

# Rollingwood Rockets

## Swim Team Handbook



**Welcome to the Rockets!**

The Rockets' primary philosophy is to promote recreational youth swimming in a safe, inclusive, fun and supportive environment with a competitive spirit. As always, our kids come first! We want our swimmers to cherish their days as Rollingwood Rockets – the fun they have at practices and meets, the special friendships made, and the excitement of competition and being part of a team. By encouraging our swimmers and families to focus on improving skills, physical fitness and good sportsmanship rather than just winning, we hope to create an enjoyable experience for all. At the same time, we set high standards and try to teach the swimmers that discipline and hard work can help them attain their goals. These are lessons they can apply not only to swimming, but to other areas of their lives as well, such as academics, athletics and life in general.

## **COMMUNICATION**

Our main methods of team communication are e-mails, Facebook Private Group (“Rollingwood Rockets Families”, family folders (found in swim room file) and our team website. Please utilize this link for all details related to team practice times and swim meet schedule:

[www.rollingwoodrockets.com](http://www.rollingwoodrockets.com).

### **EMAILS:**

Please read ALL team emails as they include important and timely information.

- Emails will be sent prior to each meet and will include: swimmer commitments, volunteer sign ups, meet details, and pool location.
- Emails will also be sent prior to team events and will include all the necessary details you may need in order to participate.
- Emails may also be sent from our coaches regarding changes to practice times, groups, or other changes to team procedures.

### **FAMILY FOLDERS:**

- Please check your family folder regularly for important information about team events and for **swimmer ribbons**. (Family folders are located in the plastic bins inside the swim room.)

### **WEBSITE:**

- Please visit our team website at [www.rollingwoodrockets.com](http://www.rollingwoodrockets.com) for important team information including:
  - Practice Times and Dates
  - Meets/Events
  - Team Records
  - Rockets Gear
  - Team News
  - Registration Information

### **COACHES:**

- Our coaches will make themselves available to speak with parents as requested, but please remember that coaching and swimmer safety are their priority during practice and swim meets.

Please be considerate and refrain from approaching coaches on deck during practice whenever possible. There are generally a few minutes between each practice when a coach may be able to speak to parents. If not, please send an email to request information or time to chat.

## **2022 Board Positions**

President  
Head Coach  
League and Champs Rep  
Volunteer Meet Coordinator  
Fundraising Coordinator  
Secretary  
Treasurer  
Registrar  
Director of Meet Operations  
Parliamentarian  
Webmaster

## **TEAM SWIMSUITS**

- All swimmers should wear a team suit when possible for meets. If a team suit is not available, a black suit may be worn instead.
- **All swimmers should wear a team swim cap at all swim meets.**
- Details on purchasing team suits will be shared prior to the first meet.

## **RULES FOR SWIMMERS AND PARENTS**

- Swimmers should be on deck and ready to get in the water at the start of your assigned group practice time. If a swimmer is more than 10 minutes late, it may result in the swimmer not practicing that day. This will be determined by the coach on deck.
- Please inform the coach upon arrival if a swimmer needs to leave practice early.
- Swimmers should always listen when the Coach is talking.  
NOTE: Swimmers are expected to pay attention and participate in practice. Behavior that is distracting or bothersome to other swimmers is not acceptable. The coach will decide on the appropriate discipline.

- Parents are expected to pick-up swimmers promptly at the end of the swimmer's practice session.
- Parents who stay for the practice must stay off the pool deck and refrain from talking to the Coaches or swimmers during the practice session.
- Any parents with other children not participating in the swim practice are fully responsible for supervising their children.

## **VOLUNTEERING (Active Member)**

Parent volunteering makes the recreational swim season possible, functional and fun. Without volunteers, swimmers cannot compete and swim meets cannot run. For parents who are involved in the excitement of a meet, time seems to pass more quickly. In working with others, friendships develop, which leads to camaraderie, added excitement, and fun. It takes over 3,000 volunteer hours to run a swim season. Volunteers are essential to our meets and programs running smoothly. We literally could not do it without you! What this means is that you are committing your child and yourself to the team.

With that in mind, we are making strides towards ensuring that no one person shoulders too much. Many hands make light work! If we do not have enough individuals volunteering for positions, we end up with families committing themselves to multiple committees and not able to enjoy watching their children swim. Please keep this in mind as we move into our new season this year.

### **Volunteer Expectations:**

- Each family is expected to volunteer at each meet in which your swimmer participates.
- Each family is expected to volunteer to support at least one additional team event as a volunteer.
- Each family is expected to contribute an auction or raffle item to our annual silent auction and swim-a-thon event.

### **Volunteer Opportunities:**

- Silent Auction/Swim-A-Thon
- Movie Nights
- Pasta Feed
- Ice Breaker Social
- Coaches Appreciation Week
- Awards Night
- Booster Club Board
- League Board

## **SWIM MEETS**

Swim meets are hosted and operated solely with volunteer support from the Rockets family

members (Active Members). Each parent or guardian is required to volunteer throughout the season (Please see the Volunteer Coordinator for specific needs). Everyone's help is essential at each meet in order to make the meet run smoothly and efficiently.

## **SWIM MEET BASICS**

1. Sign your swimmer(s) up for the meet on the team website prior to the designated deadline.
2. Arrive at meets and report to the check-in table no later than 7am.
3. Check-in with your team parent. Let them know where you are sitting and find out where they are sitting.
4. Listen for warm-up announcements and be ready on deck for designated warm-up time.
5. Check heat/lane assignments before and after scratch session.
6. Swimmers must report to Ready Bench when their event is called. Listen for announcements to avoid missing races. It is the responsibility of the swimmer to report to the Ready Bench on time.
7. Assure you have cleaned up after yourself prior to leaving the meet.
8. Help with team breakdown.

To participate in the Championship Meet, (which is a desired goal for all swimmers) **swimmers must compete in a minimum of two individual events at two Northern California Swim League dual meets.** There are two invitational meets scheduled this year, which are optional, self-entry meets, and do not count towards this requirement.

Swimmers and other children should not be running around or sitting at the edge of the pool, as this interferes with the duties of the meet officials.

Swimmers and family members must stay out of any secondary pools that exist at some of the facilities, unless specific permission is given by the coach.

## **AWARDS**

Ribbons are awarded to each individual at all dual meets for first through sixth place for each heat. Families are asked to collect their ribbons from their family folder regularly. Ribbons are usually in the folders on the Tuesday following the meet. Additionally, at our end-of-season awards night event, the coaches will give special awards to swimmers in categories of their choosing, to recognize individual achievements and accomplishments during the season.

## Parent/Swimmer Contract

### Parent Code of Conduct:

As a Parent of the Rollingwood Rockets Swim Team, I will abide by the following Code of Conduct:

1. As a parent, I will practice teamwork with all parents, swimmers and coaches by supporting the values of Sportsmanship, Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at practice or meets, from the stands or any other area, or interfere with coaches on the pool deck.
3. As a parent, I will demonstrate good sportsmanship by conducting myself in a manner that projects respect, grace and thoughtfulness at practices and meets in order to earn the respect of my child, other swimmers, parents and coaches, as well as the officials, coaches, parents and swimmers at other teams.
4. As a parent, I will maintain self-control at all times. I will know my role and participate in making the team “work” and the environment a friendly one. (i.e. - Swimmers – swim, coaches - coach, Officials – officiate, Parents – parent).
5. As a parent, I will strive to enjoy my involvement with the Rollingwood Rockets Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
6. As a parent, I will be sure to have my child(ren) to practice and meets on time, and I will be sure that coaches are notified when that is not possible.
7. As a parent during competitions, I will make sure that questions and concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
8. As a parent, I understand that outward criticizing, name-calling; use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmers is not permitted and will not be tolerated.
9. As a member of this team, I realize that each parent or guardian must volunteer their time. I understand that this team cannot operate smoothly when we don't do our job(s). I realize that I must volunteer my time at both home and some away meets, and our championship meet at the end of the season. If and when my swimmer cannot participate in the meet, or I am not able to work, it is MY responsibility to alert the volunteer coordinator.
10. As a member of this team, I also realize it is my responsibility at meets to inform my child's team parent where we are sitting. I also understand that it is my responsibility to be sure my child is in the proper place at the proper time when the team parent escorts the swimmers to the ready bench.
11. As a member, I **promise to be aware of my other children**. Practices and meets are fun social events, but my children who are not swimmers should not be allowed to run free without any constraints.

### **Swimmer Code of Conduct:**

As a swimmer and member of the Rollingwood Rockets Swim Team, I will abide by the following Code of Conduct:

1. I will conduct myself with dignity and pride, and I will have respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules and any rules required by my coach.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff members, I will work to leave my team area in a neat and clean condition at the conclusion of each practice or meet session. I understand that this also applies to pool locker/rest rooms, bleacher areas, pool decks, and setup staging areas.
5. I will practice, project, and teach good sportsmanship.
6. I will practice and promote positive team spirit and morale.
7. I will offer congratulations and encouragement to my opponents.
8. I will support my teammates at practice and at competitions. I will work with my teammates as a unit in a way that will benefit each team member. I will not put myself above the needs of the team.
9. I will follow the verbal directions of the coaching staff. I will not be disrespectful towards another team member, my coach or parent.
10. I will respect the rights and space requirements of other groups using the swimming facility. I will not interrupt the practice of others using the pool and facilities.
11. I will follow the Rockets Code of Conduct at our home as well as out of town meets and events.

### **Prohibited Swimmer Behavior:**

At no time will the following be accepted...

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Abusive attitude and/or destructive behavior.
- Inappropriate or unruly behavior, including fighting or striking another swimmer. • Inappropriate language (swearing or derogatory comments).
- Stealing and/or vandalism.
- Bullying or purposefully isolating another swimmer.
- Interference with the progress of another swimmer during practice or at any other time.

**Consequences for Violation of the Code of Conduct:**

This code shall be in force for all Rocket swimmers during practice, during swim meets, and at events sponsored by or in which the Rollingwood Rockets Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, being sent home from practice or meets, expulsion from the team without refund, being barred from competition, or receiving any other disciplinary action that the Board deems necessary when a member fails to adhere to the Code of Conduct.