: Complete the Registration Form\*\* and return to Coach Heather Clark. Indicate on your registration form or email Heather with your choice of Monday/Wednesday or Tuesday/Thursday and the sessions in which you want to participate.

\*\*If you have completed an Explorer Session in the past or have another swimmer on the Aquahawks, please email Heather to transfer your lessons account or add an additional swimmer to your existing account. Please provide her with your swimmer’s name and email used to set up your Explorer account.

Coach Heather Clark- heather\_clark7@yahoo.com

**Bronze (ages 6-10)**

**Coach:**  Jama Mustain (Lead), Katie Bussman, Kelsey Liu, Zoe Prather, Andrew Schmidt (Assistants)

**Description:** This group is an instructional program geared for novice swimmers. The four (4) competitve strokes will be introduced and basic swimming skills (starts, turns, finishes, etc.) will be introduced and improved. Swimmers must be comfortable swimming independently to enter this group. The emphasis in this group is learning and mastering the fundamentals of swimming. Many swimmers in this group have never been a part of a competitive swim team before and it's important they learn good, proper stroke technique. Swimmers are encouraged to master as many skills in this group as possible before moving to the Silver group. We will use games and drills for instructional tools, keeping the FUN in every session.

**Prerequisite Skills:**Swimmers will need to complete a coach evaluation and should have completed a learn to swim program. Swimmers must be able to complete one length of the pool unassisted in freestyle and one additional stroke (backstroke, breaststroke, butterfly). While breaststroke and butterfly are encouraged, it is not required to know either of these strokes when a swimmer joins this group.

​**Attendance:** Swimmers are encouraged to attend three (3) practices a week. There is no minimum attendance requirement, but we encourage swimmers to attend practice as often as possible.

**Meet Expectations:** Swimmers are encouraged to compete in novice meets, but it is not required. The Aquahawks host intra-squad meets during the school year to introduce new swimmers and their families how swim meets run. Swimmers are highly encouraged to attend these meets. Once swimmers have shown themselves to be experienced enough, the Aquahawk coaches will encourage swimmers and their families to attend bigger meets.

Swimmers looking to move to the Silver group, should attend at least three (3) meets during each season and should attend any championship meets they qualify for.

**Cost:** $65 per month

**Equipment Needs:**

* Goggles, suit, swim cap, water bottle

**Advancement Requirements:**

* Recommendation from Bronze coach
* Complete 50’s of all four (4) stroke in a meet legally
* Complete 200 freestyle in a meet
* Complete 100 IM in a meet legally
* Aerobically handle 2,000 – 2,500 yards​​​

**\***Some exceptions to a group's age range may be made by the coaching staff in order to ensure each swimmer is in the most appropriate group for their skill and development level. Newer swimmers may need to start in a younger or less advanced group in order to gain fundamental stroke technique. Our goal is always to get each swimmer into an age-appropriate group with their peers as soon as they have mastered the necessary skills.

Group advancement is determined by the coaching staff. These decisions are typically made at the conclusion of the long course season in August. Occasionally group moves may be made at other times during the year if the coaching staff deems it necessary for a swimmer's development.

**Silver (ages 7-12)**

***Coach:***  Heather Clark

**Description:**With the knowledge of basic fundamentals in swimming, the Silver Group will continue to focus on stroke technique, starts, and turn improvement.  This is the next big step in the Aquahawks group progression.  The Silver group is where swimmers will first learn how to take what they have learned and apply it in a more traditional practice setting.  Swimmers will be introduced to sets, intervals, etc.  These new skills will be in addition to a continued focus on proper stroke technique.

**Prerequisite Skills:**

* + Coach’s Recommendation
  + Complete 50’s of all four (4) strokes in a meet legally
  + Complete 200 freestyle in a meet
  + Complete 100 IM in a meet legally
  + Aerobically handle 2,000 – 2,500 yards

**Attendance:**  Swimmers are encouraged to attend four (4) practices a week. There is no minimum attendance requirement for advancement but swimmers with less than 60% attendance may be held back if it is deemed they are not ready for Gold group workouts.

**Meet Expectations:**Swimmers in this group should compete in all Aquahawk attended meets (typically one [1] a month), including all championship meets they qualify for.

**Cost:** $70 per month

**Equipment Needs:**

* + Goggles, suit, swim cap, kick board, fins, mesh bag, water bottle.

**Advancement Requirements:**

* Coach’s Recommendation
* Complete 100’s of all four (4) strokes in a meet legally
* Complete 200 freestyle in a meet
* Complete 200 IM in a meet legally
* Aerobically handle 2,500 – 3,000 yards
* Demonstrate reading the pace clock and follow a basic intervals
  + - Example: 4 x 50 @ 1:15

**Gold (ages 9-13)**

***Coach:***  Heather Clark

**Description:**With the knowledge of basic fundamentals in swimming, the Gold Group will continue to focus on stroke technique, starts, and turn improvement and a greater commitment to swimming. Swimmers in this group will learn how to take their heart rate, and they will begin to understand how certain heart rates relate to certain sets in practice. This is a very basic introduction to heart rate training. While there is still an emphasis on stroke development, swimmers will learn how to maintain proper stroke technique during more challenging workouts. The goal is to have this work translate to races as our swimmers become more competitive in the sport.

Individual and group goal-setting will be introduced to swimmers. Swimmers may not have individual goal meetings, but the coach's expectations and what they believe each swimmer is capable of achieving will be discussed throughout the season.

**Prerequisite Skills:**

* Coach’s Recommendation
* Completion of Silver Group or comparable experience in anther program
* Competed 100’s of all four (4) strokes in a meet legally
* Complete 200 free at a meet
* Complete 200 IM in a meet legally
* Aerobically handle 2,500 – 3,000 yards
* Demonstrate reading the pace clock and follow a basic intervals
* Example: 4 x 50 @ 1:15

**Attendance:**  Swimmers are encouraged to attend 4 - 5 practices a week.  While there is no attendance requirement for advancement into the Platinum group, attendance will be taken into account when determining whether a swimmer is ready for the Platinum group. A swimmer with less than 70% attendance may be held back if it is deemed they are not physically ready for the Platinum group workouts.

**Meet Requirements:**  Swimmers in this group should compete in all Aquahawk attended meets (typically one [1] a month), including all championship meets they qualify for.

**Cost:** $85

**Equipment Needs:**

* + Goggles, suit, swim cap, snorkel, kick board, fins, pull buoy, mesh bag, water bottle.

**Advancement Requirements:**

* Coach’s Recommendation
* 11-12 year olds: Complete 400/500 free, 100 fly, 100 back, 100 breast, 100 free, & 200 IM during the season (does not have to be done at the same meet)
* 13-14 year olds: Complete 400/500 free, 200 fly, 200 back, 200 breast, 200 free, & 400 IM during the season (does not have to be done at the same meet)
* Aerobic base of 3,500 – 4,500 yards
* Minimum ability to complete 8 x 100 @ 1:45 (holding under 1:35)

**Platinum (ages 11-15)**

***Coach:*** Andrew Schmidt

**Description:**While continuing to fine-tune stroke technique, turns and starts, the primary focus of the Platinum group is to develop an understanding of the basic parameters of training. The Platinum group is the first time where more emphasis will be placed on training and less on technique. Technique is still emphasized but swimmers follow more of a training plan than they have in the past. Swimmers will be expected to hit certain target heart rates during sets and learn how these goals relate to training and racing.

* These parameters include: expanding dryland exercises, understanding of a good race strategy for a number of different events, a willingness to get up and race **any time, anywhere, and for any reason**.
* Platinum swimmers are also expected to attend Saturday practices when offered.
* Individual and group goal-setting is a major component of this group.
* A COMMITMENT to training regularly as well as attending meets becomes a bigger discussion with the Platinum group. However, swimmers in the Platinum group are still encouraged to participate in other sports and activities outside of swimming.

**Prerequisite Skills:**

* Coach’s Recommendation
* Completion of Gold group or comparable experience in another program.
* 11-12 year olds: Complete 400/500 free, 100 fly, 100 back, 100 breast, 100 free, & 200 IM during the season (does not have to be done at the same meet)
* 13-14 year olds: Complete 400/500 free, 200 fly, 200 back, 200 breast, 200 free, & 400 IM during the season (does not have to be done at the same meet)
* Aerobically handle 3,500 – 4,500 yards
* Minimum ability to complete 8 x 100 @ 1:45 (holding 1:35 or faster)

**Attendance:**  Swimmers will need to maintain an attendance of 80% every month.  Swimmers who maintain less than 80% may not be moved up to Pre-National or Senior if coaches feel they are not ready to handle the additional yardage.

**Meet Requirements:**  Swimmers in this group should compete in all Aquahawk attended meets (typically one [1] a month), including all championship meets they qualify for.  Not attending these meets may keep a swimmer from being promoted to a senior level group.

**Cost:** $115 (Includes weekly session at The Underground Lab)

**Equipment Needs:**

* + Goggles, suit, swim cap, drag suit (recommended), snorkel, kick board, fins, paddles, pull buoy, mesh bag, water bottle.

**Advancement Requirements (To Pre-National):**

* Coach’s Recommendation
* Complete 200 of each stroke, 400/500 free, 800/1,000 free and/or 1,500/1,650 free, 200 IM, 400 IM during the season (does not have to be done at the same meet)
* Aerobically handle 5,000 – 5,500 yards
* Maintain at least 80% attendance
* Hold the following times
* 6 x 200 @ 2:50 (holding under 2:40)
* 10 x 50 kick no fins @ :55 (holding :47 or faster)
* 10 x 100 free @ 1:20 (holding 1:15 or faster)
* 8 x 100 stroke @ 1:30 (holding 1:25 or faster)

**Seniors (9th -12th grade)**

***Coach:*** Andrew Schmidt

**Description:**This group exists for those students attending one of the local high schools that has a genuine interest in swimming but are not ready to meet the requirements for the Pre-National group. Swimmers in this group will be developing increased aerobic capacity to compete at the highest level they can. For some swimmers this is just a stop on the trail, for others this group is exactly what they are looking for.  Either way, we will train swimmers to achieve their goals, regardless of what they may be. Swimmers in this group regularly compete at Aquahawk meets, including any championship meets they qualify for. Swimming doubles (AM and PM practices) in this group is not required but it is encouraged, especially for those swimmers looking to be promoted to the Pre-National group.

**Objectives:**The objective of Senior group is to focus on stroke technique and developing a better aerobic capacity. The main objective in the Senior group is to increase the level and intensity of training from the Platinum group and qualify for Missouri Valley Championship meets (Districts & Long Course/Short Course Champs).

* Compete in USA meets to challenge themselves against outside competition.
* Swimmers in the Senior group will be using training methods that involve a variety of anaerobic, aerobic threshold training, stroke specialization, along with increased dry-land training, resistance training, and technique work.
* Continue to improve and understand the basic aspects of training & technique and how these concepts are beneficial to performance.
* Continue to develop good eating habits.
* Continue to teach swimmers how to manage their time properly in order to be committed to swimming, education, and other areas of interest.
* Focus on improvement of technique on strokes, starts, and turns.
* Allow swimmers to HAVE FUN in a variety of ways while working hard to reach their full potential!!!
* Develop the skills necessary to train in Pre-National/National.

**Prerequisite Skills**

* + Coach Recommendation
  + Previous swimming experience.
  + Hold the following times
    - * 6 x 200 @ 3:00 (holding under 2:50)
      * 10 x 50 kick no fins @ 1:05 (holding :59 or faster)
      * 10 x 100 free @ 1:25 (holding 1:20 or faster)
      * 8 x 100 stroke @ 1:35 (holding 1:30 or faster)
  + Aerobically handle 4,500 - 6,000 yards
  + Compete in all Aquahawk attended meets plus all championship meets they qualify for including one or more of the following: Short Course / Long Course Championships, Zones, or Sectionals.
* Swimmers in this group will be required to swim the following events each season:
  + 200 Fly, 200 Back, 200 Breast, 200 Free
  + 200 IM, 400 IM
  + 400/500 Free, 800/1,000 Free, 1,500/1,650

***Coach’s discretion how many times a swimmer does each of these events each season\****

**Attendance:**  Swimmers in this group are expected to maintain 75% attendance each month. Swimmers that do not meet this requirement for two (2) consecutive months will be moved to the Cross-Training / H.S. Prep group.

**Meet Requirements:** High School only swimmers are not required to swim in Aquahawk meets but they are encouraged to do so.  Swimmers looking to move up to Pre-National / National will need to attend Aquahawk meets on a regular basis and attend all championship meets they are qualified for.

**Cost:** See fees chart.

**Equipment Needs:**

* + Goggles, suit, drag suit (recommended), snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

**Advancement Requirements:**

* Aerobically handle 6,000 – 7,000 yards
* Recommendation from the coach
* Maintain 80% attendance in their previous group over the course of a season
* Meet the following interval requirements
* 6 x 200 free @ 2:50 (holding 2:40 or faster)
* 10 x 100 free @ 1:20 (holding 1:15 or faster)
* 10 x 50 kick no fins @ :55 (holding :47 or faster)
* 8 x 100 stroke @ 1:30 (holding 1:25 or faster)

**Pre-National (ages 13-18)**

***Coach:***  Andrew Schmidt

**Description:** The Pre-National group is reserved for the most committed swimmers in the Lawrence Aquahawks program that do not meet the requirements to be in the National group. Swimmers in this training group practice daily and its members **REGULARLY COMPETE** at the highest level meets. This includes: Short Course / Long Course Championships, Zones, Sectionals, Arena Pro Swim Series, NCSA Jr. Nationals, Speedo Winter & Summer Jrs., Speedo Winter & Summer Nationals, & Olympic Trials.  Swimming doubles (AM and PM practices) is **MANDATORY** with this group.

**Objectives:**The main objective in the Pre-National group is to increase the level and intensity of training from the Platinum and Senior group and qualify for National level meets.

* Swimmers in the Pre-National group will be using training methods that involve a variety of anaerobic, aerobic threshold training, stroke specialization, along with increased dry-land training, resistance training, and technique work.
* Continue to improve and understand the basic aspects of training & technique and how these concepts are beneficial to performance.
* Continue to develop good eating habits.
* Continue to teach swimmers how to manage their time properly in order to be committed to swimming, education, and other areas of interest.
* Focus on improvement of technique on strokes, starts, and turns.
* Allow swimmers to HAVE FUN in a variety of ways while working hard to reach their full potential!!!!

**Prerequisite Skills:**

* A recommendation from the Head Coach.
* Previous swimming experience in the Platinum or Senior groups or a similar program with another competitive swimming team.
* Minimum ability to complete:
* 6 x 200 free @ 2:50 (holding 2:40 or faster)
* 10 x 100 free @ 1:20 (holding 1:15 or faster)
* 10 x 50 kick @ :55 (holding :47 or faster)
* 8 x 100 stroke @ 1:30 (holding 1:20 or faster)
* Maintained a minimum 80% attendance in their previous group over the course of an entire season
* Compete in all required events listed below at least once in the previous season

**Group Requirements:**

* Attend six (6) afternoon practices a week while maintaining 85% attendance excluding excused absences and 80% attendance including excused absences.

\***Failure to meet this requirement will result in swimmers being moved to Senior for a minimum of one (1) month or until they meet this requirement for a period of one (1) month.**

* Attend a minimum of one (1) morning practice each week.

\***Failure to meet this requirement will result in swimmers being moved to Senior for a minimum of one (1) month or until they meet this requirement for a period of one (1) month.**

* Pre-National swimmers will be working on their skills in both physical and mental development. They will be expected to challenge themselves both independently and **to work with team goals in mind.**
* Compete in all Aquahawk attended meets plus all championship meets they qualify for including one or more of the following: Short Course / Long Course Championships, Zones, Sectionals, Arena Pro Swim Series, NCSA Jr. Nationals, Speedo Winter & Summer Jrs., Speedo Winter & Summer Nationals, & Olympic Trials.

**\*Swimmers that do not attend meets on a regular basis or attend qualifying meets may be demoted to**

**Senior at the coach’s discretion**.

* Swimmers in this group will be required to swim the following events each season. **Failure to meet this requirement will result in the swimmer being removed from the group and placed in Senior**:
  + 200 Fly, 200 Back, 200 Breast, 200 Free
  + 200 IM, 400 IM
  + 400/500 Free, 800/1,000 Free, 1,500/1,650

\* ***Coach’s discretion how many times a swimmer does each of these events each season***

**Equipment Needs:**

* + Goggles, suit, drag suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

**Advancement Requirements:**

* Recommendation from Head Coach
* Achieve 2 Speedo Sectional cuts or better
* Maintain 85% attendance or better for the previous season
* Meet the morning practice requirement for the entire season
* Compete in all required events at least once in previous season

**National (ages 14-18)**

***Coach:*** Andrew Schmidt

**Description:** The National group is reserved for the most advanced swimmers with a minimum of 2 Speedo Sectional cuts. Swimmers in this training group practice daily and its members **REGULARLY COMPETE** at the highest level meets. This includes: Short Course / Long Course Championships, Zones, Sectionals, Arena Pro Swim Series, NCSA Jr. Nationals, Speedo Winter & Summer Jrs., Speedo Winter & Summer Nationals, & Olympic Trials. Swimming doubles (AM and PM practice) is **MANDATORY**.

**Objectives:**The main objective of National group is to train at the highest level with a focus on competition at National level meets (i.e., Sectionals, Arena Pro Swim Series, NCSA Jr. Nationals, Speedo Winter & Summer Jrs., Speedo Winter & Summer Nationals, & Olympic Trials).

* Swimmers in the National group will be using training methods that involve a variety of anaerobic, aerobic threshold training, stroke specialization, along with increased dry-land training, resistance training, and technique work.
* Continue to improve and understand the basic aspects of training & technique and how these concepts are beneficial to performance.
* Maintain good eating and personal habits outside of the pool (i.e., resting, taking care of yourself, eating a well balanced diet, sleeping enough).
* Allow swimmers to HAVE FUN while working hard to reach their full potential!!!!

**Prerequisite Skills:**

* A recommendation from the Head Coach.
* Minimum of 2 Speedo Sectional cuts and a commitment to the practice schedule.
* Maintain 85% or better attendance for a full season in their previous group.
* Meet AM practice requirement for entire season
* Compete in all required events listed below at least once in the previous season.

**Group Requirements:**

* Attend six (6) afternoon practices a week while maintaining 90% attendance excluding excused absences and 85% attendance including excused absences.

\***Failure to meet this requirement will result in swimmers being moved to Senior for a minimum of one (1) month or until they meet this requirement for a period of one (1) month.**

* Attend a minimum of six (6) morning practices a month (must attend at least one (1) morning practice each week).

\***Failure to meet this requirement will result in swimmers being moved to Senior for a minimum of one (1) month or until they meet this requirement for a period of one (1) month.**

* They will be expected to challenge themselves both independently **and to work with team goals in mind**.
* Compete in all Aquahawk attended meets plus season-ending championship meets including one or more of the following: Short Course / Long Course Championships, Zones, Sectionals, Arena Pro Swim Series, NCSA Jr. Nationals, Speedo Winter & Summer Jrs., Speedo Winter & Summer Nationals, & Olympic Trials

\***Swimmers that do not attend meets on a regular basis or attend qualifying meets may be demoted to Senior at the coach’s discretion**.

* Swimmers in this group will be required to swim the following events each season. **Failure to meet this requirement will result in the swimmer being removed from the group and placed in Senior**:
* 200 Fly, 200 Back, 200 Breast, 200 Free
* 200 IM, 400 IM
* 400/500 Free, 800/1,000 Free, 1,500/1,650

\* ***Coach’s discretion how many times a swimmer does each of these events each season***

**Equipment Needs:**

* + Goggles, suit, drag suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

***High School Prep/Cross-Training***

***Coach:*** Andrew Schmidt

**Description:**This group exists for those students attending one of the local high schools that has a genuine interest in swimming; however is not sure about competing. Swimmers in this group will be developing skills and learning that swimming is a FUN sport to participate in. Swimmers in this group will focus on getting fit and staying fit for the high school season.  This group is also for club swimmers who aren’t ready to make the time commitment of either the Pre-National or National groups.  For some swimmers this is just a stop on the trail, for others this group is exactly what they are looking for.  Either way, we will train swimmers to achieve their goals, regardless of what they may be.

**Objectives:**

* Focus on stroke technique with the emphasis on developing basic fitness.
* The High School Swimmer will make use of equipment such as fins, kick boards, and buoys to improve their knowledge of the sport.
* Encourage swimmers to compete in USA meets to challenge themselves against outside competition.
* Develop the skills necessary to train in Pre-National/National.

**Prerequisite Skills**

* + Previous swimming experience.
  + Coach Recommendation
  + Demonstrate 100 yards kick on back in a streamline position.
  + Demonstrate reading the pace clock and follow a basic intervals
    - Example: 4 x 50 @ 1:15
  + Can do flip turns (back and free)
  + Aerobically handle 2,500 – 4,000 yards

**Attendance:**  There is no attendance requirement for this group, but swimmers are encouraged to attend as many days as possible each week. To increase strength & stay in aerobic shape it’s best to attend at least 3 days a week.

**Meet Requirements:**  Swimmers in this group do not compete in Aquahawk meets. This is a non-competitive group with a focus on basic fitness. Swimmers interested in competing should be able to meet the requirements for either Senior or Pre-National.

**Equipment Needs:**

* + Goggles, suit, drag suit (recommended), swim cap, water bottle.

**Exceptions to the Rule:**

The coaching staff for the Lawrence Aquahawks has and will always have a large amount of flexibility when it comes to working with swimmers that are committed and willing to work with the coaching staff to come up with creative solutions to accommodate scheduling conflicts. It is ultimately up to the swimmers and parents of swimmers to communicate with the coaching staff to address possible scheduling conflicts. **It is the decision of the Head Coach to rubber stamp the feasibility of making exceptions for swimmers/athletes and his/her needs without compromising the needs of the group and the overall goals of the Lawrence Aquahawks.**

·      **Guidelines for the skills checklist and questions with movement:**

o   As swimmers move through the skills AT THEIR OWN INDIVIDUAL PACE, our coaching staff will make a recommendation to the Head Coach as to when the swimmer should move up into the next highest level group.

o   Any disagreement between a swimmer/parent and the coaching staff as to a swimmer’s completion of these checklist guidelines should be resolved through a discussion between the parent of the swimmer, the swimmer, and the Head Coach.

o   If there is still further disagreement the parent/swimmer may request a discussion with the Head Coach and a member of the BOD

## 

## HELPFUL INFORMATION

Ten Commandments for Swim Parents

1. Thou shall not impose thy ambitions on thy child.
2. Thou shall be supportive no matter what.
3. Thou shall not coach thy child.
4. Thou shall only have positive things to say at a competition.
5. V. Thou shall acknowledge thy child's fears.
6. Thou shall not criticize the officials.
7. Thou shall honor thy child's coach.

1. Thou shall be loyal and supportive of thy team.
2. Thy child shall have goals besides winning.
3. Thou shall not expect thy child to become an Olympian.

Time Standards

The Lawrence Aquahawks adhere to the Missouri Valley Swimming Time Standards to determine a swimmer’s eligibility for Level and Division Championship Meets.

To view Missouri Valley Swimming, USA Swimming and Central Zone time standards for long course and short course, please click on the MVS logo on the Lawrence Aquahawk website or use the link below:

[***http://www.missourivalleyswimming.com/standards/index.asp***](http://www.missourivalleyswimming.com/standards/index.asp)

Competitive Swimming Terminology

[***http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703&Alias=rainbow&Lang=en***](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703&Alias=rainbow&Lang=en)

Eat Smart on Race Day

**Breakfast** is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.

**Pack Variety**

A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It’s better to have more food options than a large quantity of only two or three foods. Don’t make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.

**Protein**

Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut/other nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.

**Carbs**

Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don’t forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers.

Stay away from refined sugars such as soda, candy and desserts on race day.

**Nosh or Nibble?**

Save “meals” or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.

**Hydrate**

Water, 100% fruit juice, Gatorade and PowerAde appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.

**Fiber Facts**.

Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don’t experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.