



## Mandan Marlins Swim Club Handbook

### ***WELCOME!***

Welcome to the exciting world of swimming! By joining the Mandan Marlins Swim Club (MMSC), your child will gain many benefits including self-discipline, good sportsmanship, and time management skills, along with beneficial exercise for cardiovascular and overall fitness. They will also meet lifelong friends and have fun!

### ***COMMUNICATION***

The majority of communication will happen through email. Coaches and board members will email about meets, clinics, meetings, pool closures, etc. Please check your email regularly. We also have a team Google calendar that is frequently updated by the head coach.

#### *WEBSITES*

[www.mandanmarlins.com](http://www.mandanmarlins.com)

[www.ndswimming.org](http://www.ndswimming.org)

Facebook: mandan marlins

Instagram: mandanmarlins

### ***PRACTICE***

There are two seasons in club swimming, short course and long course. The short course season runs October through March with the pool length being 25 yards. Long course season is during the summer, starting in May and ending in July. The pool length is 50 meters. Practice schedules are posted on the website and on the team Google calendar. At this time, parents are permitted on deck in the bleachers during practices. We leave it to individual parents to monitor themselves and ask that you space out at least 6 feet while you are in the pool area. If you choose to drop off your swimmers, please be on time picking them up. Every once in a while, practice is cancelled due to weather, etc. This may happen before practice, or even during practice. There is a phone at the Aquatic Center desk for children to contact their parents if needed. A Marlins coach or board member will stay with any swimmer until their ride comes. An email will be sent out to parents informing them of any changes to the practice schedule and last-minute changes will be communicated through the SportsYou app. The team code is DTCL – QYNV.

## ***BEHAVIOR***

Behavior that is expected:

- Positive attitude
- Hard work
- Helping others
- Good sportsmanship
- Cheering during races
- Making new friends
- Adherence to Covid-19 safety protocols

Behavior that will NOT be tolerated:

- Bullying (see policy)
- Pushing, pulling, dunking, holding under the water
- Running on deck
- Towel snapping
- Diving (unless directed by coach)
- Excessive splashing
- Refusing to allow another swimmer to pass
- Rudeness, disrespect, or inappropriate language
- Name calling

## ***SUPERVISION***

Only registered swimmers are allowed in the practice area of the pool during team practice. Our coaches are responsible for coaching swimming. They are not responsible for swimmers who wander off, nor can they force swimmers to participate in practice. If you are concerned about whether your child will remain with the coach or follow instructions, you or another adult should accompany that child to practice. Parents wishing to address concerns with the coaches should arrange a time before or after swim practice with the appropriate coach. Parents are welcome to watch swim practice, but please resist the temptation to coach/encourage your child from the pool side.

## ***PERSONAL BELONGINGS AND LOCKER ROOMS***

Due to Covid -19, use of the locker rooms is restricted. Swimmers are asked to come to practice with their swimsuits under their clothes. They should place their personal belongings on the red strips of tape marking 6 feet of spacing on the bleachers. Swimmers remain there until a coach directs them to proceed to their lanes. During cold weather, swimmers will be permitted to go to the locker room only after practice to change out of their wet suits. Club members are asked to continue social distancing while in the locker rooms. We strongly discourage shower usage, as it prolongs locker room time. Pool lights will be turned off 10 minutes after the last swimmer exits the pool. Keeping the post-swimming interactions short is important to mitigate spread of Covid-19.

## ***OTHER COVID-19 PROTOCOLS***

\*\*\*All swimmers are expected to purchase their own equipment this year to minimize sharing. Please order it ASAP. A link to our Swim Outlet store is found on the Mandan Marlins website. The required equipment is listed according to group level.

Please err on the side of caution and keep your swimmers home if they are not feeling well or are exhibiting any symptoms.

Coaches will wear masks before and after practice when swimmers are not in the pool. If parents want to talk to a coach, please approach with a mask on and maintain 6 feet of distance.

While in the pool, we will be spacing swimmers out every 6 feet in the lane so they are not all crowded on the wall together.

## ***FEES***

- A yearly registration fee is charged per swimmer on November 1. This fee covers membership for the whole year (short course and long course) in USA Swimming as well as fees assessed by the North Dakota Local Swimming Committee. Full membership, with no limits on meet participation, is \$125. Flex membership, offered for younger swimmers, with a limit of two meets is \$75.
- MMSC 2020-21 short course fee is \$320 for the season. This is spread out as \$80 monthly payments Dec 1, Jan 1, Feb 1, Mar 1. There is a discount for more than one swimmer per family. (\$150 for 2<sup>nd</sup> swimmer, \$75 for 3<sup>rd</sup> and additional swimmers)
- Need-based scholarships are available. Qualifications are the same as those for free or reduced meals at your school.
- Swim Meet fees are typically listed under the meet information. Some Meet fees are based on a flat fee and some are based on a charge per event. Average cost of a meet is around \$30-\$40. These fees will be charged to your account. Cost of travel to and from a meet is the swimmer's responsibility.
- Long course fee for 2021 is TBD.

## ***SWIM MEETS***

Swim meets are optional but encouraged. Swimmers will learn and compete in the four competitive swim strokes; freestyle, backstroke, butterfly, and breaststroke. Equipment needed for practice and meets includes a good suit, swim cap, and goggles. MMSC will give the swimmers an option of a team suit and cap to purchase at your expense.

MEET PROGRAMS: The meet program is the coach's and spectator's guide for a swim meet. The program lists the individual events, swimmers, heat/lane assignments, and times. Information relating to regulations, awards, fees, meet times and warm-up times are also included in the meet programs. These are available for purchase at each meet. Bring a highlighter and a pen to mark your swimmer's events on the program!

**RELAYS:** Relays are a team event, determined by the coaches and paid for by the club. Please check the meet program to see if your swimmer has been selected for a medley and/or freestyle relay. It is important that swimmers participate in the relays they are entered in as the rest of the relay team will not be able to swim and the club will still be charged for the relay.

**AGE:** The swimmer's age as of the first day of any given swim meet will determine the age group the swimmer will swim in.

**WHAT TO BRING:** Swim meets are LONG. Since there is a lot of "down time" between events, cards, games, and toys help the younger swimmers pass the time. If you are allowing your child to have electronics on deck, please be aware of the obvious concerns! Your swimmer will be responsible for that item, and due to tight seating, accidents happen and phones/tablets will get wet and possibly ruined. Also, they can be very distracting and swimmers need to be paying attention to when their event is and also cheering and encouraging other swimmers. Missing an event is devastating not only for the swimmer but for the parent who has waited an hour to watch them swim!

**Other items to bring:**

- Swim suit, cap, and goggles
- Towels (2)
- Sweats, shirt, shorts
- Pen, highlighter, permanent marker
- Money for program and concessions
- Water or sports drink and healthy snacks

**WHAT TO EXPECT AT A SWIM MEET:** Prepare for a long day, lots of kids, and a warm pool area. Plan to arrive at least 15 minutes prior to warm-up time. Each team is assigned a lane for warm-ups, and they usually take up to an hour. Parents use this time to get a seat and find your swimmer in the program. For the younger swimmers, it is helpful to write on their arm or leg a grid that shows their events:

<b>E (Event)</b>	<b>H (Heat)</b>	<b>L (Lane)</b>	<b>S (Stroke)</b>
5	6	2	50 Free
8	4	7	100 Back

Some meets provide a Clerk of Course. This is a way of organizing and lining up swimmers in their heats and lanes. Once your child swims the results are posted on a board somewhere at the pool. Most meets also have an app called MeetMobile, which updates quicker than posting the hard copy.

**OTHER MEET INFO:**

**Disqualification (DQ):** Our meets comply with USA Swimming rules - the same rules used at all national meets like the Olympic Trials. To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience. During competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke & Turn judge (dressed in an official white shirt), will raise their hand, write up a disqualification (DQ) slip, and present it to the referee for approval. A swimmer is not

DQ'd until the referee accepts the report. Almost all swimmers in all age groups have been DQ'd at some time. This should be viewed as a learning experience and not a failure. Swimmers should discuss the DQ with their coach.

**State Meet:** To qualify for the state meet, a swimmer must swim in at least one meet during the season and have a state qualifying time. At state, each swimmer is restricted to entering those events in which a state qualifying time was recorded at a meet during the season. The age group your swimmer will use for the state meet is their age as of the first day of the state meet. For state qualification standards, go to [www.ndswimming.org](http://www.ndswimming.org).

**Awards:** Each host team decides the type of awards to be given. Most meets award ribbons for the top placers. Some meets give medals or trophies and some meets give "high point" awards. Usually it is stated in the meet information. These awards will be collected by the coaches after the meet and placed in the family folders.

**Out-of-town Meets:** These are mostly on hold due to Covid-19 however usually, there are many meets to choose from around the state. You may sign up for what you would like, and you are responsible for travel expenses to these meets. For our club to send a coach along, we require a minimum of 6 swimmers to sign up. If a coach does not go, the parent needs to ask a Marlins coach to contact the home meet's coach to allow that swimmer to warm up with them. The swimmer needs to be supervised during warm-ups.

## ***VOLUNTEERING***

Helping out with a parent-run club is a must. We host several meets per year. We require our families to volunteer their time during these meets to help our meets run smoothly. Jobs include timing, clerk of course, hospitality room, sales table, and officiating, etc. The night before a home meet, parents are also needed to help set-up. After the conclusion of the meet, take-down and clean-up is needed also.

**Officials:** Officials consist of Stroke & Turn judges, referees, and starters. If you would like to learn about these jobs, contact our Officials Coordinator. Our team is required to supply a certain number of swimmers participating from our team at a given meet. The team is fined by the LSC (Local Swimming Committee) when it does not provide the required number of officials at any given meet.

## ***FUNDRAISING & SPONSORSHIPS***

The Mandan Marlins Swim Club is a non-profit parent run organization. Therefore, our fundraising efforts are important to ensure affordable season fees for all swimmers. We have two major fundraising sources: ad sales (sponsorships) and a Swim-A-Thon. It is crucial to the continued success of our club to have 100% participation from all of our swimming members. Our Swim-A-Thon is planned for November 20. More info to come on that! We also encourage club members to seek out community sponsorships. Please talk with our PR Chair, Angie Wescott for ideas.

## ***ADDITIONAL INFORMATION***

***MARLINS GEAR:*** Team suits are not required, but often nice to have as it promotes team unity and also helps coaches identify their swimmers! Our team suits are available in our Swim Outlet store online. Other items such as t-shirts, sweats, & hats, are available at Northern Trophy, right here in Mandan next to the Bowling Alley. Stop in to see the wide selection of Marlins Gear!

***TEAM PHOTOS:*** The Marlins swim team will be photographed during the short course season. This usually takes place at the end of February or the beginning of March. A team photo will be taken and individual photos also. There is never any obligation to buy.

***SEASON BANQUET:*** At the end of each season, a banquet is held. Usually it is either potluck-style or ordering pizzas. Coaches give out season awards and any awards from the state meet. Information will be sent out about time and place through email.

***MARLINS SCHOLARSHIP:*** The Marlins Scholarship is awarded to a graduating senior who has swam with The Marlins within the last two years of high school. The applicant must have plans to continue a post secondary education. Scholarship applications are distributed by the high school counselor's office. Applications are reviewed and a selection is made by the board members of the Marlins.

***BOARD POSITIONS:*** Board positions are for one calendar year terms and elected at the end of the short course season. All parents of registered swimmers are encouraged to vote. If you are interested in serving on the board, please contact one of the board members. We welcome all who are interested!