



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.

Team Goals

1. Have Fun
2. Provide a safe and inclusive environment
3. Community Involvement
4. Focus on Fundamentals
5. Team Competitive Success
6. Explore facility growth/expansion

Safe Sport

Providing a team environment that is safe and inclusive is a high priority of Sailfish Aquatics. USA Swimming have developed [Safe Sport](#) guidelines that will help you as parents and your athletes to help assure their safety. [Parent Safe Sport Training](#) is encouraged.

Please be sure to review the USA Safe Sport site and sit down with your athlete and review the [Minor Athlete Abuse Protection Policy](#). Please also review all of the Athlete protection resources available to you in this section of the USA Site. Please also review the resources available to you on the [Sailfish Aquatics Website](#)

If you have a concern that you feel needs to be reported, please reference the [Sailfish Aquatics Team Reporting](#) information for reporting contacts by concern type. If there are any additional questions, Please contact the team [Safe Sport Coordinator](#).

Practice

The practice schedule for all practice groups is available on the team website, 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.

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 either of the YMCA's or NOMAD is 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, Stanly YMCA or NOMAD to determine if the facility is closed.

Stroke Intro Groups

These groups focus 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.

Stroke Development/Stroke Performance

These are entry-level competitive swimming groups. Swimmers should be able to legally perform (or be very close to successfully performing) the four competitive strokes. These groups are 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.

Age Group Development/Age Group Performance

These groups 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.

Pre-Senior Group

This 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.

MS/HS Prep

This group is designed for the 13 and older, HS aged swimmer who desires swimming as a healthy exercise and preparation for middle school or high school swimming. Instruction is coach led and includes all competitive strokes, turns, starts, kicking skills, stroke mechanics, and endurance training. MS/HS Prep swimmers are not required to participate in swim meets.

Senior Development Group

This 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 Development 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 Performance Group

The Senior Performance 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.

Practice Equipment

Equipment is available in bundles or as individual items in the Sailfish store at NOMAD.

Stroke Introduction: Sailfish Mesh bag, Jr. kick board, A3 short fins.

Stroke Development: Sailfish Mesh bag, Jr. kick board, A3 short fins

Stroke Performance: Sailfish Mesh bag, Jr. kick board, A3 short fins

Age Group Development: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy

Age Group Performance: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy,

MS/HS Prep: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy

Pre senior: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy, Finis Agility hand paddles, #40 drag socks, Tempo Trainer

Senior Development: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy, Finis Agility hand paddles

Senior Performance: Sailfish Mesh bag, Jr. kick board, A3 short fins, snorkel, pull buoy, Finis Agility hand paddles, #40 drag socks, Tempo Trainer

Facility Use

We practice at three facilities:

West Cabarrus YMCA

Stanly YMCA

NOMAD

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 welcome 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 all facilities, parents and swimmers must enter and exit the pool area through the locker rooms. Swimmers should ensure that they have scanned their membership cards as they enter. This is a building safety measure in the event 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

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

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 meet 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.

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

By registering with the Sailfish Aquatics, members understand that all dues are annual.

Dues will be collected in 10 payments on the 1st of every month from Sept. 1 through and including June 1.

Any member terminating membership before June 1, 2020 must pay an amount equal to one month of annual dues payment for their group as a termination fee.

If less than 30 days notice of termination is given, members must pay two annual dues payments.

Members also understand that Sailfish Aquatics may conduct fundraising to meet the financial obligations of the club. All families will need to support the fundraising activities. By registering with Sailfish Aquatics, you are authorizing Sailfish Aquatics to collect the dues payments, any applicable termination fee, and any subsequent meet fees or other charges through the payment method on file with Sailfish Aquatics. Check payments are not allowed.

NOTE: This does not apply to Sailfish STROKE INTRO and Sailfish MASTERS group. Dues for these groups are monthly and can be terminated at any time. Stroke Intro termination requires 30 days notice.

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

USA Swimming

USA Swimming is the national governing body for the sport of swimming. 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.