



**STEAMBOAT  
SWIM TEAM**

**TEAM HANDBOOK**

## **OUR TEAM**

Welcome to the Steamboat Springs Swim Team! We are a competitive year-round USA swimming team for swimmers ages 6-18. We run five separate seasons of swimming throughout the year. Swimmers can choose to train year-round or seasonally. New swimmers must have a try out before registering for the team. Returning SSST swimmers who have not swam for more than six months are required to have a try out. Please contact Coach Patti to arrange a try out ([pworsley@oldtownhotsprings.org](mailto:pworsley@oldtownhotsprings.org)). If your swimmer's group is full, your swimmer will be put on a waitlist.

## **Mission Statement:**

Steamboat Springs Swim Team strives to provide a safe, and positive environment for swimmers to develop as athletes and people. Through compassionate and caring coaching, SSST works to promote healthy life choices, fitness, teamwork, cooperation, and positive attitudes with each of our swimmers.

## **Our Philosophy:**

We strive to encourage our athletes to follow our four SSST guiding principles both in and out of the pool:

**S**how respect for yourself, parents and teammates and know how to best represent yourself in public

**S**how respect for your coaches and their knowledge

**S**et and achieve long-range goals in swimming and life, and make wise choices at home, school and in the pool

**T**ry your best in the pool and out, practice with positive and purposeful effort every day

## **Minimum Requirements: (Except when we offer Lightning)**

- 6 years of age:
- 25 yards continuous freestyle (no stopping on the bottom of the pool)
- 25 yards swim/kick on back (no stopping on the bottom of the pool)
- 50 kick with a kick board
- 1 minute of treading water in the deep end

Our coaches are dedicated to focusing on the needs of every athlete, not just the fastest swimmers on the team.

## **Swim Sessions:**

- Fall: end of August - late October (approx. 6-8 weeks)
- Winter: two sessions.
  - Winter 1: late- October - late December (approx. 7-10 weeks)
  - Winter 2: beginning of January – mid March (approx. 10 weeks (about 2 and a half months))
- Spring: mid- March - mid May (approx. 6 weeks)
- Summer: mid- May - end of July (approx. 12 weeks)

## **Swim Meets:**

Our swimmers are expected and encouraged to swim at least one meet per session.

Swim meet fees and coach travel expenses are not included in Swim Team registration fees. Expenses resulting from swim meets will be charged to your card on file with an additional \$10 surcharge.

Example expenses for an average swim meet:

Meet Fees \$45  
Coach Travel \$65  
SSST Surcharge \$10  
Total \$120

Once event entries to a meet are submitted to the meet director no refunds will be given for any entry fees.

Swimmers are expected to only swim at meets that the team is attending as a group.

## **TRAINING GROUP REQUIREMENTS AND EXPECTATIONS:**

### **Apparel and Equipment**

[SquadLocker](#): SSST team apparel (tees, sweats, shorts, pants, polos, jackets, vests, hats etc.)

[MI Sports](#): customized Steamboat swim parkas, swimsuits, fins, paddles, goggles, nose clips, pull buoys, tech racing suits etc. can be ordered here.

Old Town Hot Springs front desk: Black swimsuits, goggles, SSST Latex and silicone caps are available for sale. Team SSST shirts - coming soon.

We also offer customized SSST swim caps for sale 1 or 2 times per year. The swimmers can have their names put on the caps.

Swim stores are often set up larger swim meets to purchase equipment and apparel.

### ***DEVELOPMENT TEAMS GROUPS:***

#### ***Lightning: (ages 6+)***

12.5 yards continuous freestyle  
12.5 yards flat/kick on back  
25 kick with a kick board  
1 minute treading water

This is our development team for newer swimmers getting a feel for the swim team atmosphere. This session is runs in Fall, Spring and Summer (providing there is pool space available). This group focuses almost 100% on technique of all strokes, with an emphasis on freestyle and backstroke. Swimmers will be introduced to and begin practicing proper starts, turns, and finishes as well as basic training sets and games. They will learn to maintain correct technique for 25's and some 50's. We expect swimmers to participate in SSST Mini-Meets (when they are offered) to become familiar with rules and competitive situations. Some travel meets are suitable for Lightning swimmers once they can complete a 25 swim without touching the bottom.

- Required equipment:
  - Water bottle, SSST swim cap, 2 pairs of tight-fitting junior goggles (one clear and one tinted), black swimsuit, SSST t-shirt.

#### ***Thunder: (ages 6+)***

25 yards continuous freestyle  
25 yards flat/kick on back  
50 kick with a kick board  
1 minute treading water

This is our development team for newer swimmers getting a feel for the team atmosphere. This group focuses almost 100% on technique of all strokes, with an emphasis on freestyle and backstroke. Swimmers will be introduced to and begin practicing proper starts, turns, and finishes as well as basic training sets and games. We would like Thunder swimmers to develop a feel for the water and begin developing general body coordination and strength. They will learn to maintain correct technique for 25's and some 50's. We expect swimmers to participate in SSST Mini-Meets and one travel meet to become familiar with rules and competitive situations.

- Required equipment:
  - Water bottle, SSST swim cap, 2 pairs of tight-fitting junior goggles (one clear and one tinted), black swimsuit, SSST t-shirt.

## **COMPETITIVE TEAM GROUPS:**

### **Bronze: (ages 8+)**

75 yards freestyle  
Legal 50 backstroke  
2 minutes treading water

Swimmers are expected to be proficient in freestyle and backstroke with a basic knowledge of breaststroke and butterfly. Coaches will emphasize stroke development in all four strokes as well as perfecting and legalizing all starts, turns, and finishes. Swimmers will gain a basic understanding of proper training and strengthening technique as well as proper swimming etiquette. They will develop general body strength and coordination and will be introduced to race technique. Swimmers will be expected to attend Mini-Meets and at least one competitive meet, preferably Aspen or Craig, per session.

- Required equipment:
  - Fins, water bottle, SSST swim cap, 2 pairs of goggles (tinted and un-tinted), black swimsuit, SSST team t-shirt, mesh gear bag.

### **Silver: (ages 9+)**

150 yards continuous freestyle  
Legal 100 IM  
2 minutes of treading water

€ Swimmers are expected to be proficient in all four strokes as well as have legal starts and turns. Swimmers will improve race technique and improve upon pacing and acceleration. Coaches will focus on technique progressions and stroke development. This level begins to improve and develop muscle, aerobic, and anaerobic conditioning while practicing race strategies and tactics. The goal of this group is to enjoy swimming at a more competitive level. Swimmers should begin to recognize positive training choices to benefit themselves on the team. Swimmers are required to attend at least one-three meets over the course of each season.

- € Required equipment:
  - Fins, paddles, snorkel, water bottle, mesh bag, SSST swim cap, 2 pairs of goggles (tinted and un-tinted), updated list of best times in yards (laminated), black swimsuit, two team t-shirts, SSST parka or sweatshirt and sweatpants.

**Gold: (ages 11+)**

10x100 Free 2:20

8x100 IM 2:50

3000-5000 yards per practice

Streamlines to the flags (minimum) off each wall (2/2/2 back side front fish kicks) with proficient turns and starts are required. Swimmers are also expected to be proficient in all four strokes. Swimmers will be expected to train for and attend highest qualified meet(s). Swimmers will be expected to attend as many practices as possible, although occasional excused absences will be allowed with prior coach notification. We understand that at this level, swimming may be a secondary or training sport for your swimmer. We expect that they commit to as many practices as possible, considering their other sports, commitments, clubs, etc.

- Required equipment:

- Fins, snorkel, paddles, nose clips, kick board (suggested), Jr. pull buoy, water bottle, mesh bag, functioning tempo trainer, SSST swim caps (2), goggles (tinted and un-tinted), updated list of best times in yards (laminated-- Patti can help you out), black swimsuit, two team t-shirts. SSST parka or sweatshirt and sweatpants.

**Senior: (ages 12+)**

10x100 Free 1:40

8x100 IM 1:50

3500-5500 yards per practice

Year-round participation is not required...but we'd sure like it if you did! Streamlines to the flags (minimum) off each wall (2/2/2 back side front fish kicks) with proficient turns and starts. Also expected to be proficient in all four strokes. Swimmers are expected to train for and attend highest qualified meet(s). Swimmers will be expected to make every workout available, although occasional excused absences will be allowed with prior coach notification. Regular meet attendance is mandatory.

- Required equipment:

- Fins, snorkel, paddles, nose clips, kick board, Jr. buoy, SSST swim cap (2), water bottle, mesh bag, functioning tempo trainer, updated list of best times in yards (laminated-- Patti can help you out), black swimsuit, two team t-shirts (one black and one other color), SSST parka or sweatshirt and sweatpants.

**EQUIPMENT:**

All swimmers are required to have all the equipment listed on the appropriate equipment list above. Swimmers must bring all required equipment in working order to every practice. Please label all equipment and apparel with your child's name.

\*Reminder: Jolyn brand, tie-back, or two-piece swimsuits are not permitted at practice or at meets.

**LOST AND FOUND:**

SSST has a lost and found container in our swim locker. Any lost apparel or equipment will be put there if it is found on deck. The OTHS front desk also has a lost and found. Your swimmer's items could end up in either place. Please ask your swimmer to look for their lost items in either of these locations. We will keep the items for 2 weeks in the swim team lost and found. The front desk will keep them for a shorter period. Please label all equipment and apparel with your child's name, it will be much easier for them to find their lost items.

**GROUP PLACEMENT PHILOSOPHY/PROTOCOL:**

Our SSST Coaches work to ensure that the swimmers are placed in proper groups for their skill level and maturity so that they will continue to develop and shine as a swimmer and as a part of our team. We regularly assess all our swimmers to make sure this happens.

Our team is formed with 5 seasons per year. Many other teams have yearly registration instead of on a season-to-season basis. Because of our unique structure, swimmers may stay in their practice group from one to multiple years. When registering your swimmer for the next season, please sign them up for the group that they have been registered for during the last season. Coaches will contact you and your swimmer if they are to move up and register for a higher practice group. If you have not heard from your coach about move-ups, please sign your swimmer up for their same group. Some of the factors driving group placement are a swimmer's commitment/effort, attendance, meet participation, prioritization of the sport, maturity (physiological, emotional, and actual age). Group placement is to be determined by the coaches-- please trust that we are working every day to help your swimmers grow both in and out of the pool!

**INCLEMENT WEATHER:**

We follow the weather policies of the Old Town Hot Springs.

### **Lightning Policy**

Pools will be closed for 30 minutes after the most recent lightning strike or sound of thunder, as reported by the lifeguards. **EVEN IF THERE IS A STORM IN THE VALLEY, ALL SWIMMERS ARE STILL REQUIRED TO SHOW UP FOR THEIR SCHEDULED PRACTICE TIME.** Each group's coach may decide individually if their group is to stay throughout practice to complete goals and other team activities or if they are excused and may go home early. Please do not email coaches or call the front desk to ask about cancellation of practices. Coaches will have swimmers call their parents from the pool if they are to be picked up. There will not be any makeup practices.

- You can also call the front desk of the Old Town Hot Springs at 970-879-1828, 15 minutes prior to practice time to see if the pool is open, only for early morning practices.

### **Cold Air Policy**

1) Download the Weather Underground application at wunderground.com or on the App Store

2) In the search bar, enter: KCOSTEAM38

3) Check out the weather data.

- If the temperature registers at -10 or below for the early morning practice, we will cancel practice. Please check your Weather Underground app 15 minutes prior to practice to determine if swim practice is on. If the temperature registers at -9 or above practice will still be held.
- You can also call the front desk of the Old Town Hot Springs at 970-879-1828, 15 minutes prior to practice time to see if the pool is open, only for early morning practices.

### **Air Quality Policy**

We follow the Old Town Hot Springs policy.

### **MEDICAL/INJURY POLICY**

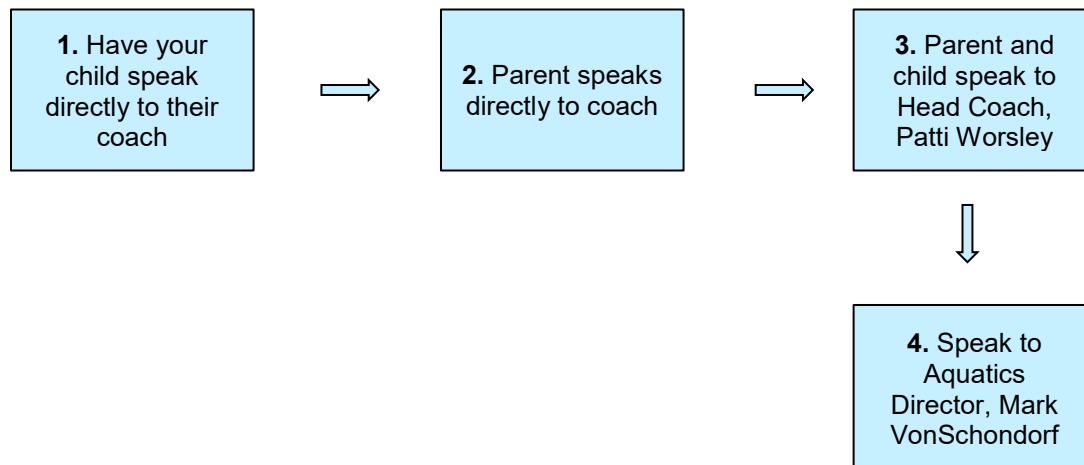
If a swimmer is injured with frequent pain while swimming that has coaches concerned, coaches will require a medical release form from a physician to continue swimming at both practices and meets.



## **PARENTS' ROLES:**

- Please make sure your swimmer regularly attends practices, dry land (if applicable), and meets. The more practices your swimmer attends, the more opportunities they have to improve their technique and get faster!!
- Support your swimmer by being on time and prepared for all practices, meets, and team functions.
- Get involved in the team (i.e., do more than just be a timer at meets. There are officiating positions available, and we are always looking for parent leaders for each group).
- Read your emails, the website and review the online calendar at least 1-2 times a week for updates. Coaches will not be emailing you unless the information within them is important and necessary for you and/or your swimmer to know.
- Educate yourself and make friends with other parents.
- Help our team to be its own community! Be only positive and supportive as a team.
- Attend meetings and ask questions.
- Always refer to the coach for *anything* swimming related.
- Demand sincere effort, integrity, team commitment, responsibility, accountability, and academic focus from your swimmer.
- Think fun and positive!! If you or your swimmer has any concerns, check out the chart below to understand the next best step to handle your concern.
- Cultivate enthusiasm for our team and encourage other parents to do the same! Support SSST when talking to parents and/or friends and present a positive impression of the coaches and swimmers. There are always little ears around and it is important to support the staff and team publicly.

## **Chain of communication:**



## **COMMUNICATION:**

Communication is the key to a successful experience in the Steamboat Springs Swim Team. Communication from coaches will be primarily through email. You will also receive emails from Team Unify for your billing and meet reminders. Please read all emails carefully!!! For all billing and registration questions please contact OTHS Aquatics Director, Mark VonSchondorf at [MvonSchondorf@oldtownhotsprings.org](mailto:MvonSchondorf@oldtownhotsprings.org) (970)-457-1206. To stay fully informed and engaged, we encourage you to check out our website frequently at [www.steamboatswimteam.com](http://www.steamboatswimteam.com). If you have a specific question or concern regarding your swimmer, please go directly to your swimmer's coach. Most questions can be answered quickly at this level. The coaches' emails are listed on the Team Unify website-- click on "Coaches" at the top left of the page. If you need additional assistance, please contact [pworsley@oldtownhotsprings.org](mailto:pworsley@oldtownhotsprings.org)

## **EXPECTATIONS OF PARENTS:**

### ***At meets:***

- Before arriving at the meet, please review the meet information under the Events tab at [www.steamboatswimteam.com](http://www.steamboatswimteam.com). This information is incredibly useful! Print out the information for the upcoming meet so that it is readily available throughout the weekend. In addition to this packet of information, the meet program is a necessity for all parents/swimmers to purchase or print off for each meet.
- The meet information will have the address of the pool/meet at the top of the page. We suggest you use google maps to map your location to the facility.
- Help your swimmer write their events on their arm (before warm-up when possible) with their event number, heat number, lane assignment, and event so that they (and you) are aware! For an example of how this should look, check out the diagram on the next page.
- Make sure your swimmer is at the meet dressed and ready to get into the pool at least 15 minutes prior to the first scheduled warm-up time. Swimmers should be dressed in their black racing suit, SSST team cap, and SSST team t-shirt. Other optional clothing includes SSST parkas, sweatshirts, sweatpants, jackets, etc. We want our team to look like a team! All swimmers are expected to wear their SSST team logo apparel to all meets. Swimmers are to sit together at the pool, not in the stands or by themselves.
- Personal cell phones are not permitted at meets unless they are to check Meet Mobile or to contact parents. Swimmers should not be playing games on their phones during meets. Swimmers are encouraged to cheer their teammates on and support each other throughout the meet.

- Pack a small cooler with healthy snacks (i.e., fruit, peanut butter, healthy bars, crackers, etc.) and lots of water for your swimmer to use on the pool deck. Sports drinks are okay in moderation or diluted with water.
- Once at the meet, please keep in mind that the coaches are busy with the swimmers and races at hand. We hire professionally trained coaches—please trust in our abilities to effectively coach and provide efficient feedback to your child before and after races. Please leave the coaching to the coaches.
- We politely ask that as parents, you support and encourage your swimmers before and after their meet. The deck area around the pool is for swimmers and coaches only. We appreciate your compliance with this USA Swimming rule!

## **NEW SWIM TEAM PARENTS:**

### **What to Expect at Your First Swim Meet- A Guide to the Aspen Meet**

Aspen has a great facility, with a wonderful 6 lane yards pool. There is a limited amount of seating indoors (1 set of small bleachers, and scattered benches), and plenty of seating on the adjacent grass area. Most of us bring lawn/camping chairs and big blankets and set up to hang out in the grassy area when our swimmers are not in the pool. Coach Patti suggests that all the families try to sit together - it is great for the younger and older kids all to hang out together and get to know each other (and the parents too!). Remember that first thing in the AM it can still be very chilly, while it can be hot inside the pool area - so be prepared with lots of layers. And bring sunscreen!

If the weather does not hold (e.g., freezing or raining) - then everyone will be inside. This will be a big meet, which means it will all be a little crowded, but still fun! We will still try to sit together as a team if space allows.

Bring food - there are concessions, but really nothing very nutritious. Bring food for yourselves, and most importantly for your athlete to snack on in between events - ideally something with protein. Make sure you give them something that they have eaten before and have not had problems with! It is important to keep them well hydrated and well-nourished throughout the meet. Small but consistent snacking is OK - it is important not to overload the stomach with too much food at one time (we do not want anyone sinking to the bottom!!). Some food ideas - peanut butter and jelly sandwiches, nuts/trail mix, dried fruit, fresh fruit, hard boiled eggs, avocados, deli meat. Most of us bring small coolers for perishables. Coach Patti encourages all swimmers to eat nutritious healthy snacks at the meet and stay hydrated.

Swim meets, especially ones of this size, can take time. Your swimmer will have an event close to the beginning and end of the session. We encourage you to stay and cheer for your teammates! And please cheer for your swimmer - but remember they cannot hear you while they are in the pool!!

If your child makes a mistake or has a bad swim - no big deal. This meet is designed to be fun and to learn from. Many swimmers will disqualify or "DQ" on some events- this means that they did something technically that they were not allowed to do - for instance on breaststroke you must touch the wall with 2 hands at the same time. Stay positive, and your swimmer will have a great meet no matter what. Some families have a "DQ rule" - if they DQ, to make them feel better, they let them go to DQ for a sundae ;)

**"Psych Sheets"** - this is a preliminary list of swimmers in each event. Usually listed fastest to slowest. Many of your swimmers will have "NT" which means that they have no time recorded from a previous meet. Coach Patti sent out the link to Psyche Sheets to all the families attending Aspen. They are usually posted on the host team website, or on [westernslopeleague.org](http://westernslopeleague.org) sometime during the week before the meet.

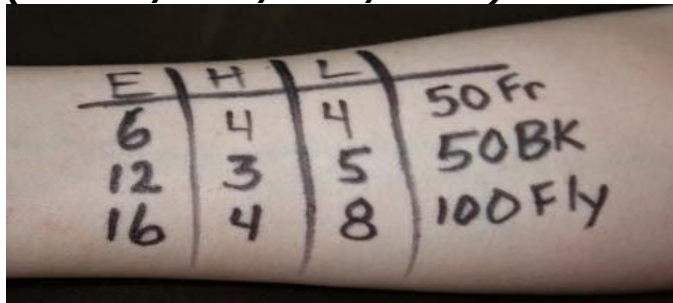
**"Heat Sheets"** - They may not be sold at the meet. Coach Patti will email you the heat sheets prior to the meet. Please make sure to print them out and bring them along with you to the meet. They will tell you what EVENT, HEAT and LANE your swimmer is in for each event.

At the home **Mini Meet** before Aspen, all parents will have the opportunity to watch how to write the events on their swimmers' arm. Please come to the Aspen meet on Saturday with your swimmers' events on their arms ready to go (Same procedure for Sunday). Please use a black or dark colored sharpie.

**"Warm-up Times for Aspen"** - Coach Patti will send out warm-up times for our team as soon as she receives them from Aspen. All swimmers are asked to be at the pool 15 minutes prior to warmups- in their swimsuits, with warm clothing (SSST tees, pants, and sweatshirt) and shoes on. Also have your swimmers have their SSST cap on and goggles adjusted and ready to go. If you need help with anything, please reach out to another veteran swim family or one of the older swimmers. They are happy to assist. We will sometimes assign Buddy Swimmers to help new swimmers.

And FINALLY, after the meet, your athlete will be TIRED. Do not talk to them about the meet unless they want to talk about it. Feel free to say GREAT JOB! But then ask - Where do you want to eat? Or how about those mountains??? Give them time to decompress, and then talk to them when they are ready!!

**Example of events written on swimmer's arm:  
(Event#/Heat/Lane/Event)**



**What to bring to meets:**

- Tight-fitting one-piece black swimsuits (TYR, Speedo, Arena, Nike, Dolfin)
  - No Jolyn suits or suits with tiebacks permitted!
- SSST Team swim cap- required
  - These are available for purchase at the front desk of the Old Town Hot Springs
- Goggles—two pairs just in case!
- Towels—at least three!!
- Blanket or sleeping bag
- Swimmers' attire for Meets-WARM CLOTHING
  - Minimum requirements: SSST team logo t-shirt required for all swimmers, black sweatpants with or without SSST logo, sweatshirt plain or with SSST Logo, deck shoes, running shoes, warm boots (i.e., Ugg's). (Any SSST apparel from [SquadLocker](#) only or plain black or navy clothing- no other logos).
  - Optional: parkas with SSST logo, shorts, or tracksuits with or without SSST logo.
  - Staying warm is one of the best things to do for your swimmer's recovery in between races! Swimmers are expected to wear warm clothing all the way to the blocks prior to each race.
- Nutritious healthy snacks—food that is easy to digest! Grapes, oranges, berries, crackers healthy bars (no Snickers!)
- Sharpie for writing on the swimmers' events on their arms.
- WATER BOTTLE!!! – sports drinks are okay if they have been diluted

**At practice:**

Prior to the start of the season, please make sure that your swimmer has all the required equipment for their group and that it is in working, proper-fitting condition! If they have outgrown/worn out their equipment from the last session, it is time to replace it, so they are ready to go for the upcoming session. This will give them the tools that they need in their quest for

success! All required equipment is listed at the beginning of this handbook under each group description.

Please help them with your continued support! Ensure that your child is getting adequate rest and nutrition to fuel their swimming fire. Please make sure that if your swimmer is coming to practice after school, they have healthy snacks to eat before practice or money to purchase snacks at the snack bar. Please direct any questions to your coach email is preferred. We are happy to help you out.

USA Swimming does not allow parents on the deck during practice. If you would like to watch practice, you are more than welcome to sit on the other side of the deck by the shallow pool or watch from the upper decks. If you are on deck in the non-allocated areas, you will be asked to leave.

Please drop off your child no earlier than 20 minutes before a workout. We are only responsible for your athletes during their scheduled practice times. We ask that our swimmers go to the downstairs changing rooms and get dressed immediately after practice. Swimmers should be picked up directly after practice. Lightning, Thunder, and Bronze swimmers are not permitted to go to the hot pools after practice without direct parental supervision. Please observe all OTHS pool rules. We will not let swimmers out of practice early without a parent's note, email, or phone call *prior to the start of practice*.

If your child is ill or will not be at practice, please have them email their group coach to let them know prior to practice. For younger swimmers, parents can communicate with the coach. Please remember that all swimmers must cc all correspondence between themselves and a coach to their parent(s).

Please respect our coaches' time away from the pool and keep communication between the hours of 7am and 7pm unless there is an emergency of course!

### ***Volunteering:***

SSST hosts Western Slope Championships every couple of years. When our team oversees hosting the meet, it is all hands-on deck! There are plenty of jobs to go around, and all parents are expected to help with hospitality, supplying food and beverages, making, and selling programs, and finding sponsors. This is typically our largest fundraiser for the year, and we depend on everyone's support to make it successful!

We also host periodic Mini-Meets at the Old Town Hot Springs for SSST swimmers only, except for the family/team-wide relays at the end of the meets. Parents and swimmers are all expected to help us out! More information on Mini-Meets is included later in this handbook.

Travel meets: All parents are requested to help with timing as part of our team responsibility at all meets. Everyone, please step up, grab a stopwatch, meet other parents and swimmers, and get a front row seat to watch the swimmers in action.

USA Swimming Officials: Our team is always looking for parents who might be interested in becoming an Official with USA Swimming. SSST offers a great reimbursement package to those parents who complete their Official's training and meet officiating requirements. Please contact Coach Patti if you are interested.

### **EXPECTATIONS OF SWIMMERS:**

- Arrive at practice ready to swim (in your swimsuit!!), with all required equipment, at least 5-10 minutes prior to the posted start time of practice with swimsuit on, cap on and goggles and equipment ready to go.
- Please do not rely on extra equipment being available. We understand that prompt arrival may be difficult at times, and we will be accommodating if we are aware of any conflict in advance. Repeated tardiness shows a lack of respect towards the team and the coaches- please show up on time!
- All swimmers are expected to be quiet and respectful in and around the OTHS facility. While waiting inside the lobby for practice please sit quietly, do not jump on furniture, lie down on furniture, or yell and run around the lobby.
- Bring and eat healthy snacks to the pool and at meets.
- Respect our team, your teammates, and your coaches, both in and out of the pool! Swimmers are expected to always act in a behaved and respectful manner.
- Be receptive to new information and/or critical feedback given by our coaches. We understand that it is not always easy to change your technique in the pool but give it your best effort!
- Swimmers are responsible for cleaning up the pool deck after practice as well as cleaning up their area in the lobby and/or locker room.
- All swimmers, regardless of age, are to use downstairs locker rooms only!! Remember that we are not the only people that use the locker rooms or front lobby, so please be respectful of other patrons at the Old Town Hot Springs-that means no yelling or roughhousing in the

locker rooms! The locker rooms should be clean and orderly after our team leaves them.

- Showers: We have a lot of swimmers and OTHS patrons sharing the facilities, please try to be respectful of others and keep shower time to 5 minutes.
- Respect for teammates and coaches is incredibly important at SSST. Swimmers will respect the opinions and goals of other swimmers. You are all a team so support each other, in and out of the pool and school!
- Come to practice every day with a positive attitude, ready to try your hardest in and out of the pool. We expect every swimmer to give 100% at every workout, mentally and physically.
- Represent SSST proudly everywhere you go!! Our swimmers are a direct reflection on our team. Help us provide a positive impression of the team.

### ***Discipline Policy***

The first offense will result in a verbal warning. Second and third offenses may result in calling parents or even removal from practice. We try extremely hard to encourage a positive and healthy environment for all athletes, but sometimes we miss something. Please notify your coaches if you have any concerns.

Not following handbook expectations may result in a written letter to parent/guardian. Second or third offense may result in suspension or removal from team.



## **EXPECTATIONS OF COACHES:**

- Our coaches are professionally trained and will coach swimmers accordingly.
- We will speak and behave in a manner appropriate for the age of the swimmers whom we are coaching.
- Coaches will wear appropriate apparel (SSST when possible) or a name tag and will represent our team in a positive and unified manner.
- We will respect the personal space, ideas, and goals of swimmers and do what we can to help them achieve said goals. Each and every swimmer on SSST is important.
- Swimmers can expect to receive individualized, critical feedback regularly at practice, designed to aid in their growth and development as an athlete.
- We will promote team spirit and group unity that will help the team enjoy widespread success.
- Swimming technique is constantly evolving. Coaches will work to stay up to date with the best swimming and racing technique to better their coaching abilities.
- Coaches do not know everything. If we are unsure about a new or different technique, we will do what we can to learn about it and determine if it is best for our swimmers.
- SSST coaches will openly communicate with all athletes, parents, and staff. We have an "Open Door" policy at SSST. Coaches will make themselves available to discuss questions or concerns via email or individual meetings with swimmers/parents.
- Coaches will respond to all emails and phone calls in a timely and respectful manner and will address each parent/swimmer's concern with respect and courtesy. Please allow coaches a 24-hour response time to all emails and phone calls M- F. Any email/phone call received after 7pm will be considered received the following day.
- All coaches must maintain up-to-date safety and coaching certifications to ensure that they are up to date with the most recent safety/first aid as well as technique and coaching.
- All coaches must comply with USA Swimming safety and coaching requirements, including Athlete Protection Training, background checks, coaching training, and CPR/First Aid/AED/Emergency Oxygen certifications.

The coaching staff is human and makes mistakes. We strive for perfection on a daily basis. Please be patient and understanding as our program continues to grow. If you have any concerns, the coaches are always willing to be available to talk with parents OUTSIDE of team activities—just email us to set up an appointment. We will do everything we can to make Steamboat Springs Swim Team a fun, supportive, and successful team!

## OUR TEAM WEBSITE AND MEET INFORMATION

The SSST website ([www.steamboatswimteam.com](http://www.steamboatswimteam.com)) has valuable information for all parents and swimmers. It also functions to track each swimmer's meet results. Parents can view billing accounts as well.

### **Practice Schedules:**

Practice schedules are seasonal and are available on our team website: [Practice Schedule](#). They will be listed under the schedules tab at the top of the page. An email will be sent out if any changes (permanent or temporary) are made.

### **Meet information:**

- All upcoming events and meets are listed on the [Events](#) page
- Click on the name of any meet to access more details
- On the page for the specific meet there will be a link to all the information needed for the meets:
  - A meet information PDF with scheduling, timeline, and location
  - Any information about lodging/camping
  - Other pertinent information
- Print out and read all the information in this packet before arriving at the meet!

### **Meet entry process:**

- Under the events on the HOME page, select the *Attend this Event*
  - This will only show up if you have already logged into the website!
- Select your swimmer and declare either you *WILL* attend or *WILL NOT* attend this event
- PLEASE DECLARE EVEN IF YOU ARE NOT GOING
- Select which days you will be at the meet
- Click SAVE CHANGES or the website will not save your declaration
- The coaches will select your swimmer's events and relays
  - Remember, your coaches work with you swimmers every day and know best which events they should swim!
  - Any concerns, have your swimmer talk to their coach
- Once the coach has selected the events, you will be able to access the information by:
  - Viewing a psych sheet which will be posted after the meet registration deadline
  - Clicking on the event on our website (after logging in) then clicking on the swimmer's name

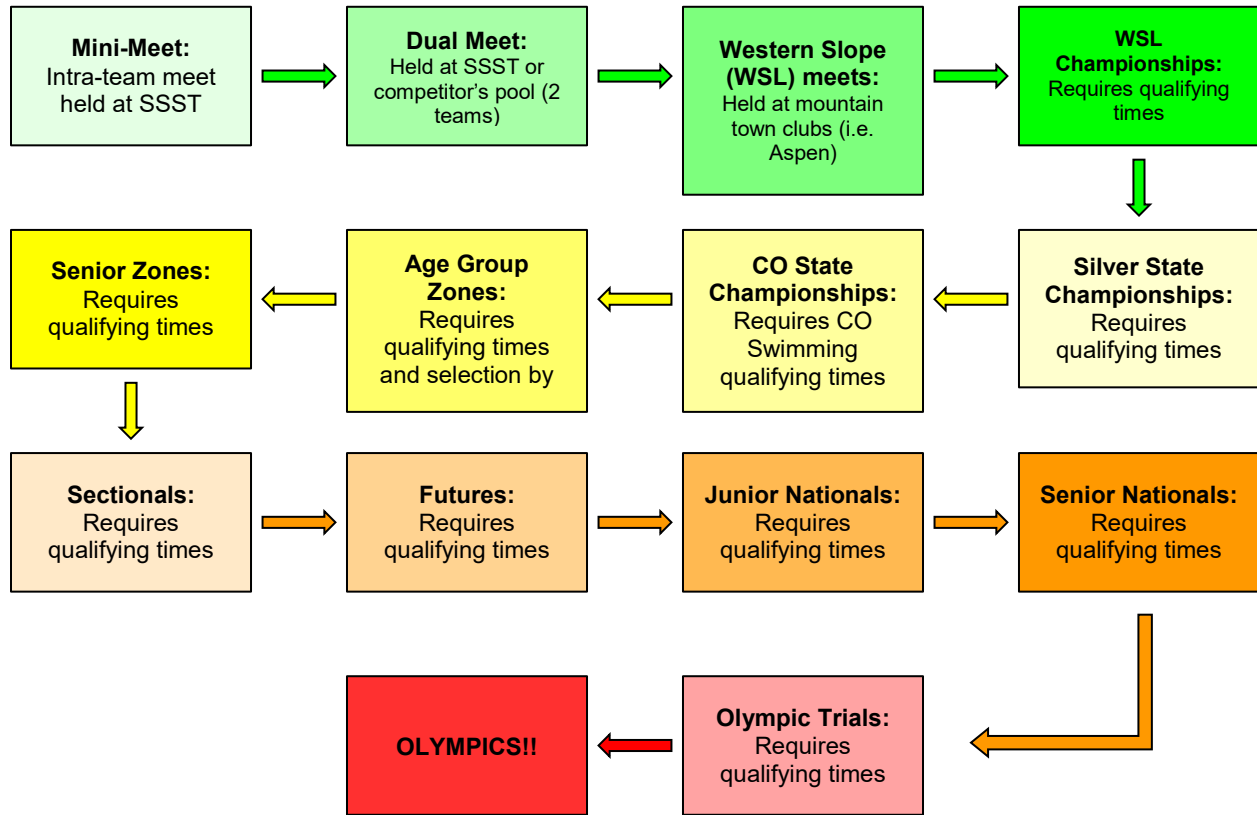
### ***Viewing Meet Results and Championship Qualifications***

- Sign into the website and click on *My Account* on the right side of the page
- Click on *My Meet Results*
  - It may take up to a week for meet results to update and appear here
- To identify which events your swimmer has qualified for in terms of Championship meets, click the blue arrows next to the green tab saying *Time Standard*
  - If the swimmer has qualified for a championship meet in an event, their time will show in green, and if they have not qualified for that event, it will show in red/brown

### **MINI-MEETS**

Over the course of the year, SSST will host multiple Mini-Meets at the Old Town Hot Springs. These meets are only for our team and will focus on the Lightning and Bronze groups, although some of them will include other groups as well. Mini-Meets are intended to introduce younger swimmers and their families to the competitive atmosphere and rules of a swim meet. Lightning and Bronze swimmers are expected to attend and swim at all these meets. Parents are expected to stay for the whole event, assist with timing the events, and learn about the competitive meet process. Younger swimmers may be buddied up with older swimmers so that they can learn how to write events on their arm, get to the heating area on time, be behind their blocks before their event starts, etc. These are an awesome way for the swimmers to be introduced to the meet atmosphere. They are often followed by a team barbecue or potluck. Please plan to attend all of them!!

## MEET PROGRESSIONS:



### Minor Athlete Abuse Prevention Policy

All SSST participants agree to follow USA Swimming's [Minor Athlete Abuse Prevention Policy](#).

**We are happy you chose to be a part of our SSST family! Welcome to the team!**

*Updated: 08-23-21*