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# Parent Handbook

Building excellence in youth and community  
through competitive swimming

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## Mission Statement

Sailfish Aquatics is a community based competitive swim team. We will strive to provide the environment for all swimmers to reach their potential. Our swimmers will also be given opportunities to engage in community based activities or programs.

## Goals for 2021-2022

1. Have Fun
2. Community Involvement
3. Focus on Fundamentals
4. Team Competitive Success
5. Explore facility growth/expansion

## Practice

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The practice schedule for all practice groups is available on the team website, [www.sailfishaquatics.org](http://www.sailfishaquatics.org). Swimmers should be on time. If the schedule indicates the practice starts at 3:00 PM, the swimmer should be dressed and ready to enter the water at 3:00 PM. If practice begins with dryland, swimmers should come prepared to do exercises, including bringing tennis shoes, should they be needed.

At times, there will be practice schedule changes. This could be due to holidays, facility issues or unforeseen circumstances. Please check email and the website for communication of schedule changes.

In the event of inclement weather, we will NOT practice if the YMCA or HFFA are closed due to inclement weather. Any cancellation of practice will be communicated via email and the website. You can also call the West Cabarrus YMCA or HFFA to determine if the facility is closed.

The practice groups are Orange, Bronze, Silver, Gold, Senior 2 and Senior.

### **Orange Group**

The Orange Group focuses on swimmers new to competitive swimming. Swimmers should be able to comfortably swim the length of the pool, and swim lessons prior to this level are encouraged. Coaches will utilize games and ability-appropriate swimming drills to introduce the basics of competitive swimming, with an emphasis on safely performing stroke basics and dives. Meet participation at this level is totally optional.

### **Bronze Group**

The Bronze Group is an entry-level competitive swimming group. Swimmers should be able to legally perform (or be very close to successfully performing) the four competitive strokes. The Bronze group is made up of competitive swimmers that begin to learn and practice with interval training. This group will develop the fundamentals and become efficient in all four competitive strokes, starts, turns and finishes. Kicking, stroke technique, training behavior, and team spirit are all emphasized. Swimmers are encouraged to participate in swim meets where they will gain experience and confidence in the competitive swim environment. There is significant time spent on technique while also having fun and teaching sportsmanship.

### **Silver Group**

The Silver Group will emphasize perfecting all four strokes and building on the solid mechanics of kicking, starts, turns, and finishes. The group will focus on interval training, race strategies, proper pacing, and aerobic development. Swimmers will become familiar with the rules of year-round USA competitive swimming and be encouraged to set goals. Participation in competitions is required.

### **Gold Group**

The Gold Group is designed for swimmers who are preparing to move into the senior level of training and competition. Practices increase in intensity and duration. Stroke refinement is still a priority. In addition, this group is dedicated to interval-based swim training, development of a strong aerobic base and speed work. Dryland also increases and becomes more specific. Swimmers will establish goals towards achieving State and Sectional Time Standards. Meet participation is mandatory as is attendance at the highest-level meet for which a swimmer qualifies.

### **Gold/Senior Group**

The Senior 2 group is designed for the 13 and older, HS aged swimmer who is looking to progress on the path towards the Senior Group if the swimmer desires. Instruction is coach led and includes all competitive strokes, turns, starts, kicking skills, stroke mechanics, and endurance training. Senior 2 group is perfect training for those who focus on high-school

swimming, have other commitments or play other sports seasonally and summer league. Swimmers in this group may or may not desire to progress to the Senior group.

### Senior Group

The Senior Group is designed for the senior athlete who has made swimming his or her exclusive sport. Swimmers at this level must make a total commitment and ensure consistent attendance at all practices. Continuity of training is vital and the training becomes much more serious. The focus is on extensive aerobic training supplemented with weight training, dryland conditioning, and advanced sprint, middle and distance training techniques. Practices increase in intensity and duration. Dryland also increases and becomes more specific. Stroke refinement is still a priority. Swimmers will establish goals towards achieving Sectional, Junior National and National Time Standards. Meet participation is mandatory as is attendance at the highest level meet for which a swimmer qualifies. Enrollment in this group is by invitation only and is at the sole discretion of the senior coach.

## Safe Sport

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In order to promote a safe environment and meet USA Swimming Safe Sport Requirements, Sailfish Aquatics will maintain the USA Swimming Safe Sport Recognition program. All members, including all Coaches and Staff, parents/guardians and athletes must read and acknowledge the organization's Safe Sport [MAAP policy](#). For additional training, information and team contacts for Safe Sport, please review the [Sailfish Aquatics Safe Sport Portal](#).

## Practice Equipment

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Equipment may be purchased in the online store by clicking on the SAILFISH GEAR link on our website. The items that Sailfish recommends are highlighted in the GEAR section.

### Orange

**Equipment:** mesh bag, kick board, pull buoy, long fins.

### Bronze / Silver

**Equipment:** mesh bag, kick board, pull buoy, long fins, training snorkel.

## Gold / Senior 2 / Senior

**Equipment:** mesh bag, kick board, pull buoy, fins, training snorkel, paddles.

### Facility Use

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We practice at two facilities, West Cabarrus YMCA and Stanly Family YMCA. Swimmers are required to be members of the facility where they practice. We must abide by the rules of those facilities. We are members and we should always treat the facilities with care and safety in mind.

Parents are welcomed to watch practice from the bleachers. Please do not interrupt and talk to the coaches during practice. If you need to talk with the coach, please talk to them outside the practice hours.

At the West Cabarrus YMCA, parents and swimmers must enter and exit the pool area through the locker rooms.

At both facilities, swimmers should ensure that they have scanned their membership cards as they enter. This is a building safety measure in the events of an emergency. Swimmers should also ensure they are dry before they enter the main hallways as the floors can be slick should they get wet.

### The Season

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Each year is divided into two swimming seasons – short course and long course.

#### Short Course

The short course season usually runs from early September through March. A series of championship meets for all ages and levels of swimmers is conducted from February through March. The competitions are held in 25-yard pools.

#### Long Course

The long course season runs from April through early August. These competitions are held in 50-meter pools. This is the same size pool that Olympic swimmers compete in.

Swimmers take off from practice during spring break and most of August.

## Swim Meets

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Swim meet information will be posted on the team website. Meets will be set up as Events. The Event will provide the information regarding the meets, such as, dates, the meet event order, and sign up information. Each swimmer/family will need to indicate that they will be attending the meet and which days they will be attending. Each family will be given a window of time to make this selection. For example, each family will be given two weeks or more (if possible) to make their intentions known. The coaches will enter swimmers in the meets based upon this data. Sailfish typically attends one meet a month.

Notices of meets that are available for sign-up will be sent via email, but parents may also check the website under the EVENTS tab to see what is available for sign-up.

In the week preceding a meet, you will receive an email with arrival times, cap and t-shirt colors, a listing of events by swimmer and any other information for that specific meet. Please use this information to ensure you have everything you need to know in order for your swimmer to have a great meet.

### Meet Guidelines

1. Please arrive on time and make sure you are on deck ready for warm-ups at the designated time. The team will warm up together.
2. Obtain a heat sheet for the meet to make sure you know what event, heat and lane you will be swimming.
3. Please see your coach before and after your races.
4. Please stay warm between events.
5. Parents are not allowed on deck unless they are serving in a volunteer capacity.
6. Parents and/or swimmers should check in before leaving the swim meet.

### Championship Meets

These meets are held near the end of the season.

Tar Heel States Meet --- This will be our championship meet for short course for 13& up swimmers and 12& unders with one "BB" time.

B/C State Meet --- This will be the championship meet for 12& unders who do not have one

“BB” time.

These meets below have their own time standards or cuts in order to participate in the meet.

North Carolina Championship Meets— These meets have specific time standards for each meet. There are 14 and under Championship meets for both Short Course and Long Course.

There are Senior Championship meets for both Short Course and Long Course.

Age Group Sectional, Senior Sectional, and Junior and Senior National Championship Meets— These meets have specific time standards.

## Financial Information

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For the 2021-2022 season, Sailfish will follow this financial policy:

1. Registration and dues will be as provided during registration process
2. Any member terminating membership before June 1, 2022 must pay a termination fee equal to one months dues. If less than 30 days notice of termination is given, members must pay a termination fee equal to two months dues in addition to the collection of the next annual dues payment.

Meet fees will be drafted along with your regular dues on the first of the month. Please ensure that your credit card is valid and setup online by visiting our website and clicking MY ACCOUNT and then the SETUP AUTOPAY links.

## Competitive Swimming 101

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### USA Swimming

USA Swimming is the national governing body for the sport of swimming.<sup>[1]</sup> Participants in the Sailfish Aquatics must be members of this organization. Membership, which is renewed in the fall of each year, provides limited, co-benefit accident and liability insurance for swimmers participating in supervised workouts and swim meets.

## North Carolina Swimming

NC Swimming is a member of USA Swimming and is the Local Swim Committee (LSC) that governs our geographic area.

### Time Standards

Time standards, which are listed on the team website, and age determine the type of meet in which a swimmer may participate. Age group standards are in the following (from slower to faster): C, B, BB, A, AA, AAA, AAAA, and NRT (National Reportable Time). In addition, there are specific time standards for the Championship Meets.

For in-season meets, 12 and under age-group swimmers are typically classified as follows:

- “BB” swimmers have two “BB” times in two different strokes.
- “A” swimmers have two “A” times in two different strokes.
- “AA” swimmers have two “AA” times in two different strokes.

Senior level swimmers are divided into two categories—Senior Development and Senior Circuit swimmers. Senior Circuit swimmer must have obtained 13-14 age group “AA” times in two different strokes. All other swimmers are considered Senior Development swimmers.

Note: Unless a swimmer has previously competed in a USA Swimming meet, she/he is considered a B/C swimmer. The swimmer will be entered as NT (for No Time) in the event. If the swimmer has competed in a USA Swimming meet with another team, please turn in his/her best times to the coaches.

Please refer to the website for updated time standards.