



Team Handbook 2022-2023

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Mission Statement

Weymouth Waves Swimming has high expectations. We are committed to providing a challenging, supportive, and fun environment, to teaching good values that reach beyond the pool, and to giving our swimmers the opportunity to reach their full potentials in competitive swimming.

The Vision of the Waves Swim Team is to be recognized as the model for swimming development from novice to national level, and to develop swimmers to the highest levels of national and international swimming. We are a long-term focused developmental program with focus on building athletes who want to compete at their highest level possible for themselves.

Team Values: Teamwork, Dedication, Integrity, & Toughness.

Team Objectives:

1. Provide stability and consistency throughout the program with a staff of professional coaches. The coaches direct the overall philosophy and direction of the team.
2. Promote goal setting throughout the program.
3. Develop each athlete's independency and emotional stability.
4. Encourage and reward "work-ethic." Success is the result of proper hard work.
5. Develop sportsmanship, team unity, and leadership qualities.
6. Prepare for the next step; entering into the collegiate ranks; academically and athletically.

Waves Training Groups:

“SENIOR A” TRAINING GROUP

This is our highest, most demanding, and most competitive senior training group. Swimmers range from New England champs to Futures and Junior National level swimmers. Ages are generally 14 to 18. During the school year swimmers attend 6 to 7 training sessions per week at 2 to 2.5 hrs per session; during the too-short summers and peak training periods during the school year, this number increases. These swimmers are committed to high-level performance. They represent the team in various national-level travel meets.

“SENIOR B” TRAINING GROUP

One level below the Senior A in both performance and commitment levels is the Senior B training group. This is a more diverse training group than the Senior A group, and is aimed at athletes, generally at the local level, who are increasing their commitment to swimming and working to the New England champs and Sectionals levels of performance. Senior B swimmers are aged 13 to 18, and there is a range from 5 to 7 practices per week at 2 hrs per session.

“JUNIOR A” TRAINING GROUP

The Junior A group is the highest training and commitment level in the junior program. Swimmers are aged 10 to 13 years old, with the 10 year olds at the AA level and higher, the 11-12's usually at the AA level and higher, and the 13-14's ranging from BB to A levels. The competitive focus for this group is on the New England championships. Swimmers are expected to attend 4 to 5 practices per week at 1-1/2 hrs per session, with perhaps more during the summer, as determined by the coach. While still focused on technical improvement, we also train. There is a strong focus on preparing the Junior A swimmers for future high level senior swimming.

“JUNIOR B” TRAINING GROUP

The Junior B group is for swimmers aged 9 to 12 at a local/regional performance levels. Swimmers attend 3 to 4 training sessions per week at 1-1.5 hrs per session. The training focus is on developing a very strong technical background, beginning the aerobic buildup that will be emphasized in the Junior A group, and teaching the kids to “think like champions.”

Weymouth Club Membership

All members of the Weymouth Waves are required to be members of the Weymouth Club. The club is very supportive of our swim team and allows us to use all of the facility. This enables us to build a program with resources no other team in the Greater Boston Area can claim. We are very pleased to be a part of the club. If your swimmer is a family member of the club, there are no additional dues. If you are not family members, the Club provides us with a special Junior Membership for the swimmers. The cost is \$399 dollars a year; a monthly option of \$39 is also available. After October 1st this membership fee goes up to \$429/year.

USA Swimming/New England Swimming Registration:

Beginning September 1st 2022 ALL swimmers will be required to register with USA Swimming under the new SWIMS 3.0 platform. This effects all swimmers and clubs nationwide. See our team web page for the link to follow. THIS IS REQUIRED FOR ALL MEMBERS IN ORDER TO PARTICIPATE IN MEETS.

Upon registration with The Weymouth Waves on Team Unify, please double check to make sure your swimmer's DATE OF BIRTH, ADDRESS, MIDDLE NAME is accurate and correct.

Meet Entry Fees

In order to reserve our team's spot in meets we need to enter early into meets. We will set the deadline according to what is posted on New England Swimming's website. Parents and swimmers are responsible for "committing" to attend the meet, or we cannot guarantee they will be entered.

All members are required to pay for meet entry fees accumulated throughout the season. Meet fees will be tabulated for each meet and added onto your online account. There will be a \$5 coaches' travel fee added to each meets fees. Every month that your account incurs meet fees, an invoice will be sent out to your email and will be billed accordingly. Invoices will be sent out on the first of each month that you have incurred charges.

IMPORTANT: The Waves coaching staff will select the appropriate events for each swimmer.

IMPORTANT: For the Senior A and Senior B training groups, the coaches will assume that each swimmer in these training groups will be attending each team meet that they qualify for and will thus enter all swimmers from these groups; if your swimmer cannot attend, it is incumbent on you to let thecoaches know immediately upon our sending out the tentative entries. *Unless stated otherwise in outside communication

IMPORTANT: There will always be a deadline date spelled out in an email. The Coach/admin will sendthis email at least twice with the deadline date. This deadline is called a "scratch" deadline, which is a contractual obligation we need to fulfill to the host team we're visiting for the meet. You **MUST** let us know if your child is NOT swimming for that meet or you will be billed for the meet regardless of participating or not. The Weymouth Club is contractually obligated to pay the host team for the number of swimmers we provide in the final entry file. No exceptions.

Travel Trip Fee

Travel Trips are scheduled throughout the year, often with a large team traveltrip open to all team members in December.

The Senior groups may have travel opportunities if qualified in December, January, March or April, and August to higher level competitions. All travel is optional, but highly encouraged.

Billing for travel trips will be a flat amount that will post to your account on the 1st of the month a month prior to the travel. In order for swimmers to attend the trip their travel trip fee must be paidprior to departure.

Communication

Website: Newsletters, announcements, upcoming events, meet info, results, and special interest items will be posted on a regular basis on the Website. We encourage parents and swimmers to check the team website sporadically throughout the week.

Update Emails: Most weeks we will be sending out an update through email to your main email linked to your team account. It will contain all major items of note for that week. Please read it carefully. It is also located under the news tab once you are logged in.

Social Media: We will post regularly to our Facebook and Instagram page. We hope that all Parents, Swimmers, and their friends and relatives will follow along. We also hope that they will help spread the news on the Waves. Instagram: @weymouthwavesswimming
Facebook: Weymouth Club Waves

Parent On Deck Policy

The Weymouth Club Waves has a "no parent on deck policy". This is due to our USA Swimming insurance coverage, the Weymouth Club operations and programs, and most importantly to allow the swimmers to focus on the coach's instruction without any outside distractions. We thank you in advance for adhering to the policy.

Parent Code of Conduct

As a parent of a swimmer and member of Waves Swim Team, I will abide by the following guidelines:

Practice teamwork with all parents, swimmers and coaches by supporting the values of: Perseverance, Honesty, Accountability, Commitment and Teamwork.

As a parent, I will respect the coaches' decisions on all group placements, practice types and meet entries. I realize they know best and will not question their judgment.

As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck or at the team hotel during travel meets.

I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at all meets and practices.

I will maintain self-control at all times. I understand the roles of all involved:

Swimmers Swim

Coaches Coach

Officials Officiate

Parents Parent

I understand that criticizing or using abusive language or gestures directed toward coaches, officials, chaperons and/or any participating swimmer will not be permitted or tolerated.

I will support the Waves Swim Team, its swimmers, coaches and other parents with positive communication and actions.

During competitions, I will direct questions or concerns regarding decisions made by meet officials to a member of our coaching staff.

Sanctions: Should I or a family member conduct myself in such a way that brings discredit or discord to the Waves Swim Team, or USA Swimming, I voluntarily subject myself to disciplinary action. The Weymouth Waves and the Weymouth Club maintain the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

As a parent of a child on The Weymouth Club Waves Swim Team, I agree to follow the Weymouth Club Waves Team Parent Code of Conduct at all times.

Behavioral / Discipline Policy

Our program is designed to offer each swimmer the opportunity to excel in a positive and safe environment. All swimmers are expected to behave in a mature manner when at practice and meets and to treat all others with respect. Any swimmer behaving in a manner that is deemed by the coaches to be either inappropriate or distracting to other swimmers will be subject to the following procedures:

- Coach will notify swimmer that their behavior is not appropriate and must be stopped.
- If behavior persists or if actions are grave enough to warrant deemed necessary by the coach, the swimmer will be removed from practice and the parents will be contacted to pick-up their child.
- The swimmer will not be allowed to attend the next practice until the parents have discussed the issue with the Head Coach, with the swimmer present.
- If the above actions are not able to resolve the issue, at the discretion of the Head Coach, a swimmer may be suspended for a period of time or permanently removed from the team.