***Welcome to the Rochester Rapids Swim Team!***

Your child’s registration, health and emergency form have been submitted - now what?! Use this informational sheet to help you get acquainted with the team.

***Practice Details***

**Two-Week Trial:**

If you are participating in a two-week trial, it will begin on either the first or third Monday of the month.

Contact Coach Hannah (hefedeli@gmail.com) or Coach Austin (apn2994@gmail.com) to identify the most appropriate age group for your swimmer.

**Practice Schedule:**

Practice days and times depend on the group that your child is assigned. **Swimmers access the pool via the locker room and should meet the coaches on deck about 10-15 minutes prior to the start of practice**. Swim bags, coats etc. must be locked in lockers or brought onto the pool deck area. **Parents are not allowed to watch practice on deck.** It is a liability and a space issue. Feel free to watch from the observation area upstairs or better yet – go out and get yourself a coffee or do some grocery shopping!

The schedule below is subject to change, depending on Adams Street pool availability.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Level** | | | | |
| **1** | **2** | **3** | **4** | **Seniors** |
| **Monday** |  | 6-7PM | 6:30-8PM | 6-8PM | 6-8PM |
| **Tuesday** | 6-7PM |  | 6:30-8PM | 6-8PM | 6-8PM |
| **Wednesday** |  | 6-7PM | 6:30-8PM | 6-8PM | 6-8PM |
| **Thursday** | 6-7PM |  | 6:30-8PM | 6-8PM | 6-8PM |
| **Friday** |  |  |  |  | 4:30-6PM |
| **Saturday** | 2-3PM | 2-3PM | 1:30-3PM | 1-3PM | 1-3PM |

**Group Descriptions:**

|  |  |  |
| --- | --- | --- |
| ***Level*** | ***Age Group*** | ***Group Description*** |
| Level 1 | 6 to 11 | This group is for swimmers who are new to competitive swimming or need to learn the four competitive strokes. Primary focus for this group is Freestyle and Backstroke. Swimmers will be introduced to starts and turns, safe swimming, and having FUN! Placement in this group is largely based on age and experience. |
| Level 2 | 8 to 13 | This group is for swimmers that are working toward developing all four competitive strokes. Primary focus for this group is improving Butterfly and Breaststroke. Swimmers will continue to build on Freestyle and Backstroke, as well as starts and turns. While placement in this group is largely based on age, a swimmer’s ability will also be a consideration. The goal of this group is to prepare swimmers for the jump to Age Group swimming and participation in swim meets. |
| Level 3 | 9 to 14 | For swimmers ages that can swim all four competitive strokes, building toward racing distances. While technique is still the main focus, swimmers are introduced to speed and endurance sets, a regular practice schedule, and competition. |
| Level 4 | 11+ | For swimmers ages 11 and up, the focus shifts to training while continuing improvement of the four competitive strokes. Swimmers are introduced to training programs, building swimming strength, and race strategy. Swimmers will also work with the coaching staff to create goals for the season. Consistent practice attendance and participation in meets is expected before moving on to the Senior Team. |
| Seniors | High School | This group is for swimmers ages 13 and up that are ready to refine their strokes and focus on training for competition. Senior Team swimmers will work toward mastering stroke technique and are involved in a variety of more intensive training. Senior Team workouts are intended to challenge swimmers to grow as teammates and competitors. Swimmers in this group will work with the coaching staff to set and reach short and long-term goals in and out of the water. |

***Swim Team Information***

When you join the Rochester Rapids Swim Team, your swimmer becomes a member of the USA Swimming Team. The website: [www.usaswimming.org](http://www.usaswimming.org) is a tremendous resource for you –please take a moment to familiarize yourself with all that this organization has to offer! Our team is assigned to the Niagara District of USA Swimming ([www.niagaraswim.org](http://www.niagaraswim.org)) and the Rochester-area USA Swimming Teams are part of the Genesee Valley Swim League (GVSL).

There are some great mobile applications that you will find useful to track your swimmer’s progress, such as: *Deck Pass*, *Meet Mobile* and *OnDeck*. The Rochester Rapids team alias used by some of these sites is: nirrst

***Communication Methods***

Our team is “powered by TeamUnify” – a wonderful on-line resource for managing a swim team. Most of the information listed in this document and lots more can be found on this site: [www.rochesterrapids.com](http://www.rochesterrapids.com) Once our registrar enters your registration information, you will receive an email about how to create an account.

***Registration for the Recreation Center***

Anyone needing access to the recreation center must fill out a City of Rochester Recreation Registration form. This can be done on or before the first day of practice. All registrants will receive a key tag to “scan in” upon arrival. This is required for the two week trial. Parents are encouraged to fill out a form as well - that way you’ll be able to observe practice and attend parent meetings. There are also a couple of annual social events you won’t want to miss! Everybody scans in when entering!

***Who runs the team?***

Family volunteers! All team functions except coaching are performed by parent volunteers – these functions include board positions (President, Vice President, Secretary, Treasurer, and at-large members), social event coordinators, fundraising coordinators, membership recruiters, a meet manager, a registrar, and equipment manager, etc! Let us know how you would like to get involved

***Team Social Events***

The Rapids hold several social events throughout the year, which we would like each swimmer and their families to participate in. These events are a great way to get to know the Rapids Community. Typical events include: Our annual holiday party in December, a Carbo Load party before our Championship events in the Spring, a “Silver, Blue and Gray” Meet – where the kids compete against their parents in fun meet at Adams Street, and our end of season awards banquet.

***Team Communication Meetings***

Each year, the team has three mandatory communication meetings for families. In September/October we conduct a meeting to orient you to the team and to discuss the meet schedule for the year – we also elect new volunteer board members at that time. In February/March we have a meeting to prepare for our Championship season. In June, we have an end of season meeting to review the accomplishments of the season, and discuss options for summer swimming.

***Team Fundraisers***

The Rapids conducts three Team Fundraising events – these events are designed to be fun ways to connect with other swim families, while raising funds for special team equipment and to ensure the financial stability of the team.

Our fundraisers are: 1) Election Day Bake-Sale at Adams Street Rec Center, 2) Applebee’s Pancake Breakfast and 3) The required USA Swimming-sponsored “Swim-A-Thon”.

***Meet Types***

The meet calendar will be finalized at the end of September and will be available hardcopy and on our website.

Genesee Valley Swim League (GVSL) meets are mandatory for all swimmers, There will be GVSL junior meets for our 12 and under swimmers, GVSL senior meets for our 13 and older swimmers, and a couple of GVSL combination meets for the entire team. At the end of the regular meet season (March/April) there will be a GVSL Championship-style meet for all swimmers.

Swimmers can participate in additional invitational style meets as they are interested and able – some of the invitational-style meets require achievement of certain cut-times for participation.

***Meet Registration and Payment***

Our meet manager registers swimmers for meets and the individual events at each meet.

*We use an “OPT-OUT” system for meet registration.* An email will be sent electronically through our team-unify system to confirm attendance at meets. Important note: the default setting for a swimmer is that he/she WILL attend the meet. Remember to opt out on-line if your child cannot attend.

Our team typically pays a fee (about $5.00) for each swimmer to participate in a meet and an additional fee (about $3.50) for each event swam. $50 from a swimmer’s registration fee is used to establish an escrow account for these meet fees. Meet expenses are deducted from the account throughout the season.

*If you forget to “Opt-Out” for a meet your swimmer is registered for, and he/she does not attend, your escrow account will still be charged.*

Meet Fee Escrow balances at the end of the season will be returned to swimmers or carried over to the next season.

***Meet Responsibilities for Swimmers and Parents***

Swimmer Preparation:

**Swimmers need to arrive at the pool 15 minutes before the scheduled warm-up for the meet.**

Parents should check the meet program (available at the meet for a few dollars) to determine the list of events your swimmer will participate in.

Please create an **Event Matrix**, written with a black sharpie marker, on your swimmer’s hand, so they can quickly reference which events they will swim, as well as the heat # and lane # they are assigned to. Meets move along quickly and this will help prevent swimmers from missing an event. A matrix like this works great:

|  |  |  |
| --- | --- | --- |
| Event # | Heat # | Lane # |
| 2 | 4 | 7 |
| 11 | 6 | 2 |
| 17 | 2 | 5 |

Parent’s Meet Responsibilities:

Parents are encouraged to attend all meets to cheer on the team. Meets are run by parent volunteers! All the officials and timers are family members of the swimmers. So please be prepared to volunteer at every meet your swimmer attends. Typically, the Rapids families are assigned to be meet timers, and we will communicate a schedule of which lanes and time slots you will be assigned to cover. We are always looking for parents to volunteer to become certified as a meet official, since we are required to provide at least one for every meet we attend.

Don’t be nervous about timing or officiating. These are often the best spots to watch a meet!

***We hope this document provides information that answers most of your questions. If after reading through it you still have questions, please don’t hesitate to contact one of our Board members:***

[***rrstboardpresident@gmail.com***](mailto:rrstboardpresident@gmail.com) ***or*** [***rrst.register@gmail.com***](mailto:rrst.register@gmail.com)