

Monett WaterThrasher Handbook

Summer 2012

WaterThrasher swimmers and parents,

I hope this handbook helps you be well informed before the season begins. Please feel free to contact me with any questions at swimmonett@gmail.com. I am looking forward to seeing you all soon and helping our swimmers improve their technique, drop times, work as a team and enjoy the competitive sport of swimming!

Coach Christin

QUALIFICATIONS

The Waterthrashers love to welcome new swimmers ages 5-18 even if they have never swam competitively. All swimmers will be in groups much larger than swimming lessons (15+ kids) and the coaches are not in the water during the majority of the practice. Please feel free to contact Coach Christin about any swimmer or questions you have. These are the general guidelines for new swimmer;

- Swimmers should not be afraid to jump into the deep end unassisted with no one in the water to catch them and swim confidently back to the side.
- Swimmers should be able to swim, in any fashion, one length of the pool. We are happy to teach them the competitive strokes but the endurance and confidence must be there for safety.
- A good rule at the Monett pool is the "Red Zone" swim test. The swimmer must swim the width of the deep end without stopping; this is a good guideline for us as well.
- The first day I will be checking out all beginning swimmers at 11:00
- Please know that for all first time swimmers the first week is a trial for you and us. If, during that week, you do not wish to continue or your swimmer is not ready you will be refunded your summer dues.

REGISTRATION-

Registrations will be held in April and a parent meeting held in May- Please check the website for details. After the First 2 weeks of practice we will not be able to add new 1st year swimmers.

FORMS:

The two registration forms can be found on the website www.waterthrashers.com. They are the two medical forms under "Important Forms". These can be printed off and turned in at registration or the first parent meeting or mailed to WaterThrashers P.O Box 84 Monett, MO 65708

FEES:

The summer team fees for practices are currently \$50 for the first swimmer, \$40 for your second child, \$30 for the third and then free for subsequent children. Darren Bass is our treasurer and will collect and keep track of all fees.

Please know that, due to insurance reasons, no one will be allowed to practice until these forms and season practice fees are taken care of.

EQUIPMENT

MEET SUIT AND CAP

For meets we ask that your swimmer wear a black suit that is in good condition. Meet caps will be provided. We ask that your child please only use the meet cap for swim meets as they do tear very easily.

PRACTICE NEEDS:

All swimmers will need a practice suit (probably plan on 2 as they are in the water every day). 2 pairs of goggles, a water bottle and socks for fins (normal athletic socks are fine). In the Senior group, most advanced group of swimmers, they will need a pair of shorts for drag practices. All swimmers should keep these items in the swim bags and have them each day.

www.Swimoutlet.com is a wonderful place to get a good price on suits and goggles!

Note to boys who like to wear swim trunks to practice: Most of them are WAY too long for competitive swimming. I would strongly advise you get a pair of jammers as those long shorts are impeding you getting the correct kick motion. It is up to you, but if you are wearing them for drag they are doing more harm than good.

PRACTICES

Practices will run from late May to early August. Times of regular practice will usually fall between 7am and 11am. Practice times and groups will be announced at the pre-season parent meeting and published on the Website.

If a swimmer does not qualify for the Tri-State A meet; their last day of practice will be the Friday before the Tri-State B meet.

SUMMER ODYSSEY

We will offer a practice time again this summer to coordinate with Summer Odyssey. These swimmers will be able to practice from 7:15-8:15. They will then get dressed and sit on the deck by Coach Christin while waiting for the YMCA bus that will pick them up at 8:30. Sometimes parents will choose to have their child come to their "normal group" practice on days the YMCA does not go on trips and then the parent will take them over to wherever the group is. If you choose to do this please communicate with Coach Christin so we know which days your swimmer will be at early practice.

DECK RULES

No parents are allowed on deck until 10:45am to clean up after practice. You may gladly watch your swimmer make it to their group from the fence. Swimmers that arrive early may sit in the table/concessions area. They are expected to be sitting in this area. To keep all of our swimmers safe, no running or horseplay in the locker rooms or on deck will be allowed. Swimmers who are waiting on parents will be allowed to sit by the office or back fence to see when their parents arrive.

ABSENCES

Please let your coaches know when you will be gone from practice. We love having you each day but know there are vacations and appointments etc... If we have not seen a kid for a week and were not aware they were going to be gone, it makes us worried to enter them in a relay for the coming weekend. However, if they tell their coach, "I have to be gone this week but will be there for the meet", then we know they plan to be there and it makes things go much more smoothly.

FRIDAY SNACKS

There will be a sign up sheet at the parent meeting for snacks for each group. Please do not bring sugary snacks such as Doughnuts, Cookies, Cakes, Brownies and Candies! Some snack ideas are: Trail Mix, Granola Bars, Fruit, Yogurt, Cereal Bars, Muffins and I will even stretch to say Rice Krispie treats(use peanut butter instead of butter) for the extreme ☺ Please see my note on Nutrition and Swimming for further ideas.

TEAM POLICIES

Our team is fortunate to have a large amount of wonderful swimmers and parents. I would like to make you aware of a policy I have to help our practices go more smoothly as we function in our large groups. These policies will begin with those 9 and up but I will use them as a guideline to help deal with any severe problems with 8 and unders. I will not tolerate any sort of hiding in the bathrooms or defiance to get in the water for practices. When it is time to practice, it is time to practice. My rule will be 3 strikes and you are out. 1st offence, the swimmer and parent will talk with coach Christin when they are picked up from practice- (if we cannot even get them in to practice the parent will be called to immediately pick up the swimmer). 2nd offence the parent will be called to pick up the swimmer and they will be suspended the next day and the parent will have a meeting with coach Christin and the swimmers coach. 3rd offence the swimmer will be done for the summer. Please know that this is in fairness to everyone else in the group. It will have nothing to do with speed or ability, only with a defiant attitude to even join the group.

SEVERE WEATHER

We will follow the same guidelines as the pool would during open swim for canceling or delaying practice during severe weather. Our first goal is to keep your swimmers safe! If practice is delayed we understand that you may have previous plans or work. Please just come if you are able.

SWIM MEETS

MEET SIGN-UPS- To sign up for meets there will be sign-up sheets on the pool fence, one for girls and one for boys. These will be marked with the meet that the "sign up" is for. Sign-ups are closed the Thursday that occurs 8 days before the weekend of the meet. For example: Lamar Invitational Swim meet is the weekend of June 30th. The last day to sign up for that meet is Thursday, June 21st. Thursday afternoon I will do entries and will post a list on the web of the swimmers I have entered. Any mistakes should be reported to me ASAP and no later than Friday. Monday a list of the official entries will be hanging on the fence. Please double check this list for your swimmer. Relays will be announced on Thursday so we can do a "swim through" of them on Friday.

DECK ENTRIES

If you miss the sign-ups but still wish to come to a meet or suddenly are able to attend a meet, we will be very glad you can come! Please talk to Christin right away, she will note you are coming but will have to "deck enter" you and usually you will pay double the entry fee. You will also have to pay the deck entry fee yourself the morning of the meet. We will not credit these onto your account to be paid later. Please know that swimmers who deck enter are hurting their chances for getting on relays. If you did not sign up for the meet and show up Saturday morning I will gladly enter you but I will not bump someone off a relay to add a deck entered swimmer.

QUALIFYING FOR TRI-STATE

In order to compete at the Tri-State Championships each swimmer must swim in 3 invitational meets. These are the weekend meets listed on our website homepage. We may have other dual meets. While your times during dual meets will count towards getting an "A" time, it will not count as one of your 3 required meets. Please note that even just attending one day of a meet counts as one of your meets. If you are having a hard time getting that 3rd meet in, you could plan to attend one day of a meet. Please talk this over with Coach Christin so she knows you are only coming to one day and can plan accordingly.

Tri-State "B" meet is always held the last Saturday of July and its corresponding Sunday. The "A" meet is always held the first Saturday of August and its corresponding Sunday.

TEAM MEETS

Our Team meet this year falls July 14th and 15. We ask that as many attend as are able. All parents are needed to help in some way with the hosting of the meet and it is really fun to have our whole team participating. I will assume that all Waterthrashers are attending this meet unless you let me know otherwise. There will be no sign-ups.

WARM-UPS

Warm up times will hopefully be announced the Thursday before the meet but we can only pass this information on when the host team shares it with us. Sometimes we do not know until Friday. Please keep checking the website if it has not been posted on the board on the fence yet. All swimmers are expected to attend warm-ups; they are very valuable to the swimmer and they allow us to ensure all of our relay swimmers are present. If a swimmer is not at warm-ups they risk being moved off of a relay. Once relay changes are announced at the team meeting they will not be changed back unless it allows more relays to be swum. We do understand that kids get sick, car trouble occurs etc... Please text coach Christin if there is a delay in making warm-ups so she knows if you will make it in time for relays. Thank you for your help with this so we can help the bull-pen run smoothly for our host teams.

RELAYS

Relays will be determined as follows. Medley Relays (one swimmer for each of the 4 strokes) will be determined by the fastest legal combination possible.

Freestyle relays will be determined as follows: On Saturday the 25 or 50 Free is swum for each age group. The freestyle relay on Sunday will be determined by the results of those races. The 4 fastest times will be the A relay, next 4 B and so on. If someone is coming on Sunday only, then their fastest 50 time of the season (if they have one, or a good judgment call) will be used to determine where they fit in.

AFTER THE LAST MEET IN JUNE I WILL NOT LOOK BACK ON LAST YEARS TIMES FOR MAKING RELAYS EXCEPT IN AN EXTENUATING CIRCUMSTANCE. Before that I may look back at the previous year's times if needed to get an accurate picture with few times available.

Some relays may come down to a judgment call as times between kids get close. I have never had to make a judgment call, the times have always been clear. However, as the kids get older 2 tenths is not that much and sometimes a call might have to be made and we reserve the ability to do this if needed.

TRI-STATE RELAYS

Medley Relays will be determined by the fastest combination for each relay. Freestyle relays will be determined also by the fastest combination of times posted for the present season. If there are two kids very close in time and we are determining who will be on the relay we will look at practice attendance, and how we think they will swim at Tri-state based on their work and performance.

TEAM TENT

The WaterThrashers have a large purple/burgundy and white team tent that everyone is welcome to gather under. Each meet we need help setting up the tent and staying when the meet is finished to take it down. Please plan to come a little early and stay a few moments late to help our swimmers be able to stay in the shade.

This tent is where a list of swimmers, their events, and relays will be found. It is also where the team meeting will be held after warm-ups. We expect all WaterThrasher swimmers to pitch their tents or to locate themselves close to the team tent. This is so we can find kids to substitute on relays if needed or for a variety of other reasons. I will not come all around the park to find you. You MUST be by the team tent (close enough to hear me call your name) and at all team meetings

after warm-ups or you risk being moved off a relay as I will not know you are there and ready to swim it.

TEAM MEETING

Our Team meetings will be held 10 min after the end of warm-ups unless it is noted otherwise. This gives the kids time after warm-ups to get dry, get a healthy snack and meet us at the Team Tent. Swimmers 13 and up will meet with me on deck IMMEDIATELY at the end of warm-ups and will not need to attend the other team meeting, except at Championships they will join us for the large group meeting as well.

8 & UNDER RELAY PARENT

For each relay 8 and Under I will be asking a parent of a swimmer on that relay to be the "relay coach". They will walk from the team tent with the 4 swimmers on the relay. As they send them in the fence they will tell them their event # and if they are A, B, C or D relay and the order. Hopefully this will avoid sixteen, 8 & Unders showing up in the bull pen (seating area) not knowing who they swim with and the chaos that ensues! Please be willing to help if you are asked to do this. All swimmers on other relays I expect to know their event #, which relay they are, who they are with and the order. It is the parents' responsibility to tell them this and ensure they know it. Relays will be posted during practice the Thursday or Friday before the meet and on the website.

SWIMMERS ON DECK

While swimmers are in the bull pen their coach will come to "prep" them for their race. After their race they should find their specific coach for feedback before leaving the deck. No swimmers will be allowed to sit or "camp-out" on deck. We have so many coaches we already take over the deck and other teams need to be able to talk with their coaches as well.

MEET FORMAT

All regular meets are called Invitationals. Invitationals are organized meets, lasting either one or two days, for swimmers to compete against other swimmers in the Tri-State Conference. Swimmers compete against other swimmers based on gender, age, time and stroke. Swimmers compete both individually and with other teammates in relay events. The Tri-State Conference allows the swimmer four individual events and one relay each day of a two day meet. In a one day meet, only three individual events and two relay events are allowed. The format of the Invitationals is consistent.

EVENTS:

There are eighty-two events in the following sequence:

Event Number: Stroke

- 1-2: 200 Free (age 15-18 only)
- 3-12: Medley Relay
- 13-22: Short Free
- 23-32: Backstroke (Back)
- 33-42: Individual Medley (IM)
- 43-52: Butterfly (Fly)
- 53-62: Long Free
- 63-72: Breaststroke (Breast)
- 73-82: Freestyle Relay

The second digit indicates the age group of the swimmers and whether it is a boys or girls event. For example, all 11 & 12 yr olds will swim events ending in either a 7 or an 8. All odd numbers indicate boys' events and all even numbers indicate girls' events.

AGE DIVISIONS:

There are age divisions in each relay or stroke series in this order:

- 6 & under (Invitationals only)
- 8 & Under
- 10 & Under
- 11-12
- 13-14
- 15-18

Swimmers will swim according to their age as of June 1st.

BULL PEN

Event numbers will be announced over a loud speaker. Swimmers should gather their cap and goggles and eat a quick snack and get hydrated when the event before theirs is announced. When their event is announced they should go IMMEDIATELY to the pool deck to the bull pen and find their card (it is pinned up on a board under a tent with chairs) which will have their name and event number on it, heat and lane. Parents are not allowed on deck to help the swimmers find their cards, we will teach them how to do this and the hosting team has help at the board for them. If they are old enough to swim they are old enough to enter the deck themselves. Please do not let your swimmers come up until their event number is called; this creates too much congestion in this area and is frustrating to the team running the meet.

HEATS:

A heat is a group of swimmers that swim against each other. In each event, the number of heats depends upon the number of swimmers entered into the age bracket of that meet. The winner of the heat is often given a small award which differs at each meet. The "heat winner" does not necessarily mean the winner of the entire event.

EVENTS, STROKES AND DISTANCES:

(INDIVIDUAL STROKES) FREESTYLE, BACKSTROKE, BUTTERFLY and BREASTROKE: Swimmers 8 years old and under swim 25 yards plus a 50 Free and 100 Individual Medley. All other ages swim 50 yards with two exceptions: the Individual Medley, whereas it is only a 100 yard race until the swimmer is 13 years old or older; and the 200 yd Freestyle for the 15-18 age division.

TIME DIVISIONS, TIMES AND SEED TIMES:

There are two time divisions ("A" and "B") for swimmers. "A" times are the faster of the two. The "A" and "B" standards are goal times for swimmers to achieve. Official times are posted each week along with meet results from the previous weekend. Seed times are the swimmers' fastest recorded times for each event; these are the times used for placing a swimmer in a specific heat and lane.

DISQUALIFICATIONS:

At each invitational there are official Stroke and Turn Judges who may disqualify a swimmer in an event if USA Swimming rules for strokes and turns are not followed. The most common reasons for "DQ's" are:

- flutter kick in the butterfly
- false start
- not making a two-hand touch on the turn or finish in the breast stroke and butterfly or at the end of the breast stroke or butterfly lap in the IM
- flip turn fails to touch the wall
- backstroke turns and finishes that rotate past vertical onto stomach
- early take-off by a relay member
- executing a scissors kick in the breast stroke

Tri-State Championships B

Swimmers can swim each event they have a B time in and all relays at the meet as long as they have one B time. If an A time is achieved in any individual event at the B meet the swimmer can

then move on and swim it the next weekend at the A meet. The B meet is very fun, exciting and so encouraging to our swimmers as they get to experience swimming in prelims, finals if they qualify, and even getting on the stand for medals. If your swimmer is not swimming in the A meet we expect and look forward to coaching them to their best at the B meet.

Tri-State Championships A

Any swimmer who has at least one A time can swim that race at the A meet and all relays. If a swimmer achieves an A time and is on a relay that can potentially score points, we will ask them to attend the A meet. It will then be their choice if they would like to also attend the B meet, we would love them to attend both if they like. Please keep talking with your swimmers coach and coach Christin if your swimmer has both A and B times and we will help you make the decision best for your family and the team.

PEOPLE TO KNOW

This is a list of parent volunteers who oversee certain areas of the swim team. I will continue to add to this list as we fill more positions. Please let me know of any other positions I did not list!

Waterthrasher Board:

Kevin Williams- Swim Board President

Don Paszek- Vice President

Laura Bahl- Secretary

Darren Bass- Treasurers, Hotels - Swim Dues, meet fees

Members at Large: Jim Barta, Jane Blamey, Beth Nation, Julie Dalton, Kristin Umfleet, Kelli Carr

COACHES

Christin Janssen- Head Coach- e-mail: swimmonett@gmail.com

Charles LaGarce

Dan Janssen

Brooke Chrisman

Samantha Dohmen

Tandi Glouse

Kaitlyn Schumacher