



# 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, the 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 always give their highest effort 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:**

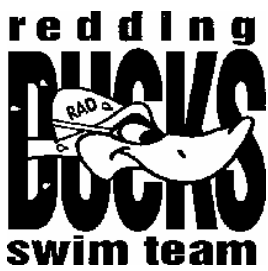
- ✓ Help each participant to interact positively with staff, community, and fellow participants.
- ✓ Make the team a positive influence on all who come in contact with our program
- ✓ To demonstrate the social competence of operating within a set of rules and regulations governing the sports offered

## **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 must provide officials. It is the responsibility of the Parents to volunteer if needed.
- ✓ Read the emails sent out weekly and check websites 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](http://www.reddingswimteam.com)
- Such as emergency contacts, phone numbers, address, allergies, and all information pertaining to your child. Even t-shirt size, birthdate, etc.....



## Summer Ducks Coaching Staff

### Our Staff is the finest in the North State:

**Director of the Redding Aquatic Center site and Shasta College High School Program:** Aaron Turnipseed – Aaron is kicking off his coaching career as the Master’s Coach and also coaches for the Age Groupers in the evenings. He swam on the Redding Aqua Ducks during his childhood and through much of his high school swimming career. He graduated from Shasta High school and swam at Cabrillo College in Santa Cruz and at Morningside College in Iowa, a NAIA school. Aaron has set several meet records in Breaststroke, Butterfly and 200 IM. Aaron intends to further his coaching career with the Ducks and is currently working toward his Level 2 Coaching certification through USA Swimming and looks forward to obtaining future certifications. Aaron has a rich love and respect for the sport of swimming and is devoted to bringing the best knowledge of coaching to the pool every day.

**Director of the Shasta High School site High School Program:** 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 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 pool as he has also coached with the Ducks in the past and he is delighted to join the Duck family once again, he shares his love of swimming and children with the community of Redding.

**Director of the Shasta College Youth site:** Bethany Williams - Bethany is a former swimmer of the Aqua Ducks. She has been coaching with the Aqua Ducks for 6 years and enjoys teaching and coaching the new athletes. She has been teaching swimming for over 15 years as well as being a head coach for local High Schools for the past 6 years. She is the Site Director for our Shasta College site and enjoys helping children of all ages explore swimming. A graduate of Chico State in Kinesiology and movement studies, she brings her knowledge of her degree, her smile and caring nature to our team. She is married to a former swimmer, Chris and has three wonderful children, Clark, Clayton, and Evalette.



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

# SUMMER DUCKS MEETS AND EVENTS

Entry Process	Date	Event	Location	Group Attending
Online Registration	May 1-May 31	Pre-Season Summer Ducks	Shasta College 4:00 pm	Returning Summer Ducks
Online Registration	June 12	Summer Season Begins	HS Ducks Shasta High 9:00 am Youth Ducks RAC 9:30 am Youth Ducks Shasta College 4:00 pm HS Ducks Shasta College 5:00 pm	All Summer Ducks
Coaches	June 15	Summer Ducks Potluck and Time Trial	Shasta College 5:00 pm	All Summer Ducks
Coaches	June 22	Team Pictures	Redding Aquatic Center 9:00 am	All Summer Ducks
Payment on Pool Deck	June 29	Relay Swim Meet	Shasta College 5:00 pm	All Summer Ducks
	June 29	Last day to register with the Competitive Team		
Payment on Pool Deck	July 6	Summer Ducks Swim Meet Intra-Squad Meet	Shasta College 5:00 pm	All Summer Ducks
Parent via Swim Connection	July 8-9	Orland Swim Team Invitational Swim Meet	Orland	Summer Ducks – Competitive Team
Payment on Pool Deck	July 13	Summer Ducks Swim Meet City Champs	Shasta College 5:00 pm	All Summer Ducks
Parent via Swim Connection	July 28-30	North Valley Championships	Redding Aquatic Center	Summer Ducks – Competitive Team
	Aug. 1 - 12	Summer Break		
Online Registration	Aug. 14	First Day of Fall Season	Shasta College	All

- Practices will not be held if we have a Team Function and/or Swim Meet that day.
- If you are unable to attend a Team Function and/or Swim Meet, please let your coach know.

All Summer Ducks Swim Meets will have Thursday Night Meets.

They will be held on June 29, July 6, July 13, and July 20 cost an additional \$10 per child.

The Summer Ducks 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 Orland Invitational Swim Meets and/or NVAL Championships (Redding).

## USA SWIMMERS ONLINE ENTRIES

If you would like to attend our Orland or NVAL's, you'll need to sign up and attend the meeting on June 27<sup>th</sup> at 6:00PM at Shasta College in the classroom next to the gym. Prior to the meeting you will need to create an Account on USA Swimming Website. Directions are in this link:

<https://www.teamunify.com/team/psrad/page/calendar#/team-events/upcoming/1414251>

**Sign up for the meeting link:**

<https://www.teamunify.com/team/psrad/controller/cms/admin/index#/calendar-team-events/job:1485231>

### **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 set up other preferences.

Click on “Edit Account Properties” on the left-hand side of the page and set up 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
- 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 enter a meet online quickly and easily. 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 offering your competitive swimming community the best to help you manage all your swimming data. Tell us what you think, and we'll be happy to improve the system for your own specific needs!

## **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.

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

**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.

### **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 several 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.

**Ducky Digest** 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](mailto: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](http://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](mailto:reddingswimteam@yahoo.com)

Billing e-mail is [reddingaquaducksboard@gmail.com](mailto:reddingaquaducksboard@gmail.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.