

El Campo Red Wave Handbook -2018
www.ElCampoRedWave.com

ABOUT US:

WELCOME FROM THE RED WAVE BOARD OF DIRECTORS

Welcome swimmers and families! Thank you for choosing to spend your summer with the Red Wave Swim Team. We truly appreciate your support and are certain that by working together, we can make this an exciting and positive experience for your child. We rely on our parent volunteers and would like to welcome you into our organization. If you have any questions, please do not hesitate to contact any board member, coach, or veteran "swim parent" for answers. Club information, schedule changes, and updates are listed on our website at www.elcamporedwave.com.

MISSION STATEMENT

To provide to as many children as possible affordable access to quality training in competitive-style swimming; to work with each child to achieve his/her full potential as a participant in team aquatics; to foster good sportsmanship and a "team first" attitude through the inspired leadership of parents, coaches, and officials.

PHILOSOPHY

As a sport, swimming is an incredibly demanding skill that tests any athlete's ability. We ask our athletes to compete at all distances in all strokes as often as possible. Through this practice they can determine which stroke(s) and distance(s) produce the best results, while also improving their performance of the other strokes. We hope through this program to give each athlete encouragement, responsibilities, goals and the direction by which to achieve these goals. More often than not, this approach results in a self-motivated, honest, intelligent, mature, and self-disciplined athlete. Medals, ribbons, and awards are nice, but often can be deceiving. An individual's standard of excellence is determined by self-improvement, self-accomplishment and self-determination. We are here to benefit the swimmers and to provide a positive learning experience.

BENEFITS OF SWIM TEAM PARTICIPATION

- enhanced swimming ability
- increased endurance
- greater self-esteem and self-confidence
- preparation for competitive swimming
- proper stroke techniques for competitive swimming
- proper techniques for starts, turns, and finishes for competitive swimming

OUR AFFILIATIONS:

EL CAMPO AQUATIC CENTER *2613 Blossom Meyer Drive, El Campo, TX, 979-543-1468*

All practices are held at the El Campo Aquatic Center. All members of the Red Wave Swim Team must have a membership at the Aquatic Center. There are various types of membership packages available, as well as, a discounted Red Wave membership. Please check with the staff of the ECAC for options.

COASTAL CITIES AQUATICS ASSOCIATION "CCA" *www.ccaaswim.org*

CCA is a group of 10 amateur teams in the area consisting of: Angleton, Alvin, Bay City, Freeport, Lake Jackson, Richmond-Rosenberg, Palacios, West of the Brazos, and Wharton. Meetings are held twice a year. We pay dues to CCA in exchange for additional insurance coverage, ribbons, and other managerial needs. All regular meets through Championships are swum with these teams under CCA.

TEXAS AMATEUR ATHLETIC FEDERATION "TAAF" *www.taaf.com*

TAAF is not part of the CCA program but is an organization that promotes amateur athletics in its various sporting forms, swimming being one of the represented sports. TAAF provides regional, state, and national swim opportunities for our athletes.

RULES OF CONDUCT

- Swimmers, parents, and coaches are expected to conduct themselves in a manner that will bring credit to themselves and the Red Wave Swim Team. Please treat the facilities and other teams with the proper respect.
- Swimmers should wear goggles at all practices and meets.
- We would like the parents to help us with behavior and compliance. Please instruct your child to be courteous to his/her teammates.

AGE DIVISIONS

Divided by boys and girls, ages grouped as follows: 6 & under, 8 & under, 9-10, 11-12, 13-14, 15-17 (15-18 at the Championship meet), and adults 18 and up.

STROKES

There are four (4) strokes that your child will learn during the course of a swim season – freestyle, backstroke, breaststroke, and butterfly. There are also individual and team events that combine all these strokes. Every swimmer will be encouraged to compete in each event at least once during the season. This will help the swimmer develop and improve on his/her performance of each stroke, as well as give everyone a chance to participate in all events. The coach will have the responsibility to assign swimmers to different events to ensure that every swimmer has the opportunity to participate in a variety of events. Times are recorded at each meet and will be used to determine the swimmer's best stroke/strokes when preparing for the championship, regional, and state meets. The head coach will have final approval of all event entries.

INDIVIDUAL EVENTS

Every swimmer will compete in at least two (2) individual events during the regular swim meets, along with the possibility of relay participation. Assigned individual events will vary week to week. The head coach will have final approval of all event entries.

RELAY EVENTS

It is the goal of Red Wave to have as many relay entries as possible at every meet. Times will be compiled for individual events at each meet and will be updated weekly. Swimmers will be selected for relay events based upon the following criteria: individual event time, attitude, and practice/meet attendance. The head coach will have final approval of all relay team entries.

The coaches will make a determination regarding the participants of the relay teams that will represent Red Wave Swim Team at the Championship and Regional/State swim meets. The relay teams may not necessarily be the same for both Champs and the Regional/State meets. The coaches will ask those participants and their parents to confirm their commitment to represent the team at both the Regional and State meets before finalizing the Regional relay entries. Four (4) swimmers will be assigned to each relay, along with up to two (2) alternates. The head coach will have final approval of all event entries.

PRACTICE

After-school practices will begin each year in May. Times may vary from year to year and will be posted accordingly on the website. Do not enter the water until instructed by a coach. No parents on either end of the deck area during scheduled practice times.

IMPORTANT NOTE TO PARENTS

Please allow the coaches to work with the swimmers during practice sessions. If you need to talk to your child's coach, please do so before or after practice, but not during practice. We encourage you to use e-mail or a phone call if this is more convenient. If you cannot come to an understanding with the coach, please request the help of the board. Additionally, individual coaching may be available by the Red Wave coaching staff outside of team practice times for additional fees. Please ask the coaches directly.

MEETS

It is not necessary for swimmers to attend all the meets, but just as with practices, we encourage our swimmers to participate in as many meets as possible. The coaches certainly understand that vacations and other summer activities may interfere, but please communicate your expected absences to the coaches as far in advance as possible. If your child plans to attend the meet, the coaches will be following up with them the

week of the meet. If for some reason your child is signed up and unable to attend, please inform your coaches as soon as possible. Swimmers must compete in at least one (1) season meet to be eligible to compete at Champs. Regional and State Meets. Refer to CCAA rules, Section II (Note I) Competitive Eligibility

WHAT TO EXPECT

Saturday meets begin at 8:30 am with warm-ups at 7:30 am. You will need to arrive at least ten (10) minutes prior to warm-ups. Red Wave parent volunteers (known as "Ready Parents") representing each age group will inform the swimmers of the events in which they are entered for that meet. Prior to each event, the swimmers are called by event number to the "ready bench," a staging area where the swimmers are lined up by lane assignment.

A list of recommended items to bring to each meet:

- Lawn chairs
- Blankets
- Towels
- Team swim suit (may wish to pack a spare swimsuit in case of emergency)
- Extra goggles and swim cap (a spare of each is a good idea too)
- Water, healthy snacks/drinks – Gatorade, fruit, peanut butter, and granola bars, etc.
- Sunscreen
- Tents/Awnings – check with other parents as space is usually limited
- Cash for concession purchases.

MEET DATES AND LOCATIONS

This schedule will vary and will be posted on the website. Maps to each facility are available on the CCAA website at www.ccaaswim.org. Also, the CCAA website will post meet results. These may take several days to be updated, but you can track your child's event times as the season progresses.

REGULAR MEETS

All regular meets will be held on Saturdays with the meets starting at 8:30 a.m. Times are kept for all swimmers. The CCAA utilizes a computerized system for seeding and swimming the meet. A "Heat Sheet" may be posted online the night before a meet, but many changes can be made before the meet begins. Some teams sell heat sheets the morning of the meet. Ready Parents and Coaches will have the most up to date sheets.

CCAA CHAMPIONSHIP MEET

The normal CCAA swim season runs from May to July and is capped off with a Championship ("Champs") meet. The meet is usually divided into two sessions with 10 & under swimming in the morning, and 11 & up swimming in the afternoon. Custom designed medals and ribbons are awarded. A swimmer must have competed in at least one season meet to be eligible for Champs.

TAAF REGIONAL MEET

This meet is usually the weekend after Champs, and more teams attend. It is a qualifying meet, with the top two to four places (depending on the number of registered swimmers in our region) going on to compete at the TAAF State Meet. The TAAF Regional Meet is open to all swimmers age 17 & under with a TAAF number (included with your membership fee). There is an entry fee (around \$6.00) per event. Red Wave coaches make the entries and collect these fees at about the same time we plan for Champs.

TAAF STATE MEETS

If your child qualifies in any event(s) at the Regional level, s/he becomes eligible to advance to the State Meet in that event(s). You will be responsible for registering and paying for entry into those events before you leave the Regional meet. Cash should be brought to the Regional meet for this purpose.

State Qualifiers will continue to train up to the week of the meet. There is an additional coaching fee of \$10.00 per swimmer. The Red Wave board will send out hotel rooms of choice to stay at the State Meet. Information will be available on our team website. If your child wins a medal at a State meet, s/he becomes eligible to swim at the State Games of America, a national event, in odd numbered years. National Qualifiers may also pay the State Coaching Fee and continue to train whether or not they swim at the State Meet.

TAAF Winter Games of Texas – This is an individually entered state meet put on by TAAF, usually in mid-January. Any swimmer may compete, but if s/he registers and trains beyond December 31, s/he must compete or lose eligibility to swim in the summer. Visit www.taaf.com for more information. Some Red Wave swimmers team up to form relays, but some use the opportunity to swim with friends from other parts of the state. Some local swimmers team up to practice together and/or hire a coach, but nothing is officially done through Red Wave.

VOLUNTEERS

Our program cannot succeed without our parent volunteers. This is especially important when we host meets at our home pool. Each family is responsible for at least one job per meet.

Officials - two to six volunteers needed per meet. Every swim team must have an adequate number of swim officials present to make certain that the meet is efficiently run and meet CCAA. To become a volunteer swim official, ask for more information from a board member.

Computer Systems - one to two volunteers needed per home meet. You would be in charge of helping to set up the computer the evening before a meet. At the meet you would make corrections to entries, make sure the timing pads are running correctly. As the meet comes to a close you also would print out labels for ribbons, send results to the CCAA, and store the computer system. The coach may need your assistance during the week with entries.

Timing Console Operator - one to two volunteers needed per home meet. You would assist the Computer Systems person and run/reset the timing console between each race.

Head Timer - one volunteer needed per home meet. The Head Timer gets all of the timing pads, cords, and other equipment ready for the meet the evening before. On the day of the meet, s/he will time every race. Should another timer's watch not work, s/he would hand off one of her or his two stopwatches being used.

Runner - one volunteer needed per home meet. You will collect timing sheets and help to deliver stop watches as necessary. It will be your job to also post heat sheets in key locations at the pool the morning of the meets as soon as the official one is ready from our Computer Systems volunteer.

Timers - 16 timers are needed for each meet. If we are "home," then we only need a few Red Wave people in the chairs and the other teams will help to fill the spots. If we are "visiting" another pool Red Wave needs to volunteer to help the other team.

Ready Bench - five volunteers are needed at each home meet: two volunteers for the boys' bench & two volunteers for the girls' bench. Two volunteers will put the swimmers in order by event and by lane and two will escort the upcoming race to the starting blocks. The fifth volunteer will fill in or tag team with the other ready bench volunteers so that each parent can see their own child swim.

Ready Parents – seven volunteers needed for each and every meet including Champs. One Ready Parent per age group Boys and Girls. You can use a ready parent apron to put a heat sheet into and identify you to the swimmers. You will use a Heat Sheet to bring swimmers in your age group to the ready bench at the appropriate time, and make sure they have their gear like caps & goggles. Many Ready Parents write the events on the arms of their swimmers with permanent marker. There will only be one ready parent for all swimmers 13 and up.

Ribbon Pickers - three volunteers needed at home meets to hand out blue, red, and white ribbons for each individual heat to swimmers 10 & Under. Carded ribbons will be given to the coaches to give out for all 10 and under swimmers at the meet. Participation ribbons only will be handed out for the 25-Free. You will work in the timing area and must watch for who finishes in what position.

Ribbon Table - two volunteers are needed at home meets to stick labels on ribbons.

Meet Set Up – seven volunteers can complete this task in less than one hour. We usually begin at 7 p.m. on Fridays. Computer, Timing Console, and Head Timer coordinate to set up systems, set out supplies, and check equipment. Other volunteers coordinate to prepare the aprons and ribbons for Ready Parents & Ribbon Pickers.

Visiting - When we visit other teams, it is necessary for some of our parents to volunteer to officiate, time, or help on the ready bench in addition to our parents who are Ready Parents.

Other Volunteering Needs

Board – seven positions, one-year commitment September-August. You will provide leadership through all aspects of the year, make business decisions from financial to personnel, and play a key role during the summer season. Each role on the board also has certain duties. See the bylaws for specifics.

ROLE OF THE HEAD COACH

- Responsible for all levels of swimming
- Directly coach at least one level
- Communicate with and directly supervise all assistant coaches
- Teach all swimmers competitive swimming strokes
- Set workout schedule
- Set workout groups
- Has prompt attendance at workouts and meets
- Design and oversee all training groups
- Responsible for athletes and assistant coaches at meets
- Encourage and exemplify teamwork
- Motivate all swimmers
- complete and submit meet entries each week
- Communicate with parents regarding their questions and concerns
- Provide an opportunity for each child to reach his/her full potential in competitive swimming
- Encourage good sportsmanship among team members towards each other and other teams
- Ensure that each swimmer is exposed to a safe learning environment, both physically and emotionally
- Conducts him/herself as a professional
- Represent the El Campo Red Wave Swim Team in a positive manner at all times.

NOTE: The attached “Code of Conduct” must be signed by a parent or guardian and returned as part of the registration form packet.

*Suggestions are always welcome and can be submitted to any board member via our website.

2018 Red Wave Swim Team Code of Conduct

Created in part and adopted in 2000 by the National Youth Sports Safety Foundation, Inc. Used with permission.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.

I also agree that if I fail to abide by these aforementioned rules and guidelines, I will be subject to disciplinary action determined by the board and coach(s) that could include, but is not limited to the following:

- Verbal Warning by official, head coach, and/or head of team or league
- Written Warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Meet forfeit through the official or coach
- Parental season suspension

Signature of Parents or Legal Guardians

Date