

SHARKS ARE IN THE WATER



Chehalem Swim Team

Parent Handbook 2014 / 2015

Welcome to the Chehalem Swim Team!

The purpose of this handbook is to provide parents with the basic expectations and functioning of the Chehalem Swim Team (CST). It is not intended to answer all questions. Please engage your swimmer's coach, or members of the CST Board for answers to questions not addressed in this handbook.

HISTORY

The Chehalem Swim Team (CST) was founded in 1970 by the Chehalem Parks and Recreation District. The club's purpose at that time was to provide a feeder system for the high school team. This remains one of the club's functions today; however since 1970, the club has expanded its goals to include establishing a comprehensive competitive program for our community. In 1995, the Chehalem Swim Team established itself as a Parent run, Coach led non-profit organization. Since the split, CST has become recognized as one of Oregon's finest programs, and has also stepped up into the national level by virtue of its National Age-Group Qualifiers, Junior National Qualifiers, and Masters National Championships.

MISSION

To develop the character traits, technical skills and intense desire necessary for maximum realization of each individual's potential.

TEAM PHILOSOPHY

The team philosophy is encompassed in the words **COURAGE** and **PERSEVERANCE**.

COURAGE is the willingness to accept risk(s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not fear the outcome.

PERSEVERANCE is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some set-backs. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

Chehalem Swim Team believes that **COURAGE** and **PERSEVERANCE** developed by swimming will prepare the individual for the challenges they will face in life.

COACHING STAFF

Nothing has a greater influence on the quality of children's sports than the excellence of the coaching staff. The Chehalem Swim Team staff consists of professionally trained coaches. They, as member coaches in the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in US Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time.

COACHES RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program. The CST coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve and "to be the best they can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
2. The coaching staff will make the final decision concerning which meets Chehalem Swim Team swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.
3. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer reinforcement and constructive feedback regarding the swimmers' performance.
4. The building of a relay team is the sole responsibility of the coaching staff.

TEAM LEVELS & TRAINING GROUPS

The Chehalem Swim Team uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming, than in the reverse situation.

Hammerhead Sharks - Hammerhead Sharks is the entry-level group for Chehalem Swim Team. Training at this level consists of learning the core fundamentals of freestyle and breaststroke. Swimmers will begin to use the pace clock.

Thresher Sharks - Entry to the Thresher Shark level is a legal breaststroke at age appropriate distance and a grasp of freestyle. This group also refines pace clock reading. The Threshers will learn the backstroke and butterfly.

Bull Sharks - Entry to Bull Sharks is an age appropriate legal butterfly and backstroke, with IM's being the criteria for entry into this level. This is usually the largest group in the club. There will be A/B/C swimmers in this group and there may be Age Group Sectional Qualifiers in this group as well.

Mako Sharks - This training group will also have a very diverse range. There will be high level Age Group swimmers, as well as A/B/C Senior swimmers. Test Sets: 10x50 @1:00 and 6x100IM @2:00.

Tiger Sharks - High School athletes and advancement by coaches invitation.

TRAINING SESSIONS

Training sessions are an important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Therefore, it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program.

Short Course (Sept – April) – The phrase "Short Course" means we compete in pools that are 25 yards in length. Our Chehalem Aquatic Center pool is a 25 yard pool.

Long Course (May – Aug) – The phrase "Long Course" means we compete in pools that are 50 meters in length (Olympic size).

Regardless of the season, all training sessions are conducted at the Chehalem Aquatic Center.

PRACTICE AND ATTENDANCE POLICIES

The following guidelines are to inform parents and swimmers of the coach's policies regarding practice.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups.
2. For the swimmers protection, they should arrive at the pool no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.
3. In the event a swimmer is late or going to miss practice, it is our hope that the parents will notify the coaches via email, texting, or calling. In the event that your child needs to be dismissed early from practice, please notify the coach via email, texting, or by calling. Contact names and numbers can be found on our website: cstsharks.com.
4. At times, the last part of practice can be very informative. Usually, there are announcements made at the end of each practice. It is recommended that parents attend the last part of practice frequently.
5. While on pool grounds, the swimmers are the responsibility of the coaching staff.
 - During practice sessions, swimmers are never to leave the pool area without coach's permission.
 - If any swimmer needs to complete homework before practice or leave practice early to complete homework, he/she must do their homework on the pool deck or bleachers so the coaches will know where he/she is located until parent arrives.
6. The club has an obligation to act as guests while in the Aquatic Center (both swimmers and parents). Any damages to the pool property may result in financial liability of the swimmers parents. Any damage may also result in the swimmer being asked to leave the team permanently.

SWIMMERS TRAINING RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. This is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as an excuse to miss part of a training session. Athletes who do not come prepared for practice may be sent home.

TEAM UNIFORM (Required at all swim meets)

The team colors are **sapphire blue** and **canary yellow**. Three team items are required at all meets – team swim cap, team racing suit, and team t-shirt. The team will provide your swimmer with 2 team swim caps as part of the registration process. This cap is yellow in color with the team logo printed on each side. This cap is available from specified members of the club. Most swimmers should have at least two on hand.

The team racing suit is solid sapphire blue. All team members, including those swimming in an “unattached” status, must wear the team suit in competition. The suit is available at JD Pence Aquatic Supply, as well as on the Swim Outlet website. Championship suits including, but not limited to, the aqua-blade may be a combination of team colors.

The team will provide your swimmer with a team t-shirt as part of the registration process.

Each swimmer on the team is required to wear Chehalem Swim Team t-shirts and/or team warm-ups/sweat-shirts at swimming competitions.

ADDITIONAL TEAM GEAR

Further information will be provided to team members on Items that can be purchased through the team apparel liaison which include:

1. Team t-shirts for parents / families
2. Team sweatshirts & sweatpants
4. Additional team swim caps

TRAINING GEAR (Required to have available at each practice)

Each member of each training group is required to supply their own personal training gear. Listed below is a chart that indicates the gear needed to participate in each group. Gear may be purchased through JD Pence Aquatic Supply, or through the Swim Outlet affiliate partner through our team website.

Group	Fins	Kickboard	Snorkel	Paddles	Pull Buoy	Shoes
Hammer / Thresh	x	x				
Bull	x	x	x		x	
Mako	x	x	x	x	x	x
Tiger	x	x	x	x	x	x

TRANSPORTATION POLICY

It is hereby the stated policy of the Chehalem Swim Team, effective immediately and until either revoked or restated by the Chehalem Swim Team Board of Directors, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the Chehalem Swim Team as a purely private agreement between the parties involved and that neither the Chehalem Swim Team, nor the Chehalem Swim Team Board of Directors, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.

COMMUNICATION

CST utilizes various methods of communication to broadcast information to its team. This includes but is not limited to the following:

Website / cstsharks.com: CST uses Team Unify, a swim team management online platform, for the team website. The CST website is utilized for ALL of our day-to-day operations, including meet information and entries, practice calendar, billing/accounts, events, and news. It is the swimmer or parent's responsibility to double check each meet entry after it is posted. Mistakes sometimes happen in meet entries, however, it is much easier to fix them one month prior to a meet than on the actual day of competition. Please familiarize yourself with all aspects of the CST website since this is the main form of communication to our members. **Team Unify also offers a mobile app called Parents On Deck.** This allows parents and swimmers to view all meet results, time standards, news and more. More information on how to set up On Deck can be found on our website.

Weekly Updates - The team provides an update, typically every week that includes upcoming events/reminders. This is a courtesy, and should not preclude members from keeping up to date via the website.

Bulletin Board - The bulletin board at the Chehalem Aquatic Center provides general information about upcoming events and a copy of the practice calendar.

Facebook – The team has a private, members only online Facebook page. This is primarily for socializing and sharing pictures among the team. Information from the weekly updates may also be passed along via Facebook. This forum is also helpful for members who have a question about practices, carpooling, or other general information.

PROBLEMS WITH THE COACH

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Listed are some guidelines for a parent raising some difficult issues with coaching staff:

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 10-80 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run, the benefits of membership in the group compensate for occasional short term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head age group coach or head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

COMPETITIVE STROKES

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by US Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

Within each age-group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "B", "BB", "A", "AA", "AAA", and ultimately "AAAA". The times required for each ability level are published each year by US Swimming. This permits fair, yet challenging, competition on all levels.

In some cases, a swimmer may be in a different class in each stroke. An example: a "C" breaststroke time, a "B" freestyle time, and a "AA" backstroke time.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification.

TYPES OR LEVELS OF SWIM MEETS

Dual Meets - Occasionally, the Chehalem Swim Team will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

Developmental Meets - These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.

Qualification Meets - These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.

State Championships - At the end of each Short Course (winter) and Long Course (summer) season, a State Championship meet is sanctioned by Oregon Swimming, the governing body of swimming in the state of Oregon. Oregon Swimming sets the qualifying time standards for these championship meets. Generally, the standards fall between the national "A" and "AA" time standards. There are two championships held each season: the Age Group Championship for swimmers 14-Under and the Senior Championship open to any swimmer in the state who has met the qualifying standards regardless of age.

Zone Championships - After the state championships are held in the summer, a swimmer may qualify to participate in the Western Zone Championships by swimming a national "AAA" time. This is an all-star meet where swimmers compete as a member of the Oregon Zone team competing against other states from the West coast and surrounding areas.

Speedo / USS Junior National Championships - One of the highest levels of achievement CST swimmers strive for is the participation in the Junior National Championships. US Swimming sponsors a Junior National meet each season. CST swimmers meeting qualifying time standards for this meet travel to different locations throughout the United States to compete against the best 18-Under swimmers in the nation.

USS National Championships (Senior Nationals) - Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USS National Championships. As with the Junior Nationals, CST swimmers meeting the national qualifying time standards travel to various cities throughout the US to compete against America's best swimmers. Swimmers can qualify for national teams that represent the US in international competition by their performances at Senior Nationals.

MEET SCHEDULE

Each season's meet schedule is distributed at the outset of the season. Please visit our website frequently for the most up-to-date information, as it can and will change as needed.

1. The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. We do not schedule a meet unless we feel it is important to participate. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
2. On an average, we want all team members to compete once every three or four weeks. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification (two meets for "Hammerheads") are scheduled as close as two weeks apart or as far as one month apart. This happens when the meets that the coaching staff chooses offer no other alternative.

LAST THOUGHTS

Remember, many parents and swimmers have been through this all before. You are not alone. The CST membership is a friendly and encouraging one. If you have a question, feel free to reach out to a fellow parent, CST board members, or other swimmers. They will help.

Enjoy the swim!



Tips for Surviving Your First Swim Meet

Though the first swim meet might seem overwhelming, grab your supplies, plan for an exciting weekend, and settle in to cheer for the Sharks!

A few days before the meet, a list of your child's races will be emailed to you, or you can login to your account and review them under the Meet Info. Print, or write them down, and bring them with you to the meet.

What to bring:

- List of your child's races.
- Team uniform** - swimsuit, goggles, CST swim cap, team shirt
- Towels** - **at least 2-3**. Towels will get soaked fairly quickly, and swimmers don't always want to wrap up in a wet towel.
- Change of clothes & deck shoes (flip flops, etc), including sweatpants/sweatshirts for swimmers. They often have to sit for some time between races, and they **WILL** get cold.
- Folding Chairs - Space to find seating can often be a challenge at some pools. Plan to arrive early before warmups to have the best chance at claiming your spot.
- Sharpie marker to write your child's races on their arm, so they can easily see their upcoming events.
- Highlighter/pen to mark your swimmer's races in the heat sheet for your reference.
- Food & drinks. Most pools have concessions, but swimmers burn a lot of energy and need refueling with healthy snacks and drinks.
- Buy a Heat Sheet at the pool (usually \$5) so you know what heats / races your child is in.
- Meets last 3-4 hours, so if you're bringing younger siblings, bring something to occupy them and your swimmer (and even you) to help pass the time.

Sample from Heat Sheet:

Event 12 Mixed 8 & Under 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Finals Starts at 10:32 AM					
1	_____				
2	Boenisch, Jillian J	W6	CST-OR	NT	_____
3	Hanowell, Presley Q	W7	BRSC-OR	NT	_____
4	Kelly, Athena R	W6	LSC-OR	NT	_____
5	_____				
6	_____				
Heat 2 of 4 Finals Starts at 10:33 AM					
1	Putnam, Katie J	W8	BRSC-OR	NT	_____
2	Sanchez, Semi M	W8	Heat-OR	1:08.20	_____
3	Morag, Leo A	M7	BRSC-OR	55.69	_____
4	Krake, Logan C	M7	Heat-OR	57.15	_____
5	Morag, Samantha A	W6	BRSC-OR	1:10.53	_____
6	Croco, Ellie M	W8	LSC-OR	NT	_____
Heat 3 of 4 Finals Starts at 10:35 AM					
1	Clarkson, Quinlan M	W8	BRSC-OR	51.24	_____
2	Roy, Anna M	W7	BRSC-OR	50.04	_____
3	Kalua, Nathaniel X	M8	Heat-OR	49.19	_____
4	Calvi, Gabby M	W7	Cascadia-OR	49.46	_____
5	Crenshaw, McKenzie A	W8	LSC-OR	50.06	_____
6	Miller, Madison A	W8	Heat-OR	52.85	_____
Heat 4 of 4 Finals Starts at 10:37 AM					
1	Norkitis, Annelise M	W8	CST-OR	46.90	_____
2	Cortes, Sam L	M6	LCSC-OR	42.82	_____
3	Rinehart, Jake K	M8	Cascadia-OR	37.16	_____
4	Byles, Stella L	W8	CST-OR	39.12	_____
5	Gerke, Kyla E	W8	CST-OR	45.04	_____
6	Ervin, Lindsay C	W6	Cascadia-OR	47.58	_____

← Event = 12

← Heat = 4

← Lane = 4

Write on swimmer's arm:

E	H	L	Desc
12	4	4	50 free
18	6	2	100 back
24	3	6	50 fly

E = Event
H = Heat
L = Lane
Desc = race

