



WELCOME SWIMMERS AND PARENTS

The Redding Swim Team invites you to join our swimming family. The Redding Swim Team is one of 53 teams in Northern California, and is a member of United States Swimming, a national organization with over 750,000 athletes across the country.

Serving Shasta County since 1952, our swim team provides four programs: Redding Aqua Ducks (RAD), Swim America, Redding Summer Ducks, and Redding Adult Swimming. These programs are instructional and educational for people of all ages. Swimmers learn proper swimming techniques, importance of physical fitness, and the rewards of commitment.

Our Mission and Purpose:

The Redding Swim Club and all associated programs are built upon mutual respect and open communications.

Swimmers, Parents and Coaches all have individual roles as part of that community but obviously must interact with each other. The following provides a framework by which to understand these roles and to guide behaviors so that the team can gain the greatest benefits each participant, parent and coach can yield.

The Redding Swim Club has several different programs within its organization and our goal is to provide the best aquatic programs possible for all involved. At times Redding Swim Club and Redding Swim Team names may be interchangeable but the overall purpose, philosophy and goal is the same.

Mission Statement:

The mission of the Redding Swim Team is to provide physical, emotional and social growth of swimmers/members through training and competition.

Redding Swim Team Ethos Statement:

We are a family of swimmers, coaches, parents, and volunteers who provide a fun and friendly environment for athletes of any skill level to compete at their fullest potential. We strive to produce young adults that will become productive leaders in the community by teaching the values of teamwork and dedication.

- ✓ **Teamwork:** Teamwork is essential to the success in swimming. All teammates support each other, making it easier to endure difficult times.
- ✓ **Dedication:** Swimmers and their parents must make sacrifices in order to partake in meets, practices, and other events. Swimmers willfully dedicate a significant amount of their lives to the sport.
- ✓ **Spirit:** As a team, we strive to encourage one another to rise to the occasion and perform with maximum effort.
- ✓ **Positive Attitudes:** The members of our team make every effort to display positive attitudes throughout all circumstances.
- ✓ **Respect:** The respect swimmers express towards one another and coaches demonstrate a sense of loyalty that holds us together as a team.
- ✓ **Perseverance:** Swimmers, parents, and coaches inspire one another to persevere through hard work and challenges.
- ✓ **Family/Friendship:** As a team we are united together through the bonds of shared experiences and passion for the sport.
- ✓ **Responsibility:** Swimmers need to be responsible enough to attend a time-consuming schedule while focusing on many different tasks.

Redding Swim Teams Coaching Objectives:

- ❖ Provide a comprehensive aquatic program that emphasizes the development of lifelong learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.
- ❖ The Redding Swim Club is based upon open communication and mutual respect among Board of Directors, instructors, coaches, participants, parents and officials.
- ❖ The program is to serve as a positive, powerful, productive force for our participants and families.
- ❖ Prepare our members for a path of success, through education and fostering the member's quest for personal improvement.

To provide an attractive program for the participants:

- ✓ Provide the participants with an enjoyable and rewarding experience
- ✓ To give quality instruction in the fundamentals of each program offered: specific athletic skills and strategies to improve participant's success.
- ✓ Sportsmanship, ethical conduct and fair play to be an integral part of the Redding Swim Team
- ✓ Inspiring all athletes to give their highest effort at all times in the pool, also a member of our community
- ✓ To stress the importance of self-discipline in both the pool and the community
- ✓ Teach our participants that dignity, self-worth and self-esteem are achieved through hard work
- ✓ To create a positive atmosphere and a climate that is enhanced when participants work together as a team to represent Redding Swim Team
- ✓ Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a direction for positive and successful outcomes

To make our aquatic programs a source of both participants, family and community pride:

- ✓ Help each participant to interact positively with staff, community and fellow participants
- ✓ Make the team a positive influence on all who come in contact with it
- ✓ To demonstrate the social competence of operating within a set of rules and regulations governing the sports offered

Parent's contribution at swim meets:

- ✓ Always ask if in doubt, the Staff is available to help with your questions and participants questions.
- ✓ SUMMER DUCKS do not have a volunteer hour requirement, but volunteers will be needed, or the event will not occur. Officials are needed; swimmers may not be awarded if not officials volunteer. Training is provided several times this Summer and the Team will pay for the registration. Each Team has to provide officials. It is the responsibility of the Parents to volunteer if needed.
- ✓ Read the emails sent out weekly and check to website on a regular basis.

Parent's review and sign:

- Parents/Guardians need to make sure their information is up to date on our website: www.reddingswimteam.com
- Such as emergency contacts, phone numbers, address, allergies and all information pertaining to your child. Even t-shirt size, birthdate, etc.....
- Parents/Guardians need to read the information about concussions and return to signed page to their child's coach by June 21st.



Summer Ducks Coaching Staff

Our Staff is the finest in the North State:

Director of the Redding Aquatic Center site: Beth Heibel –is a graduate of San Diego State University with a B.A. in Physical Education with a teaching option. She was born and raised in San Diego, Beth competed at the high school and Junior College levels while dabbling in synchronized swimming, water polo and springboard diving. Like most swimmers, Beth worked as a lifeguard and taught swim lessons. Beth was on the Foothill High School coaching staff from 2001 till 2006. She joined the Redding Swim Team in 2001 as the Age Group Assistant while continuing to coach at Foothill. In January 2006 Beth was named Novice Head Coach, she is currently the Head Age Group Coach for the Redding Swim Team. Her forte is teaching new swimmers and her passion is assisting swimmers to fulfill their potential. Beth is a Life Member of the American Swimming Coaches Association and is a certified Level 2 Coach.

Director of the Shasta High school site High School Program: Jim Stack – Jim, came to Redding from Orange County, California in 1995 with an impressive coaching resume that consisted of Head Coaching positions at the Club and High School levels. Jim was recruited to become Head Coach of the Golden State Swim Team which eventually merged with the Redding Swim Team. Jim's coaching experience covers more than 20 years and he is currently the Head Swim Coach at Shasta High School where he also teaches Biology.

Director of the Shasta High Youth site: Chip Mark - Coach Chip Mark is a Redding native and grew up on the Year-Round Redding Swim Team (back then it was called the "Shasta Aquatic Club Bears"). Chip is married to his wife Alicia and together they have two children, Christopher and Amber. Chip has been involved with aquatics all of his life. He worked at the Redding YMCA for nearly 17 years (from 1997-2013) as the Aquatics Director where he taught swimming lessons, coached a Jr. Swim Club for entry level swimmers (many of whom went on to swim for the Ducks), and taught Red Cross Water Safety and Lifeguarding classes. Chip has also coached at the High School level at Redding Christian, American Christian and currently coaches the Shasta High School's JV swim team and assists with the Varsity team. Coach Chip is a familiar face to many around the pools as he has also coached with the Ducks in the past and he is delighted to once again join the Duck family, he shares his love of swimming and children with the community of Redding.

Director of the Enterprise High Youth site: Rose Drake – Coach Rose grew up swimming with the Redding Aqua Ducks. She has been an instructor for Swim America for several years and is a very accomplished swimmer. Rose graduated from Foothill High School in 2013. She swam in college at Alderson Broaddus University in West Virginia where she met her husband (also a swimmer). Rose received her degree in Elementary Education in 2016 and is currently teaching First Grade at Redding Christian School. She loves working with kids and is excited to share her love of swimming with the Duck family. You can't miss her smile.

Assistant Coach: Dana McMurtrey has been a member of the Redding Aqua Ducks Team for over 6 years. She graduated from Shasta High School in 2017 and is currently attending Shasta College. While at Shasta College she was member of the Swim Team and is pursuing her education in the medical field. Dana has coached for several years for the Redding Swim Team and the Swim America Swim Lessons program. Dana enjoys showing what she has learned over her years of swimming to younger kids. Not only does she enjoy swimming year-round but she has made a life time of friends by swimming with the Redding Swim Team. She hopes that kids can learn and love the sport of swim just as much as she does.

Assistant Coach: Tyler Drake grew up swimming for his team in New Mexico. He swam under his dad in high school and eventually continued on swimming in college at Alderson Broaddus University in West Virginia. In college, he set the schools' 100 and 200 breaststroke records. He has also taught swim lessons during many summers in high school. He is passionate about swimming and is excited to coach with the Redding Swim Team.

Assistant Coach: Lily Wyse grew up swimming for the Redding Aqua Ducks with her family and graduated from Redding Christian in 2016. She just finished her third year at Fresno Pacific University and she swam her first two years there. She is currently double majoring in Intercultural studies and Contemporary Christian Ministries. Lily has coached and taught swim lessons for several years for the Redding Swim Team and Swim America Swim lessons. She loves working with kids and really enjoys the sport of swimming. Swimming has greatly impacted her life and she can't wait to share her love of the sport of swimming with the kids.



So, bring your friends and get ready for a fun, safe and exciting swim season with the REDDING SUMMER DUCKS!

SUMMER DUCKS SWIM MEETS/EVENTS 2019

Date	Event	Location	Group Attending
May 6-30	Pre-Season Summer Ducks	Shasta College 4:00 pm	Returning Summer Ducks
June 10	Summer Season Begins	HS Ducks Shasta High 9:00 am Youth Ducks RAC 9:30 am Youth Ducks Shasta High 5:30 pm Youth Ducks Enterprise 6:00 pm	All Summer Ducks
June 20	Summer Ducks Potluck and Time Trial	Shasta College 5:00 pm	All Summer Ducks
June 20	Team Pictures	Redding Aquatic Center 9:00 am	All Summer Ducks
June 27	Relay Meet	Shasta College 5:00 pm	All Summer Ducks
June 27	Last day to register with the Competitive Team		
July 6	Paradise Swim Team Invitational Swim Meet	Durham High School	Summer Ducks – Comp Team
July 18	Summer Ducks City Champs	Shasta College 5:00 pm	All Summer Ducks
July 19-21	Weaverville Invitational Swim Meet	Weaverville Pool Team Camping Trip	Summer Ducks – Comp Team
July 31	Summer Ducks Awards and Team Social	Shasta College 5:00 pm	All
Aug. 2-4	North Valley Championships	Redding Aquatic Center	Summer Ducks – Comp Team
Aug. 5-19	Summer Break		All
Aug. 20	First Day of Fall Season	Shasta College	All

- Practices will not be held if we have a Team Function and/or Swim Meet that particular day.
- If you are unable to attend a Team Function and/or Swim Meet, please let your coach know.
- If you wish your child to be on the Competitive Team – please add \$10 to your registration. The Competitive Team: The additional cost includes registration with United States Swimming but does not include meet entry fee. The Competitive Team will be attending the Paradise, Weaverville Invitational Swim Meets and/or NVAL Championships (Redding).

HOW TO SEND YOUR CHILD TO A SWIM MEET

The following information may be useful to parents and swimmers when entering a U.S.A. swim meet. Follow each step carefully in order to assure your swimmer's admittance into the swim meet. For those who have never been involved with U.S.A., this meet entry procedure may be quite different from anything you have seen before, so please pay close attention to the following.

By signing your swimmer up with our team, you have also registered with United States of America Swimming. This organization provides your swimmer with their insurance - a necessary item. You will receive a card from USA Swimming in the mail and the card will have your child's number on it. Don't lose this card, please. Here is how they figure out your child's number.

Sample Registration Number: 090866MAREWAGN

Name: Mark E. Wagner D.O.B. 09/08/66

Meet sheets are available from your swimmers' coach. The meet sheet explains everything you need to know about that particular swim meet. For example: date, time and location of meet, events offered, number of events a swimmer can enter, surcharges, event fees, etc.

Read the fact sheet, paying close attention to the ENTRY DEADLINE. Memorize this deadline and make sure you send your entries in before this date. Most meet directors will not accept any entries after this date. If the meet sheet indicates a limited number of swimmers, be sure to get your entry in quickly to ensure a spot in the meet.

Choose events. Involving the swimmer in this entry process is very beneficial. It provides the swimmer with a very important sense of "being in charge" of his/her own athletic performance. Parents: please do not push your swimmer into events they definitely do not want to swim. This can make your swimmer lose interest in the sport, and, at worst, the swimmer can begin to resent you for interfering. Leave this kind of coaxing up to your coach.

Entering a swim meet can be done two different ways; hard copy entries and/or online entries. The only exceptions are National level meets and some unique meets that do it the old-school way. In that case, the coach will enter the swimmers. Senior Swimmers, Coach Mark will select the swimmer's events.

ONLINE ENTRIES

Become a Member – Swimconnection.com

Membership is free and will give you access to all the services offered by SwimConnection (add swimmers to your profile, track their performances, email notifications when meet results are in, etc.) Go to <http://swimconnection.com/sn>

On the MEMBER navigation bar at the top, click on Login, and in the "Why Join?" box at the right, click on signup. Simply fill in the form and follow the instructions to activate your account.

Setup your Member Profile

Login at SwimConnection.com by clicking on the "Login" link on the MEMBER navigation bar at <http://swimconnection.com/sn>

When you login at SwimConnection.com, you are taken to "My Account", your personal home page.

This is where you can add swimmers to your profile and setup other preferences.

Click on "Edit Account Properties" on the left-hand side of the page and setup your account to your liking.

Getting Started – Swimmer Home Page

Each swimmer has a home page at SwimConnection.com. If you have swimmers included in your profile, simply click on the swimmer's link on your home page.

You can also access any swimmer home page via the swimmers list (click on the "Swimmers" link on the LSC navigation bar at the top of each page).

On the swimmer home page, you can:

- View the swimmer's best times
- View a history of times for each individual event
- Convert times to different courses
- Compare times against different time standards and see how far the swimmer is from reaching these standards.

Top Results

Click on the Top Results link (on the LSC navigation bar at the top of each page) to view top times per event, course, and age group. A time eligibility for an Age Group can be computed according to the meet's date, or as today's date.

Meet Results

Click on the Meet Results link to access meet results. Quick access to event results is possible through links for each event. See all swimmers that attended the meet for a specific team, and see all the times for a specific swimmer.

Online Meet Entries

Click on the "Enter Meets" link to quickly and easily enter a meet online. The system will insert a swimmer's best times and convert them automatically! Pay by credit card through a secure server and get your personalized meet sheet to take to the meet.

Standards

Click on the "Standards" link to quickly view all time standards of interest for your swimmers. All of these standards are available on the Swimmer Home Page to compare a swimmer's performance against these standards.

Coaches

Coaches have access to a wide variety of reports to help them keep track of their swimmers performances. Click on the "Times Lists" link on the navigation bar. ... **and much more!**

SwimConnection.com offers much more. Simply click on the various links offered on the navigation bars at the top of each page and discover its power. SwimConnection.com is committed to offer your competitive swimming community the best to help you manage all of your swimming data. Tell us what you think and we'll be happy to improve the system for your own specific needs!

HARD COPY ENTRIES

Fill out the Consolidated Entry Card (usually attached to the meet sheet). On this form, you will be required to fill in the swimmer's name, address, phone, age, and USA registration number. (If you have not received your USA registration number, please write in "applied" or "pending"), club name (Redding Swim Team), and the Club Code (RAD). Do not exceed the limit of events per day. You must also acknowledge which events your swimmer wishes to enter by coding the event numbers with submitted best times for those events. If the swimmer does not have a time in a certain event, then they must enter a "NT" (no time) in the space provided.

Check to see if your swimmer's times qualify for the event chosen. Some swim meets put time limits on the events offered. If your swimmer's times are faster than the limit, they can enter that event. If the time is slower than the limit, they cannot enter that event.

Make a check payable to the correct person, club or association for the amount of the pool surcharge and the entry fees combined.

Mail the entry card and the check to the designated address on the meet sheet. Make sure to mail the entries by the deadline. Swim meets fill up quickly, so we recommend entering as soon as possible.

If you want confirmation that your entry was received, send a self-addressed post card along with the entry.

Relays will be scheduled by the coaches the day of the meet. Swimmers will be informed of any relay events at the meet.

Sample Registration Number: 090866MAREWAGN

Name: Mark E. Wagner D.O.B. 09/08/66

WHAT TO DO WHEN YOU ARE AT THE SWIM MEET

Check in – there will be a table near the front of the entrance or on the pool deck. It is usually separated by gender and age. Find your name on the appropriate sheet, circle the events you wish to swim (the events listed are the ones you registered and paid for), initial by either the circled events or your name. If you want to scratch (not swim) an event do NOT circle it.

Find your coach – check in with your coach for team area information and warm up/stretching directions.

Warm ups – this is the time to get acquainted with the pool. Your coach will have a warm up for you that will include starts and sometimes pace work. Check with your coach before you leave the warm up.

Attend team meeting/cheer - information about the meet and relays is given here.

Find your heat and lane assignment – somewhere on or around the pool deck the heat and lane assignments will be posted. Look for the paper with your event number and description. Each heat will have lane assignments, the number in front of your name. Write it on your hand with a sharpie pen to remind you later. You should check your heat/lane about 2 events prior to yours.

Check in with your coach – once you know your heat and lane assignment tell your coach. This will also be the time your coach talks to you about your race, warm up, strategy, things to think about or work on during your race.

Race – You should be behind the blocks of your lane 2 heats prior to yours. Be aware some events move along faster than others. Check with the timers to make certain you are in the correct heat and lane. Listen to the referee's whistles and be ready. Do your best. Get your time from the timers in your lane.

After your race - Warm down; the rule of thumb is warm down twice the distance you raced, i.e. 100 free race equal 200 warm down. Sometimes your coach will give you a specific warm down instruction. Dry off, get warm then if it is a cold day dress warmly, put something on your feet before you approach your coach.

Check in with your coach – Your coach will have information about your race: splits, comments about technique or strategy, suggestions on how to improve.

Before you leave – Check with your coach about relays, finals, team dinner plans and the next day's arrival time. Clean your area and check your bag for all your gear. Thank your parents for bringing you, encouraging you, working at the swim meet so you can swim.

Additional things to bring to a winter meet - Extra towels, extra suits, socks, clothes, and money.

Team Practice Apparel, Equipment, and Uniform Code at Swim Meets

Practice Apparel: All swimmers need goggles and if your child has long hair please bring a swim cap. New swimmers may wear non-competition one-piece suits until a reasonable time has passed to purchase a practice swim suit. Male swimmers may wear jammers or a brief swim suit- ("speedo") style suits. Female swimmers need to wear a one-piece swim suit.

Swim Meet Apparel: We expect our swimmers to wear our **Team Swim Suits**. Team Swim Suits are here: <https://theswimteamstore.net/teamlogin/index/loginpost?username=redding&password=redding123>

Swim Meet Swim Caps policy (for all Team Members)

If a swimmer needs to wear a cap at a swim meet, the swimmers must wear current team swim cap while doing warm-ups and competition.

Swim Meet T-shirt policy (for all Team Members)

While attending a swim meet, all members must wear a RAD Team T-shirt.

For meets that are Championships and have special shirts, the swimmers must wear the designated T-shirt for that meet the first and last day of the meet. If the meet is more than two days, the swimmers must wear Team T-shirt on the middle days.

COMMUNICATIONS

We have a number of communication systems in place to ensure that everyone is up-to-date on important Team information such as schedules, deadlines, and activities. Only Staff and designated members are allowed to use these tools of communication. Abuse of any of these tools can result in dismissal.

Weekly Flash Each week our office sends out an email to our members as a reminder of upcoming events. If you have any information that you would like included in the weekly news flash, please email Mark Wagner at reddingswimteam@yahoo.com

Team Website Our website is used for communications and distribution of information to members and potential members. In addition, the site is used as a billing portal for our members. www.reddingswimteam.com

Redding Swim Team Facebook Our Facebook site is for members, alumni, and swimming enthusiasts for posting pictures and brief communications for the betterment of our team and sport. Members are encouraged to send in pictures.

<https://www.facebook.com/OfficialRADswimpage>

Team Office The Team Office phone number is (530) 246-2666.
Office e-mail is reddingswimteam@yahoo.com
Billing e-mail is rad_billing@yahoo.com

Team Mailing address:
P.O. Box 992112
Redding, CA 96099-2112

Media Responses to Press Releases Press Releases are sent out regularly by staff or designated member with the intent to inform the community. Understand the Redding Swim Team does not control the amount or content the newspaper and/or media outlets report. General Members are not to contact the media for Redding Swim Team business or information, unless authorized.

Summer Ducks Awards and Team Social

All the swimmers will receive a certificate at the end of the year and we honor our swimmers that also are doing well in school with a Scholar/Athlete Award. In addition, awards are presented to swimmers at achieve numerous best times throughout the summer.