**SUPERIOR STINGRAYS SWIMMING**

Welcome to the Superior Stingrays Swimming team. Thank you for joining our team. This document is provided by the Superior Stingrays Swimming Booster Association (SSSBA) and is intended to answer questions new swim families may have when joining the team. A Team Handbook written by the coach is also available under the “Welcome” tab on the team website. If you have any additional questions, please feel free to contact anyone on the board or the coaches and we will get your question to the person best suited to answer it.

***Goals****:*  The goals for the team are to teach swimming in a competitive environment and to teach teamwork and respect. The day you join the team is the beginning of a long road to meeting some very high goals and expectations. When a swimmer joins the team they are thought of as a member of our family. We work hard as individuals and as a team. Hard work and dedication are the keys to success in swimming.

**Practice**

***USA Swimming****:* We are a USA Swimming team. ***For insurance purposes, in order to swim at practice or swim at a meet you are required to be a USA Swimming member.*** This requires you to fill out a USA swimming registration form annually and pay the annual dues. This is done when you first join the team and each fall thereafter for the following year. Give the registration form to the coach and put the dues check in the silver box on the coaches’ door. Forms are located outside the pool deck across from the TV room.

***Schedules****:* When your swimmer tried out, Coach assigned them to a practice group. We have three to five practice sessions Monday through Friday. You are expected to come to each practice; however, we understand that sometimes this isn’t possible. A heads-up to the coach (via email) when the swimmer is not going to be at practice is appreciated. Our practice and fee schedule is as follows:

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| --- | --- | --- | --- |
| **Practice Group** | **Days** | **Time** | **Fee** |
| **Sharks** | Mon Wed Fri | 3:30 – 4:15 pm | $60 per month |
| **Silvers** | Mon FriTue Thu | 4:00 – 5:00 pm3:30 – 4:30 pm | $70 per month |
|  *\*Equipment required at each practice: suit, swim cap, goggles, fins, water bottle* |
| **Golds**  | Mon FriTue Wed Thu  | 4:45 – 6:15 pm4:15 – 5:45 pm | $80 per month |
|  *\*Equipment required at each practice: suit, swim cap, goggles, fins, snorkel, water bottle* |
| **Elites** | Mon WedTue ThuFri | 6:00 – 8:00 pm5:30 – 7:30 pm4:45 – 6:15 pm | $90 per month |
|  *\*Equipment required at each practice: suit, swim cap, goggles, fins, snorkel, water bottle*  |
| **Dry-land**: Dry-Land training opportunities may be offered for additional fees. Dry-Land training opportunities may be available outside of this practice schedule. Coach encourages a and recommends all swimmers participate in all available dryland training. |

*\*\*If you cannot make practice, email Coach Alexandra at Alexandra9710@yahoo.com.\*\**

***First weeks of practice:*** Once you are registered and set for practice, all you need for your swimmer is a ***swim suit***, ***goggles***, ***swim cap***, and a ***towel*** – check additional equipment needed depending on practice level.  However, there is nothing more frustrating for a new swimmer than to have a suit that weighs them down and goggles that do not keep water out.  The suit should be a suit that fits snugly.   There are a number of goggles out there but many are not well-suited for competitive swimming.  Swimmers will want goggles that do not fill up with water during practice. Of course, a gym bag to carry everything in is always a good idea.

It is important that the swimmer comes to practice each day on time and with all their required equipment. Kick boards and pull buoys are provided by the club; however at times we have more swimmers than the equipment provided. Some swimmers purchase their own kick boards and pull buoys.

Plan to have your swimmer changed and ready to go at the pool a couple minutes before practice starts. Parents may watch practices, but please remember – no coaching!

**Swim Meets**

***Signing Up for a Meet:*** Sign-up dates for meets are posted on the swim club website https://www.teamunify.com/team/ossss/page/home. There is also a hard copy outside the pool deck and the coaches send out an email with the sign-up. Short Course (SC) season (25-yard pools) runs from October through March and Long Course (LC) season (50-meter pools) is May through August. We usually do not have any meets in September. Swimmers can sign up for as many or as few meets as they choose. The coaches ask, however, that all swimmers attend our home meet, the Superior Southern Oregon Invitational, in October.

Check with the coach to be sure your swimmer is ready to swim at a meet if they are in Silvers. Sharks are not a competitive level group.

An email is sent out when the meet is open for sign ups. You declare “yes” you will be going and pick the events your swimmer will swim. The maximum number of events your swimmer may enter is listed at the top of the events. Or declare “no” your swimmer will not attend. Relays are picked by the coach so be sure to watch for relay teams which are posted in the TV room. Some meets will require qualifying times (Q times) which means your swimmer must have swum that time or better in order to sign up for that event.

***Team attire****:* We have a team store that opens twice a year, usually before the start of short course season and the start of long course season. Team caps are ordered at this time as well as other gear and attire. Bethany Olsen heads this department and will send out an email when the store opens and when she is going to put a team cap order together. Please watch for these emails as there is always a due date. She has to place the order in timely fashion for us to get the gear in by the time our season starts. The store has attire for adults as well; it’s nice for parents to wear team apparel to support our team at meets.

***What to Wear/Pack for a Meet:***  Each swimmer should have a ***suit***, a ***team cap*** (or two), a couple of towels, and a water bottle. Additionally, it’s a good idea to have two sets of goggles. Straps often break and a swimmer needs to have a back-up plan if that happens. Swimmers can wear a suit of their choice as long as it meets criteria, no zippers or ties – this could result in disqualification (a DQ). **A team cap is required at all meets for all swimmers.** This helps the coaches easily locate our swimmers in the pool. It is a good idea to have some comfortable clothes for them to layer over their suits between events. Swimmers try to rest during that time as well, so blankets and pillows are suggested. It can also help to bring a book or simple game to help pass time and have fun with other swimmers. Older swimmers may also choose to bring homework to the meet. Camp chairs are recommended for meets at pools with limited bleacher space. Check with other parents to see if the pool hosting the meet has adequate seating. You may find it helpful to create a checklist of items to pack for a meet; again, other parents are good resources for suggestions.

***Food:*** While concessions are often available, pack plenty of easily digestible, minimally processed foods for your swimmer. Bagels, low-fat cream cheese, grapes, apple slices, peanut butter, nuts, cheese sticks, hard-boiled eggs, and yogurt are all good options. Keep energy drinks and processed foods to a minimum — they are full of artificial colors, flavors and (often) high-fructose corn syrup. Naturally sweetened vitamin waters, fruit juices, and something a little salty are good alternatives for replacing lost electrolytes from intense swimming. Always include plenty of water!

***Check In:*** Swimmers need to check in with Coach before and after each of their events.

***Heat Sheets:*** This booklet contains all the events for each day of the swim meet in the order that they will be swum. Bring a highlighter and a permanent marker to find and mark all your swimmer’s events. The heat sheets are printed by event number, heat, and lane assignments for each swimmer. Heat sheets typically cost about $5.

***Schedule of Events****:* For swimmers to easily be able to know when they are swimming we write in black sharpie on their arm or hand:

 E(event) H(heat) L(lane)

 3 2 6 50 free

 7 5 4 50 fly

 13 8 5 100 breast

This helps the swimmer – while their nerves are high – to easily know when they are swimming in case they forget while waiting behind the blocks. It is ok for them to check with the timer before their event to confirm they are indeed in the correct spot. Thanking the timer at the end of their event is also appreciated as all the timers are volunteers.

***Timing:*** At each meet each team has to supply timers. The number of timers depends on how many swimmers each team has. Sometimes we have two timing chairs, sometimes we could have four. Without timers our swimmers’ swims do not count for time. As parents we are required to help. If all families pitch in, then the same families aren’t always having to time. Usually the timing blocks are two hours, but as a team we can adjust that to an hour if enough parents volunteer. This way each family can enjoy watching their child swim.

***OnDeck****:* OnDeck is a free app for smartphones. As a parent you are going to want to get this app. Once you get the app you use your same login as you do for TeamUnify. You can sign up for meets, see your swimmer’s times, view their upcoming meets, and look up time standards. The list goes on and on.

**Team Activities**

***Fundraising:*** We have an annual Swim-A-Thon to raise money to support our team. This is held in April, usually on a Sunday. Each swimmer is asked to get a monetary donation or pledge per length swam. Swimmers can swim up to 200 lengths (100 laps) or 2 hours whichever comes first. Our younger swimmers can stop at anytime. Our Gold and Elite swimmers usually swim the full 200 lengths. This is a fun event for the swimmers and the parents. We offer incentives for specific donation amounts and we really try to get the swimmers excited and motivated to raise money for our team. We have a feast afterward to feed our starving swimmers. The money is used for senior scholarships, our awards banquet, team events, apparel for state and regional swimmers, our hosted swim meet, equipment, and more. Please help us help our team. The more money we raise the more we can do for our team and our swimmers.

***Awards Banquet:*** Our annual swim awards banquet is also hosted in April. If we can, we hold the Banquet on Saturday, the Swim-A-Thon on Sunday, and call it a weekend. We have a hosted buffet dinner, lots of giveaways, a 50/50 raffle, senior acknowledgements and scholarships, and a lot of swimmer awards given by the coaches. This is a very special event for our swimmers. Please watch the team calendar for the date of this event. It is imperative to RSVP for this event if you will be attending.

***Team Calendar:*** Please stay up to date with what is going on with the team. We have a team calendar on the TeamUnify website. We post all upcoming events and swim meets on this calendar. We also send out emails, but if you want to know what will be happening in advance, please look at the calendar. If there is a planned event, it will be on the calendar.

***Communication:*** Our team does most of our communication through email. If there is a lot going on, expect a lot of emails. Apparel orders, team events, and swim meets are all communicated through email and all have deadlines. Reminder emails are sent out when a deadline is close. Please read through all emails to keep informed about what is going on.

The team also has a Facebook page – Superior Stingray Swimming.

***Deadlines:*** When we have events planned it is very important to RSVP by the deadline. It is very frustrating to have an event and run out of food or not have enough room or tables because we have people showing up that did not RSVP. When we have an event we accommodate the number of RSVPs we have. Please be respectful of those who are planning events and respond by the deadline date.

Being new to the team is exciting but can also be overwhelming. There are always parents at the meets or at the pool that can help new swimmers. Contact the Superior Stingrays Swimming Booster Association (SSSBA) president Theresa Elwood at 541-500-9173 with any questions you have.

**A Note About** **Billing**

***Superior Athletic Club:*** Your swimmer’s monthly fee of $60, $70, $80, or $90 (depending on which group they are in) is billed by Superior Athletic Club (SAC). Arrangements for this payment are made directly with SAC at the time you sign your swimmer up at the front desk. The SSSBA does not play any role in these billing arrangements. Accordingly, we have no access to any direct billing, bank accounts, or any other information that you may have provided to SAC at the time of your swimmer’s initial enrollment. Any problems that arise with your swimmer’s monthly bill should be addressed directly with SAC.

***SSSBA:*** The Superior Stingrays Swimming Booster Association (SSSBA) handles the finances for everything else your swimmer needs to pay for as a part of the team. This includes their annual USA Swimming registration, meet fees, swim caps, social events, fund raising, etc.

If you sign your swimmer up for a swim meet, you should receive an invoice for that meet via email within a week after the sign-up period has closed. If you do not receive an invoice, please contact our treasurer, Mary Carrabba (541-261-9800, mary.carrabba@gmail.com), so we can find out what went wrong.

Meet fees are listed on the meet information sheet that accompanies the meet sign-up on the team website. You will be billed for:

1. athlete surcharge - this amount is set by the hosting swim club for each swimmer
2. event fees – this fee for each event swum is set by the hosting swim club
3. admin fees – this fee is assessed by SSSBA to help pay for the TeamUnify software
4. splash fee – this fee is assessed by SSSBA and is pooled to cover our relay team fees

If you have more than one swimmer signed up for a meet, they will all be billed on the same invoice. Hence, you may see two (or more) athlete surcharges, splash fees, etc.

Please be aware that by the time you receive your invoice, SSSBA has already paid your meet fees to the hosting swim club. Thus, it is your responsibility to reimburse us as soon as possible after receiving your invoice. Invoices are due upon receipt! Our invoices clearly state that if they are not paid within 30 days, your swimmer will be suspended until payment is received. This means that your swimmer will be prevented from entering anymore swim meets until their previous meet is paid for.

Payments to SSSBA may be made by cash, check, or Zelle QuickPay. Please make checks out to SSSBA and either place in the silver box on the coaches’ office door or mail to PO Box 8446, Medford, OR 97501. Zelle QuickPay may be set up to SSSBA using the email address mary.carrabba@gmail.com.