

NEWTOWN TORPEDOES

TEAM MANUAL



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Useful links

Newtown Torpedoes Website: <https://www.teamunify.com/Home.jsp?team=nent>

Park and Rec Website: <http://www.newtown-ct.gov/parks-recreation>

Yankee League Website: <http://www.yankeeswimleague.org/>

INTRODUCTION

This packet has been put together to help swimmers and parents understand the operation, responsibilities, and expectations for the Newtown Torpedoes swim team. Information regarding the Yankee Swim League, in which we participate, is also included. Important phone numbers are listed in the packet to assist you if questions remain unanswered.

WHO WE ARE

The Parks and Recreation swim team, which is composed of boys and girls ranging in ages from 6 to 16 years, offers the opportunity for swimmers to participate on a competitive swim team. We compete as part of the Yankee Swim League.

TEAM PHILOSOPHY

The Newtown Torpedoes Swim Team aims to create a positive environment that encourages young athletes to learn and develop in and out of the pool, and allows each individual the opportunity to be successful. Our goals for the team and each swimmer are:

1. To learn about the sport of competitive swimming
2. To develop and improve swimming technique and ability
3. To learn the importance of being part of a team
4. To show cooperation toward the rules and expectations of the team
5. To show encouragement and good sportsmanship toward one another.

COACHES

The coaches have the responsibility of organizing and conducting all practices, as well as assigning events for each child during the meets. All coaches have the authority to maintain the discipline necessary to conduct the team in as safe an environment as possible. Any questions regarding practice schedules or meet line ups should be directed to the coaches outside of practices.

RULES AND REGULATIONS

The following rules are set forth by the Coaches and the Parks and Recreation Department. Please review them and discuss them with your swimmer(s).

1. No swimming at anytime unless authorized by a coach.
2. Coaches, and designated assistants, are in charge. They determine the practice lanes and order of swimmers in each lane.
3. NO ONE is allowed in the pool area unless coaches are present.
4. No horseplay, spitting, splashing, shouting, or running allowed at anytime.
5. Children are expected to arrive at practice on-time and leave the facility no more than 15 minutes after scheduled practice time. Swimmers aged 10 and under must be escorted to the pool deck by a parent.
6. Good sportsmanship is expected of all swimmers in this program. Participants will be disciplined for unsportsmanlike conduct by being removed from meets and practices.
7. Children must stay with coaches as an organized group at all meets.
8. As a swim team we have access to the pool and deck area, the observation deck, and locker rooms; the rest of the building is OFF LIMITS.

SWIMMER'S AGE DETERMINATION

Team practice and competition age for the entire season is determined by the age of the swimmer on November 1, per Yankee League by-laws.

PRE-SEASON EVALUATIONS

New swimmers to the Newtown Torpedoes (all ages) need to be evaluated by the coaching staff prior to the start of regular season practices to determine that the swimmer is ready for a swim team program. Specific evaluation times will be scheduled and posted on the website. It must be emphasized that this is not a swim lesson program. We teach the four competitive strokes and work on technique all year, but for safety reasons and fairness to other swimmers a minimum swimming ability is required before starting with the team.

- 8U swimmers must be able to swim 25 yards (one length of the pool) of freestyle swimming, breathing to the side
- 9-and-over swimmers must be able to swim 50 yards (2 pool lengths) of freestyle swimming, breathing to the side

All swimmers must be registered with Parks and Recreation BEFORE the evaluations. The registration fee will be refunded if the coaches determine that a swimmer does not have sufficient swim ability to participate with the team. Parents will be notified on the night of evaluations if the coaching staff has determined that a swimmer is not ready to begin a swim team program.

NECESSARY EQUIPMENT

- Competition style suit for both girls and boys (no one-piece suits, no fringe or ruffles, no trunks or board shorts)
- Racing goggles (it is recommended that swimmers have more than one pair of goggles)
- Swim caps are required for ALL swimmers (latex or silicone)

Team suits will be selected and available for purchase at the beginning of the season.

PRACTICE

Practice times are set by the coaching staff and can be scheduled any weeknight between the hours of 5:30 p.m. and 8:00 p.m., at the Newtown High School pool. The team is divided into practice groups by the coaches and the schedule is posted on the team website. Practices consist of both pool and on-deck stretching and instruction.

- The practice schedule for each month will be posted on the Torpedoes website.
- Parents will be informed of any late schedule changes via email.
- While one group is stretching after their pool session the next group will be starting
- Swimmers must practice during designated group time only; no exceptions.
- Each practice time is designated for a specific group and the workouts are designed for that groups' ability. Due to the size of each group, the schedule must be adhered to.
- Lane assignments during practice are at the discretion of the coaches.
- It is expected that all swimmers arrive no more than 10 minutes before their scheduled time. There is always a group in the pool prior to each practice. They should come on the deck and begin warm up stretching quietly and wait for their groups' practice to begin.

CANCELLATION POLICY

Practice is automatically canceled when schools are closed or have early dismissal due to inclement weather. If practice is canceled for any other reason, an email will be sent to parents.

MINIMUM PARTICIPATION LEVEL

Due to the demand for this program, swimmers who are registered for this team are expected to attend practice a minimum of 2 times per week. Swimmers who intend to compete with the team must meet this practice attendance requirement. Exceptions are granted for periods of long-term illness or injury. Swimmers who are involved in a fall sport or activity that overlaps with the start of our season are exempt from this requirement until the first or second week in November when the fall activity ends.

PRACTICE GROUPS

Practices will be generally be designated for “All 10 & Under Swimmers” or “All 11 & Over Swimmers.”

SWIMMER EXPECTATIONS FOR PRACTICE

Be on time, be prepared, have a good attitude, be respectful of coaches, teammates and facilities, display good sportsmanship at all times.

PARENT EXPECTATIONS FOR PRACTICE

Drop off:

Parents are responsible for getting children to the pool. Please enter through the front of the school. All 10 & Under swimmers are required to be escorted down to the pool deck by a parent. Swimmers must check in with the coaches who will be taking attendance.

During Practice:

If you choose to stay at the pool during practices, please remain in the balcony area and remember that **NO FOOD** is allowed there at anytime. Please refrain from speaking to your child or the coaches from the balcony; wait until practice has completed.

Pick-up:

Please pick your child up no more than 15 minutes after practice ends.

IMPORTANT: Parents must keep any children that are not practicing (siblings, swimmers waiting for their practice session, etc.) with them in the balcony area. No children are allowed unattended in any section of the school (including hallways) at any of our practices or meets.

LOCKER ROOM USAGE

Swimmers may use the locker room but they are required to enter and exit from the pool deck so coaches know who is coming and going. During practice, swimmers must notify one of the coaches in order to enter the locker rooms. It is advised that swimmers bring all belongings out to the pool deck during practice. We cannot be responsible for items left unsecured. Cell phone use is not allowed in the locker room.

MEETS

The Newtown Torpedoes is a member of the Yankee League, made up of 11 teams from the towns of West Haven, Oxford, Seymour, New Milford, Trumbull, Watertown, Naugatuck, Plainville, Bristol, Madison, and Newtown. The competition season is broken up into the regular dual-meet season and championship post season.

MEET PARTICIPATION

Every meet is important and every swimmer is a vital part of the team, so we encourage swimmers to get to as many meets as possible. Swimming in competition is different than swimming in practice and it really helps a swimmer's development to gain the experience of swimming at meets. **For the 2019-20 season, swimmers must compete in 3 full regular season meets**

MEET TYPES

Regular Season Meets: Regular Season meets are held during the season with the other member teams of the Yankee League. The Regular Season meets are held in dual-meet (one team against one team) or tri-meet (3 teams competing; scored as 2 separate dual-meets) format.

Post Season Meets: This is the championship phase of the season where the competition is against all of the other teams in the league

COMPETITION AGE GROUPS

For the Dual meet portion of the season swimmers compete within the following age groups, where age for the entire season is determined by a swimmer's age as of November 1.

8U Boys / 8U Girls *

9/10 Boys / 9/10 Girls

11/12 Boys / 11/12 Girls

13/14 Girls, 13 and over Boys

15 and over Girls

* 6U swimmers are a separate age group for the post-season Championship and All Star meets.

MEET SIGN-UP

Sign-ups for all meets during the year will take place on the Torpedoes website. If a swimmer plans to swim in a meet, you must sign up by Thursday evening at 8:00 PM for a Saturday meet. Swimmers who miss the Thursday evening deadline will not be placed in events.

SWIMMER EXPECTATION FOR MEETS

Be on time, be prepared, have a good attitude, be respectful of coaches, teammates and facilities, display good sportsmanship at all times. Additionally, during meets all swimmers are expected to remain with the team in the designated area during the entire meet. It is the swimmer's responsibility to check the posted schedule for his or her assigned event and to be available at least one event prior to secure his or her event card and lane assignment. If a swimmer must leave the deck during the meet, he or she must tell one of the coaches. All swimmers are expected to remain on the deck with the team until the meet has ended. Swimmers must notify a coach before leaving a meet.

MEET MECHANICS

Meets are conducted in accordance with the by-laws of the Yankee Swim League. Meets consist of individual events and relays. For dual meets, a swimmer may swim in a maximum of four events at a meet; either two individual and two relays, or three individual and one relay. Coaches determine the meet lineups. Girls and Boys swim and are scored separately, although in the interest of time we sometimes combine events.

The schedule of events for a Dual Meet is as follows:

Event	Length of Race per Age Group (yards)			
	8U	9/10	11/12	13/14, 15G*
Medley Relay	100	200	200	200
Freestyle	25	100	100	100
Butterfly	25	50	50	100
Freestyle	---	---	200	200
Backstroke	25	50	50	100
Individual Medley	100	100	200	200
Breaststroke	25	50	50	100
Freestyle	50	50	50	50
Freestyle Relay	100	200	200	200

*13-and-Over Girls are combined (13/14 + 15-and-over) relays.

Medley Relay: Team consists of 4 swimmers who each swim one leg of the 4 competitive strokes; backstroke, breaststroke, butterfly, and freestyle.

Individual Medley: One swimmer swims all four competitive strokes in the order of butterfly, backstroke, breaststroke, and freestyle.

Freestyle Relay: Team consists of 4 swimmers who each swim one leg of freestyle.

PARENT EXPECTATIONS FOR MEETS

Sign-up:

Parents have the responsibility to sign up their swimmer(s) for each meet they will participate in. Sign-ups for each meet will take place on the team website. **The sign up period will close at 8pm on the Wednesday before the meet.** If you have your child sign up for a meet please attend the meet. Lineups for each meet take a lot of time to prepare and no-shows force major changes to the lineup and cause delays for both teams. If you have to cancel due to illness please do so at the earliest possible time.

Meet Volunteers:

Parents have the major responsibility for running all the home meets and assisting where necessary at away meets. There are lots of jobs for you to do, so please volunteer! No parents will be allowed on deck during meets with the exception of those volunteering.

Specific needs are listed below:

Concessions: Concessions are a great fund raiser at home meets, and we need parents to organize set-up, clean-up, collect donations and to work at the concession.

Timers: Timers are required to man each of the six swim lanes during our meets. You can sign up to be a timer on the same form that you register your swimmers for each meet.

Other: Other jobs will include starter, officials, and scorers. These jobs require some training and we usually use parents that have been with the team a few years to man these positions.

NOTES on Home Meets

The Observation Deck at Newtown High School has a maximum capacity of 113. We will also have an area set up for concessions that parents can stay between their swimmer's events. In order for all parents to be able to watch their children compete we ask that people share the Observation space by moving to the concession area during periods when their children are not competing. During meets we maintain a meet-status site that is posted on-line so parents can check what event is currently being run. Note that no swimmers will be allowed into the Observation area. At home meets, no personal chairs are allowed in observation deck or in hallway. Do not block doors. No eating or drinking allowed in observation deck.

POST SEASON:

The Yankee League conducts Championships and an All-Star meet after the dual-meet season.

Eligibility:

Per Yankee League by-laws, swimmers must attend a minimum of half of the regular season meets in order to be eligible to compete in the Yankee League Championships. **For the 2019-20 season, swimmers must compete in 3 full regular season meets to be eligible to compete in the post-season.**

Championships:

Championships are held for each age group at the end of February. A swimmer may be entered in two individual events plus relays for their championship meet(s). Relay entries are the decision of the coaching staff.

8U: The 8U age group championship meet is conducted in one session in February. 6U swimmers are broken out into a separate group for this meet.

9+ Swimmers: Championships for the 9 and over age groups are broken up into two stages; trials and finals, and are held on consecutive weekends in late February.

Trials:

At Trials heats are run for each individual and relay event. **THE TOP TWELVE FINISHERS IN EACH INDIVIDUAL EVENT AT TRIALS QUALIFY FOR POSITIONS IN THE FINALS ALONG WITH THE TOP 6 RELAYS.** Swimmers who finish in 13th and 14th place are named first and second alternates respectively. There are NO alternate teams for relays.

Finals: This is held for all swimmers ages 9 and over who have qualified at the trials. Individual trophies and ribbons are awarded, as well as medals for the top 3 relays. Team championship trophies are also awarded for the top three teams in the league. Also, plaques are awarded for the top team finisher in each age group, male and female. **THE TOP 3 FINISHERS IN EACH INDIVIDUAL EVENT AT FINALS AUTOMATICALLY QUALIFY FOR ALL STARS.**

All Stars:

This is the last meet of the season. For each age group there are 18 slots to fill for 10&Unders and 21 slots for 11&Overs. The top 3 swimmers in each individual event at championships automatically qualify for this event. In cases where swimmers qualify in both of their events the fourth-place finisher in the first, then second, etc. events will qualify until all slots are filled. The format for the All-Star meet is a pentathlon. Each swimmer competes in five events: FREE, BACK, BREAST, BUTTERFLY, and INDIVIDUAL MEDLEY. Placement is determined by lowest cumulative time.

BANQUET:

A banquet will be held at the end of the season (after the All Star meet) for all swimmers and their families. There is a small fee to attend the banquet. Music, an awards presentation and a video slideshow will be featured. Pizza and cake will be served.