

SAN DIEGO AQUATIC CLUB

TEAM HANDBOOK

Version 3
August 2008



Our Purpose:

Educate, Inspire, Motivate, Believe, and Succeed!



WELCOME TO SDAC!

We are a community-based aquatics program dedicated to providing the youth of North County San Diego the opportunity to be the best that they can be.

A professional staff guides all of SDAC's aquatics programs. Programs include:

- the SDAC Competitive Swim Team,
- SDAC Pre-Competitive,
- SDAC Swim Lessons,
- SDAC Summer Swim Team,
- SDAC Dive Team.

The SDAC Team Handbook and the 2008-2009 Season Guide should help to answer questions you may have.

On behalf of SDAC, I welcome you to the SDAC family.

Sincerely,

Tim Oelgoetz

President/CEO/Head Coach

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INTRODUCTION FROM COACH TIM

For the past 13 years I have been a part of one of the greatest professions one could ask for: I have been a swim coach. During this time I have been faced with many challenges and have overcome a variety of obstacles, but none more challenging than now. I am at a point in my life where I need to ask myself a very powerful question:

“Why do I coach?”

This is not an easy question. It has taken me over 10 years to get where I am today. I have been to many swim meets and have seen a lot of fast swimming. I have seen records set and records fall, but the records and the times don't explain to me why I coach. After all, there will always be fast swimming going on somewhere. Fast swimming may not always be achieved with me, so can the fast times be why I coach? Maybe, but it can't be that simple. There has to be something more than fast swimming. At the end of the day, I can get the meet results off the internet. We all can! So there must be something else that has led me to coach. I believe that it is the *intangibles* that make me coach.

I have always been pleased with the way my athletes swam, but what always impressed me the most has been the process that we all go through in order to get to a certain point in time.

The process is more important than the outcome.

As I said before, I have witnessed some fast swimming, but what I have always been a part of with all my athletes was something more than fast swimming. It was something special. I've seen JO records fall, Sectional, Zone, Junior National times achieved. I've seen kids hit their best times and win their event, but more importantly, I have seen dreams become reality.

The job for all coaches is to help young people dream and see those dreams become reality through hard work. This is the process of teaching, showing and supporting the athletes and the self-growth and self-discipline that it takes to be successful. It is a partnership that is based on honesty and integrity between swimmer and coach. It can never be one of a coach dragging someone to practice and to that medal, but rather two people working together for a common goal. My belief is that we will have champions because we have swimmers who want to become champions.

To become a champion, you must fight one more round.

You must be willing to take risks and accept the consequences for your actions. Successful people are not afraid to fail. They have the ability to accept their failures and continue on, knowing that failure is a natural consequence of trying. The law of failure is very powerful because you only really fail when you quit trying.

In the past 10 years, everyone I have coached has been a champion, everyone was successful, and no one ever quit trying. In order to have your perfect race, three components must be in check:



- The biomechanics of the stroke
- The physiology with regard to your training
- The psychology so that you may be mentally prepared for the race

I have always made every effort to ensure that all three of these items were in check when it mattered most on the big day. So, if everyone shows up with these three things always present, then what makes the difference in everyone's performance?

The answer is *heart*.

The heart of a champion is what separates individuals that are relatively the same. I would define *heart* as the willingness to take risks to improve, even in the face of potential failure. *Heart* is the courage to go all out and discover your capability at the moment. *Heart* is the freedom to lose, to learn from it, and to forge ahead. *Heart* is playing with fearlessness, tenacity, and audacity. *Heart* is being bold as you look at your opponents and dare them to match your intensity.

For champions, this is the spirit of play. Athletes who only play with their heads tend to be too ego-involved, and overly concerned with the outcome. Courageous athletes, on the other hand, have a deeper desire to win—but if they don't win, they refuse to measure their self-worth by any outcome.

During my time as a swim coach, I have seen this process take place many times. I have seen a group of individuals cultivate courage by allowing themselves to fail. They all learned that mistakes and setbacks are necessary components of the improvement process. Learning from these failures helps to develop the most challenging and difficult athletic skills. If you don't have the freedom to fail, you take no risks and come to a full stop on the road to greatness.

In 10 years, I have had the privilege of coaching some of the same kids for over seven years. Not many kids ever left and I have always gotten some new kids along the way. All of these kids taught me about "wait training."

Right things happen when the timing is right.

Remember the story about the race between the tortoise and the hare? By consistent, deliberate, steady, slow improvement, the tortoise arrived at the finish line sooner than the quicker yet more spastic, inconsistent, and fatigued hare. I know that I can't force things to happen before their time. The kids that I have coached have taught me the importance of "wait training;" that is, training yourself to wait for the right time. The right time is now. I have seen so many individuals blossom right before my eyes and take that next step into their swimming careers.

The past is the past and the future is tomorrow.

There is a story that goes like this: "Two stone cutters were asked what they were doing. The first replied, 'I'm cutting this stone into blocks.' The second replied, 'I'm on a team that's



building a cathedral.” — Old Story. I don’t believe in just showing up to a swim meet wearing the same suits, same caps, and sitting under the same tarps. I believe you show up as a TEAM that has a common purpose, vision and goal. I believe you show up as a TEAM that lifts and elevates the performance of the individuals to heights never before seen.

I believe in the accomplishments of a total team effort. The athletes, parents, and coaching staff must all work together as one to ensure that the team comes first.

A team is like a family.

A team is a collection of individuals who respect, honor, and accept each other for his/her individuality. A family accepts the good and the bad from each of its family members. This is because of the love and the respect that they have for one another. We all have our imperfections, but what keeps a family together is their love for the family. I have been a part of some great families that have shown a lot of love for each other. I have seen the way families come together and cheer for each other and respect one another. I can’t say what it ever looked like from the outside, but I know how it looked and felt from the inside. Every member of a team should encourage each other and be there for each other. A team should face adversity together and overcome some individual upsets together. Every member of the team should be selfless and act in the best interest of the team.

The team comes first.

There is no Senior Team, no Competitive Team, and no Pre-Competitive Team. There is just the TEAM. That is what families and teammates do; they put the needs of the team first. Successful teams nurture the individual, and expect the individual to respond by also nurturing the team. The individual sacrifices that are made on behalf of the team are just as much a part of the team environment as the team accommodations for the individual. Few people ever get the wonderful opportunity to experience the support of teammates and friends in the crucible of the competitive arena. In my coaching career, I have always tried to make the most of this opportunity and be better for it.

A team is made up of individual athletes and their strengths are what combine to create a great team. Each individual brings certain “strengths” to a group...some are great kickers, others swim breaststroke well, others keep people laughing, others can motivate to get teammates to forget the pain and work harder. Some are smart, some will go out of their way to encourage and help others. Some are perceptive, some lead by voice, while others follow well. Each individual has a strength. It is in the best interest of the team to allow each individual to express his/her strength and share it with the team.

When an individual steps up to the blocks, they are alone.

They have a race to compete in. At times they may feel like they are alone and it is them against the world. But then they look up before they step up on the block, and what they see puts a smile on their face and gives them something extra. They see their training partners, their teammates, their friends and family, and more importantly, they see that someone is there for them and believes in them. This is what great teams do for each other.



Belief and Believe

Belief and believe... this is what coaches should be teaching their athletes. Coaches need to teach athletes how to establish a strong belief system that supports belief in their teammates and themselves. I have believed in every athlete I have worked with, until they could believe in themselves. I have believed in them, until they could believe in each other. In my time, I have seen belief systems grow larger than life. I have witnessed individuals swim there races knowing that 20 other individuals believed in them. When you know that others are supporting you and believing in you, great things can happen. This belief system is what drives an individual home on that last 50 meters when they are neck and neck with another individual. All of a sudden, you hear the roar of your teammates and you feed off that. All of a sudden, you realize that you are not alone and your teammates help bring you home. They give you that support that you need at that critical moment. This is the critical moment that you have trained for with your teammates. It is this moment that I have always been most proud of with my athletes, and how they handled that critical moment.

Not every athlete can handle that critical moment.

This is the moment that defines who you are as an individual. It is this moment that I tried to train swimmers for the past 10 years. It is this moment that says "I am not finished; I have more speed in me." Being able to handle this moment is the true test for all athletes, but it takes a real athlete to be able to recognize and handle this critical moment. In my time, I have trained and been able to work with some of the best "real" athletes who could handle anything that was thrown at them and come out better for it.

Being an athlete is more than having physical skills and more than being able to perform better than an opponent on a certain day. Athletic traits are God-given gifts over which a player has virtually no control. Being an athlete has nothing to do with gender, age, or sport. Being an athlete involves choices you make on the things you do have control over—effort and attitude—in other words, character issues.

I am a firm believer that character counts.

I want our athletes to have the strong character necessary to meet life's challenges, on and off the field. However, good character doesn't just happen. It's up to each of us to teach young people right from wrong – and to act as good role models by pursuing our own goals with honor. I teach that character counts – that success and happiness depend on who people are inside. I try to instill the difference between right and wrong because they guide their thought and actions by some basic ethical values: respect, responsibility, trustworthiness, fairness, integrity, caring and good citizenship.

A hot topic in the educational community these days is transitioning students from one grade to the next, one school to the next, or one level of subject matter (e.g., math, science, etc.) to the next. Much of the success of individual students is dependent on the teachers being involved and working with the students to help coordinate and facilitate their movement to the next "level."



Athletic transitioning is no different.

It requires cooperation and organization to move athletes from one level of competition to the next with as little disruption of learning as possible. When done correctly, it is much like smoothly passing a baton in a relay race. The "receiving" coach and the "giving" coach can either work together for the betterment of the student-athlete or be more concerned about themselves and their own program at the expense of the athletes.

As you can see, I am into developing role models for the entire team and the community. I understand the value of teachers, coaches and parents working together and putting the student-athlete first. Just as teachers are preparing the student for the future, I, too, am preparing the athlete for the future. Our role as teachers and coaches is to develop tomorrow's leaders. A teacher provides this service in the classroom and a swim coach provides the same service on the pool deck.

I am a swim coach.

My classroom is the pool deck. My students are swimmers. I have been honored and blessed to have been able to coach and work with so many wonderful individuals in my time. To all those who have helped me grow and become the person and the coach that I am today, I just want to say thank you for your patience and all of your support over the years. I appreciate everything that each of you have done for me and I hope that I have taught you as much as you have taught me about the person I wish to be. The kind of person that can hold their head up high and say "I did the best I could and success is a peace of mind which is a direct result of self-realization in knowing I did my best to become the best I am capable of becoming."

If you are still reading this, then you are just like me. You are in the pursuit of something other than fast times. You want to be a part of something that will focus more on the process and less on the outcome. You want to take pride in teaching swimmers the proper techniques and skills they will need to reach their fullest potential both in the pool and in life. As we start this process together, let's remember to look within oneself for direction, for it's the kids that make great coaches and great programs can be the deciding factor in the self-realization process of real growth. Just like in life there need not be losers and everyone can win. Let's continue to take risks to improve, even in the face of potential failure, so that we may continue on the road to greatness.

I look forward to the journey.

Tim Oelgoetz

Owner/Head Coach



"ONE TEAM, ONE DREAM"

"Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power: our eyes are opened, our opportunities become plain, and our visions become realities."—Unknown

As you look at the team as a whole, you will notice that there are no requirements on attendance, but rather recommendations. This is all part of the philosophy here at the San Diego Aquatic Club (SDAC) that makes this program so special and, at the same time, successful. The belief here is that we will have champions because we have athletes who want to become champions.

The job here for all our coaches is to help young people dream and see that dreams become a reality through hard work. This is a process of teaching, showing, and supporting the athletes in the self-growth and self-discipline that it takes to be successful. It is a partnership based on honesty and integrity between athlete and coach. It is a relationship that is not coach and athlete, but rather two people working together for a common goal.

Our Purpose

Educate, Inspire, Motivate, Believe, and Succeed!

Our Mission

At the San Diego Aquatic Club, we strive to provide individualized training, while our teaching system encourages young people to develop character and self-discipline through excellence in swimming so as to be champions in life. We instill in today's youth the physical, mental, and social responsibility that it will take to become tomorrow's leaders.

SDAC Colors

Black & Gold

SDAC Values

- Teamwork – Achieved through mutual inspiration and friendship
- Mentorship – Experienced swimmers act as guides for less-experienced swimmers
- Respect – Give it, earn it, seek it
- Enthusiasm – Display a positive attitude



- Determination – Perseverance in completing a short-term set or task
- Dedication – Perseverance in completing a long-term set or task
- Achievement – Goal setting
 - Courage – The exploration of reasonable risk
 - Accountability – I am responsible for my own actions
 - Punctuality – Be there!
 - Team Pride – We are SDAC
 - Reliability – Consistency in training and outlook
 - Trustworthiness – Demonstrate and demand scrupulous integrity
 - Citizenship – Honoring the rules and goals of the sport



STRUCTURE & CHARACTER DEVELOPMENT

SDAC is designed to meet the needs of all ages and abilities. We take pride in teaching swimmers the proper techniques and skills they will need to reach their fullest potential both in the pool and in life. Every participant in the program is evaluated and placed in the appropriate group based on their needs and well being. Proper fundamentals and technique are emphasized at all levels, making a natural transition to the next level.

Character Development:

- Understands he/she is part of a team and respects teammates.
- Listens to recommendations from the coach and tries to make appropriate changes.
- Is ready to start practice on time.
- Shows respect for the facility.
- Knows team colors.
- Knows teammates' and coaches' names and the names of the other practice groups.
- Demonstrates an understanding of sportsmanship behavior.
- Treats teammates, coaches, and parents with respect.
- Talks to a coach before and after each race.
- Leaves on time during each set.
- Starts and finishes at the walls.
- Communicates with the coach.
- Understands the importance of quality and hard work at school and completes homework on time.
- Takes pride in being a member of the San Diego Aquatic Club and takes part in team cheers, supports teammates during swims in practice and in meets.
- Is not influenced by negative behavior/actions of others.
- Understands how practice attendance and habits relate to the performance at meets.



BACKGROUND INFORMATION

Introduction

The purpose of this handbook is two-fold: to explain to new and existing members what San Diego Aquatic Club provides and to outline various policies that affect all swimmers. It should be read by all families so that they may become familiar with important facts and rules of SDAC.

Organization & Management

SDAC is a member of USA Swimming, the National Governing Body for Amateur Swimming within the United States Olympic Committee. Each SDAC competitive swimmer is a registered member of USA Swimming. Membership remains active only as long as dues are paid and current.

SDAC's Training Facilities

Rancho Bernardo High School Pool

The Rancho Bernardo High School Pool came into existence during April 2004. Since this time, the facility has hosted the Palomar League Swimming & Diving Championships for 2004, 2005, 2006, 2007, and 2008; CIF Swimming Championship for 2004, 2005, and 2007; San Diego Imperial Junior Olympic Championships for short course during 2005, 2006, 2007, and 2008; The San Diego All Star swim meet against Central California in 2006; and played host to a variety of water polo tournaments and CIF Championship games. This is all in the attempt to showcase the 200 plus yards of deck space, 400,000 plus gallons of water, 8 competition lanes with 6 more offered for warm-up and cool-down, 2 1-meter diving boards, a complete Colorado Timing System with scoreboard, and one of the friendliest aquatic staffs in the county. Rancho Bernardo High School pool is located at: 13010 Paseo Lucido San Diego, Ca 92128. Direct pool line is 858-674-7366.

Please note: Occasionally, you may notice that the gate to the pool is locked when you are trying to drop off your child for practice. Campus security periodically locks the gate; however, this does not mean practice is cancelled! Please park your car in the lot and have your child walk up the hill to the to the pool.



AQUATIC PROGRAMS OFFERED AT SDAC

SDAC offers numerous swim programs throughout the year. Please check the SDAC website (www.swimsdac.com) for more information about program structure and schedule for each of the following areas:

Competitive Swim Team

The Competitive Swim Team is a year-round team that offers advanced, technical instruction and training to swimmers, age 7 through college age, who demonstrate competency in the four competitive strokes. Members participate in local, regional, and national swim meets. The SDAC Competitive Program is offered at Rancho Bernardo High School.

Pre-Competitive Swim Team

The Pre-Competitive program is an introductory program for children 6-14 years of age. The program teaches the basics of competitive swimming, including stroke instruction, starts & turns. All swimmers must be able to do 25 yards of freestyle with side breathing and 25 yards of backstroke. All new swimmers must be evaluated. The SDAC Pre-Competitive Program is offered at Rancho Bernardo High School.

SDAC Swim Lessons

The Rancho Bernardo Swim School provides swim instruction for children and adults of all abilities. The swim school provides instruction for students from novice (i.e., no swimming experience) to the accomplished student who wants to improve their technique. We know that swimming students learn faster in a comfortable environment. Our lessons are structured to present skills in a sequence that leads to a logical progression of consistent reinforcement through repetition.

Summer Swim Team

The Summer Swim Program provides structured group swim lessons for children, ages 3 thru 14, from the beginning level through competitive level.

Stroke Session

Stroke Sessions are offered to current Competitive Team swimmers only. SDAC offers stroke sessions which are 30 minute semi-private/private instruction with one of our competitive coaches.

SDAC Dive Team

The Dive Team is a year round team that offers technical instruction and training to divers, age 7 through college age. The SDAC Dive Team is offered at Rancho Bernardo High School.



SDAC STAFF

Tim Oelgoetz – Owner/Head Coach

Tim is a nationally recognized ASCA Level 4 coach. He brings over 13 years of experience coaching at the high school level and over 13 years experience coaching at the USA Swimming level. At the high school level he has been honored with Coach of the Year Awards for 2002, 2003, 2004 and 2008. At the USA Swimming level he has been honored as the 2004 Age Group Coach of the Year for San Diego Imperial County and was the Head Coach in 2005 for the San Diego All Star Team.

Tim's career began as an Assistant Coach at Rancho Bernardo High School back in 1996. He became the Varsity Coach in 1998 and the Head Coach of the entire Swim & Dive Program in July of 1999. In his time he has taken the program from 60 student-athletes to a team of 140 student-athletes. His teams have had a variety of championships. CIF Champions: Boys 1999 and Girls 2003, 2004 and 2008; Palomar League Champions: Boys 1999 and Girls 2002, 2003, and 2004; CIF Runner-up Girls 2005. He has established 31 All-Americans, 19 All-American considerations, 28 1st Team All-CIF's, and 48 1st Team All-Palomar League.

During the same year at the high school level, Tim began coaching with Pacific Swim. In his time with Pacific Swim, he taught everything from swim lessons all the way through the Master level. In 2000 he became the Head Age Group Coach. Since that time he was nominated for Age Group Coach of the Year San Diego Imperial County in 2001 and 2003, a Western Zone Coach in 2004 and 2005, All-Star Coach in 2001, 2002, 2004, and 2006. He has a track record of producing fast swimmers at all level including over 31 All-Stars, 78 Far Western, 47 Western Zone, 23 National Reportable, 3 Sectionals, and 1 Junior National swimmer since 2001.

Tim is currently the Aquatics Director at Rancho Bernardo High School where he runs the day-to-day operations and programs for the High School Aquatics Programs. He has a Bachelor of Science in Business Administration from Cal State University San Marcos, awarded in May 2003. He is also a current member with the National Interscholastic Swimming Coaches Association (NISCA) and a Certified Pool Operator by the National Swimming Pool Foundation (NSPF).

Tim's program philosophy, both in and out of the water, enables the SDAC student-athlete to reach one's highest potential. Tim's management and administrative background combined with his experience and perspective with the athlete make him an ideal leader to coach and maintain a top-level program at SDAC.



Eric Schubert – Age Group Coach

Eric has been a competitive swimmer for 12 years, starting as an age group swimmer in New Jersey, to a high school swimmer in California, to the college level. Throughout his swimming career, Eric has consistently shown drive and sportsmanship.

After his family moved from New Jersey to California, Eric swam for Pacific Swim (Poway, CA) for 3 years, becoming a zone and sectional swimmer. During his senior year in high school, Eric swam for ICAC (Inland Coastal Aquatic Club, San Marcos, CA). Eric swam all four years of high school at Rancho Bernardo High School where he was coached by Tim Oelgoetz. Eric placed in both leagues and CIFs during his sophomore, junior, and senior years. He was voted by his peers for 3 years as MVP of Rancho Bernardo HS swim team and was selected as team captain his senior year.

Upon graduation, Eric signed on to UC Irvine, hoping to continue his career as a swimmer. Due to some conflicts, Eric withdrew from UCI following his freshman year and returned to San Diego. When Coach Tim learned that Eric returned to San Diego, Eric was invited to join SDAC's coaching staff in the summer of 2007. Since then, Eric has worked closely with Tim, learning the techniques and strategies to coach fast, strong, technique-acquainted swimmers. Through this arrangement, Eric hopes to leverage his 12 years of swimming experience to his fellow swimmers, many of whom he knew during his high school years. Eric brings a new perspective of coaching to SDAC, since he has "been there, did that" and can readily relate to the swimmers he coaches.

Eric has become an ASCA-certified Level 1 swim coach and attended the World Clinic held at the beginning of September. Future plans include achieving a Level 2 certification in 2008.

Eric currently coaches the Age Group Performance group for SDAC.



WHY SWIM?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports, an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming uses every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self image.



WHAT IS USA SWIMMING?

USA Swimming Headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fund-raising activities, sports medicine programs, resources and general information about swimming related activities. USA Swimming staff are available to assist you in answering questions or providing additional information about USA Swimming.

USA Swimming Background

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center. As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

USA Swimming Mission Statement

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

USA Swimming Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

USA Swimming Core Objectives

Build the base. **Promote** the sport. **Achieve** competitive success.

How is USA Swimming Organized?

International - The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of the four aquatic sports: swimming, synchronized swimming, diving and water polo.



National - USA Swimming is a Group member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

Zone - We are divided into four separate zones: central, eastern, southern and western. SDAC is located in the western zone. Each zone elects two representatives to the national Board of Directors.

Local - Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). SDAC's LSC is San Diego Imperial Swimming (SI). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.



GENERAL TEAM STRUCTURE

SDAC is a progressive age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge will be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive. At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of individual excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

The progressions will be used to enhance our coaching by setting specific standards on what an athlete will need to accomplish at different levels to reach his or her potential. Swimmers are multidimensional and develop at different rates; sometimes they excel in some areas faster than in others. There will be six areas of development emphasized:

- Training requirements
- Competitive performance
- Biomechanical progressions
- Physiological progressions
- Psychological skills
- Character Development and Life Skills

Listed next are examples of how the Progressions for Athlete Development will be used:

- We may take a topic from an area of development, and hold a series of team meetings around the topics. These meetings may be for the athletes and/or their parents.
- Focus on the career development of an athlete, so that his or her long-term development is emphasized.
- Emphasize the six areas of development so that the swimmers must think about more than just swimming fast. This multidimensional focus helps:
 - Develop a well-rounded athlete.
 - Teach swimmers different aspects of the biomechanical and physiological areas to get them to also focus on technique, stroke count, distance per stroke, heart rate, etc.



SDAC COMPETITIVE GROUPS

Age Group Development Group (Beginner/Intermediate)

These swimmers may have some competitive swimming background experience but need more work on their stroke technique. These swimmers are recommended to swim **3 times per week**. The focus of the practice group is to improve the swimmers stroke skills and develop the enthusiasm for swimming. The swimmers attend and compete in the "BC" level meets. Time is spent on teaching the swimmers the "how to's" in practice sessions (reading a pace clock, stroke drills, starts, and turns). Must be able to complete the following practice sets:

Try-out Standards (SCY)

10/U Swimmers	11/O Swimmers
6 x 50 Free 6 x 50 Back 6 x 50 Breast 6 x 50 Fly 6 x 50 Kick	6 x 200 IM on 3:45 8 x 100 Kick on 2:30 10 x 100 Free on 1:50
	And any one of the following sets: 10 x 100 Free on 1:40 8 x 100 Back on 2:00 8 x 100 Breast on 2:30 8 x 100 Fly on 2:15
Cognitive: The swimmer accurately counts and computes distances.	
Competitive Performance Standards: Has participated in competitive situations for the primary purpose of skill development (entry level competitions)	

Additional Information
Typical Work-out Duration: 15 min. dry-land plus 1 hour, 15 min. water time
Typical Dry-land workout: stretching
Required Equipment: fins, water bottle, pull buoy, strokemaker paddles (see coach for appropriate size), mesh bag



Age Group Development Group (Beginner/Intermediate)

Biomechanics Standards	Physical	<ol style="list-style-type: none"> 1. Execute a start from the blocks. Hold the underwater streamline for one and one-half body lengths; initiate a kicking action for one body length and progress to the surface with a pull. 2. Execute a legal freestyle, backstroke, butterfly and breaststroke including an approach of at least 10 yards. 3. Stroke progression: Complete following progressions for butterfly and breaststroke: <ul style="list-style-type: none"> • Butterfly <ul style="list-style-type: none"> - Complete one length of the pool with legal butterfly form - Demonstrate correct timing of pull, kick, and breath - Demonstrate an undulating motion. • Breaststroke <ul style="list-style-type: none"> - Complete one length of the pool with legal breaststroke. - Demonstrate correct timing of pull, breath, and kick. - Perform a 100 yard IM with legal technique.
	Cognitive	<ol style="list-style-type: none"> 1. From a push, the swimmer counts the number of stroke cycles for freestyle, backstroke, breaststroke, and butterfly, and the coach records the time for one length of the pool.
Physiology Standards	Physical	<ol style="list-style-type: none"> 1. Coordinated movement patterns: swims all four strokes. 2. Aerobic endurance: can perform continuous swim for ten minutes.
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer begins to understand maturation and physical development: accepts and understands individual differences in physical size within an age group. 2. Understands that energy for exercise is derived from nutrition.



Character Development and Life Skills Standards	Championship Behavior and Accountability	<ol style="list-style-type: none"> 1. The swimmer demonstrates an understanding of sportsmanship championship behavior. For example, he/she does not throw goggles, and congratulates opponents. 2. The swimmer will treat teammates, parents, and coaches like the swimmer wants to be treated. 3. The swimmer talks to the coach before and after each race.
	Work Ethic and Self-Discipline	<p>During practice the swimmer will:</p> <ul style="list-style-type: none"> • leave on time during sets • start and finish at the wall • swim each set in the prescribed manner (i.e., does not swim free-style during butterfly sets) • swim entire set (does not bounce off bottom) • communicate with his/her coach
	Time Management	<ol style="list-style-type: none"> 1. The swimmer understands the importance of doing quality work in the classroom and will complete his/her homework on time. 2. The swimmer will turn in appropriate team paperwork in a timely manner (meet entries, release forms, goal sheets, etc.)
	Commitment and Team Loyalty	<ol style="list-style-type: none"> 1. The swimmer chooses a swimming hero (may be a member of his/her team) and knows the event in which the hero competed or competes. 2. The swimmer takes pride in being a member of his/her team, which the swimmer demonstrates by: <ul style="list-style-type: none"> • participating in team cheer • knowing the coaches' names • supporting and cheering on teammates during swims (practice or meets).
Psychological Skills Standards	Arousal Control	<ol style="list-style-type: none"> 1. Can describe the relationship between nervousness and performance. 2. Can describe the mind-body connection (negative thoughts—tight muscles—poor performance)
	Concentration	<ol style="list-style-type: none"> 1. Has an understanding of what to focus on and what to block out both in practice and in meets. 2. Has an awareness of when focus leaves target and can bring focus back.



Age Group Performance Group (Intermediate/Advanced)

This group is designed for all "B" to "AA" level swimmers who may have some experience in competitive swimming but need more work on their stroke technique. The focus of this group is to improve the swimmers' stroke skills and develop their enthusiasm for competitive swimming. Swimmers in this group compete in "AB" and "AA" level meets, while working towards Junior Olympics, Far Westerns, and Zone Championships. As stroke skills improve swimmers are challenged with more difficult sets. Swimmers are encouraged to enjoy their swimming and start to focus on the competitive aspect of the sport. Swimmers are expected to attend **3 practices per week and work towards 4 per week**. Group's emphasis is on setting and achievement of each athlete's goals within the SDAC team setting.

Try-out Standards (SCY)

12/U Swimmers	13/O Swimmers
4 x 200 IM on 3:30 8 x 100 Kick on 2:20 10 x 100 Free on 1:40	6 x 200 IM on 3:30 8 x 100 Kick on 2:20 10 x 100 Free on 1:40
And any one of the following sets: 10 x 100 Free on 1:30 8 x 100 Back on 1:50 8 x 100 Breast on 2:20 8 x 100 Fly on 2:10	And any one of the following sets: 10 x 100 Free on 1:30 8 x 100 Back on 1:50 8 x 100 Breast on 2:20 8 x 100 Fly on 2:10
Competitive Performance Standards: Must achieve 8 out of 12 National "A" times for 10 & Unders; Must achieve all National "BB" times for 11 & Overs.	

Additional Information
Typical Work-out Duration: 15 min. dry-land plus 1 hour, 45 min. water time
Typical Dry-land workout: stretching, push-ups, sit-ups
Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, mesh bag



Age Group Performance Group (Intermediate/Advanced)

Biomechanics Standards	Physical	
	Cognitive	<ol style="list-style-type: none"> 1. Complete one length of freestyle holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 2. Complete one length of backstroke holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 3. Complete one length of butterfly holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 4. Complete one length of breaststroke holding the same time or faster but using one less stroke cycle than in Age Group Developmental.
Physiology Standards	Physical	<ol style="list-style-type: none"> 1. Coordinated movement patterns: swims all four strokes with legal form. 2. Aerobic endurance: performs one T30 per season.
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands maturation and physical development: begins to understand relationship between training programs, maturation, and physical development. 2. The swimmer understands purpose of heart rate measurement. 3. The swimmer can measure his or her own resting and exercise heart rate. 4. The swimmer understands the importance of muscular flexibility in swimming performance.



Character Development and Life Skills Standards	Championship Behavior and Accountability	The swimmer will demonstrate a higher level of sportsmanship-championship behavior. For example, he or she respects competitors and gets along with friends regardless of ability level.
	Work Ethic and Self-Discipline	<ol style="list-style-type: none"> 1. The swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups. 2. The swimmer will meet the established attendance recommendations. 3. The swimmer will understand why he or she must not do drugs and other harmful substances. 4. The swimmer will learn to challenge him- or herself to perform to the utmost of his or her ability in practice.
	Time Management	The swimmer demonstrates an ability to balance religion, school, social activities, swimming, and family.
	Commitment and Team Loyalty	<ol style="list-style-type: none"> 1. The swimmer can effectively communicate his or her commitment to the swimmer's parents, coach, and teammates. 2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals. 3. The swimmer understands the relationship between his or her personal commitment level and results.
Psychological Skills Standards	Arousal Control	<ol style="list-style-type: none"> 1. Understands the relationship between relaxation and performance. 2. Knows the three levels of nervousness (too little, just right, not enough). 3. Can perform deep breathing as a relaxation technique. 4. Understands that stress comes from negative-talk and faulty focus of attention. 5. Understands the concept of uncontrollables, as a major source of stress.
	Self Talk	<ol style="list-style-type: none"> 1. Understands the benefits and uses of self talk and affirmations. 2. Closely monitors negative self-talk.
	Imagery and Visualization	Can visualize a race from start to finish
	Concentration	Understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to proper focus.
	Goal Setting	Understands the value of setting goals to improve performance.
	Self-Image	Is able to accept constructive criticism from the coach.



Age Group Elite Group (Advanced)

This group is designed to meet the needs of the top level age group competitive swimmers who have a desire to reach the top level of the sport. Swimmers in this area are skilled and experienced athletes who still need to improve their overall level of swimming and should focus on preparing for the demands of the Senior Elite Program. The focus of this group is to prepare for "A" and "AA" level meets, Junior Olympics Championships, Far Westerns, Zone Championships, Sectionals, and Junior Nationals.

This group focuses on how to train correctly, learn about training the energy systems properly and how percent of best time in practice relates to achieving goals. Swimmers learn how to do different type of sets at the right speed/pace. While swimmers are in this group, a lot of time will be spent on technique in all 4 strokes and trying to maximize distance per stroke. In addition, the workload will be increased which will further help make their transition in the Senior Elite Group a smooth and enjoyable experience. Swimmers are expected to attend **5 practices a week while working towards 6 practices a week**. The group's emphasis is on setting and achievement of each athlete's goals within the SDAC team setting.

Try-out Standards (SCY)

Age Group Elite	
6 x 200 IM on 3:10 10 x 100 Kick on 2:00 16 x 100 Free on 1:25	And any one of the following sets: 8 x 200 Free on 2:50 16 x 100 Back on 1:40 16 x 100 Breast on 1:50 16 x 100 Fly on 1:45
Competitive Performance Standards: Must achieve at least three National "AA," or two Far Western, or one Western Zone, or one Sectional Time Standard.	

Additional Information
Typical Work-out Duration: 1/2 hour dry-land plus 2 hours water time
Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time)
Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag



Age Group Elite Group (Advanced)

Biomechanics Standards	Physical	
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands the relationship between DPS, Stroke Rate, and Swimming Speed. 2. The swimmer can name two ways to minimize resistance or drag from the water. 3. The swimmer can explain one reason why sculling is important in creating propulsion.
Physiology Standards	Physical	<ol style="list-style-type: none"> 1. Muscular Strength and endurance: can perform sit-ups, push-ups, and chin-ups. 2. Aerobic Endurance: swims a T30 two times a season with improvement.
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands energy systems: can explain aerobic and anaerobic systems of energy delivery. 2. The swimmer understands nutritional requirements of training and competition. 3. The swimmer demonstrates understanding of the relationship between training programs and maturation and development and their effects on competitive and training performance. 4. The swimmer understands how to use heart rate measurement to monitor training progress. 5. The swimmer begins to understand the basics of different energy system usage in sprinting and distance swimming. 6. The swimmer can use heart rate measurement to monitor exercise intensity and recovery.



Character Development and Life Skills Standards	Championship Behavior and Accountability	The swimmer learns to accept responsibility for his or her performance.
	Work Ethic and Self-Discipline	<ol style="list-style-type: none"> 1. The swimmer is not influenced by the negative behavior of his or her teammates. 2. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance. 3. The swimmer can demonstrate coping strategies to deal with peer pressure. 4. The swimmer can demonstrate coping strategies to deal with parent pressure. 5. The swimmer understands and performs personal race strategies.
	Time Management	The swimmer demonstrates an ability to balance religion, school, social activities, swimming, and family.
	Commitment and Team Loyalty	<ol style="list-style-type: none"> 1. The swimmer can effectively communicate his or her commitment to the swimmer's parents, coach, and teammates. 2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals. 3. The swimmer understands the relationship between his or her personal commitment level and results.



Psychological Skills Standards	Arousal Control	<ol style="list-style-type: none"> 1. Demonstrates an understanding of the Individual Zones of Optimal Functioning concept. 2. Can identify personal optimal zone performance both in practice and competition. 3. Understands personal signs of under- or over arousal (“not enough” or “too much” nervousness). 4. Skilled in two arousal control techniques.
	Self Talk	<ol style="list-style-type: none"> 1. Understands the benefits and uses of self talk and affirmations. 2. Closely monitors negative self-talk.
	Imagery and Visualization	<ol style="list-style-type: none"> 1. Can visualize a race from start to finish. 2. Can control the image so vision matches actual performance.
	Concentration	<ol style="list-style-type: none"> 1. Develops a pre-race ritual or routine. 2. Develops race focal points for concentration.
	Goal Setting	<ol style="list-style-type: none"> 1. Has developed a long range goal within the sport. 2. Develops short-term and intermediate goals that ultimately tie into long range goals.
	Self-Image	<ol style="list-style-type: none"> 1. Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice. 2. Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.



Senior Developmental Group (Intermediate/Advanced)

This group is for all "B" to "AA" level swimmers 14-18yrs., who may have some experience in competitive swimming but need more work on their stroke technique. The focus of this group is to improve the swimmers' stroke skills and develop their enthusiasm for competitive swimming. Swimmers in this group compete in "AB" level meets, "AA", meets, and work towards Junior Olympics, Far Westerns, High School.

As stroke skills improve swimmers are challenged with more difficult sets. Swimmers are being physically and emotionally prepared to progress to the Senior Elite Group. Swimmers are encouraged to enjoy their swimming and start to focus on the competitive aspect of the sport. Swimmers are expected to **attend 4-7 practices per week**. All high school junior and seniors will be encouraged to continue swimming in college.

Try-out Standards (SCY)

Senior Development Group	
6 x 200 IM on 3:10 14 x 100 Kick on 2:10 20 x 100 Free on 1:40	And any one of the following sets: 20 x 100 Free on 1:30 12 x 100 Back on 1:45 12 x 100 Breast on 2:00 12 x 100 Fly on 1:50
Competitive Performance Standards: Must achieve four Junior Olympic Standards.	

Additional Information
Typical Work-out Duration: 1/2 hour dry-land plus 2-1/2 hour water time
Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time)
Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag



Senior Development Group (Intermediate/Advanced)

Biomechanics Standards	Physical	
	Cognitive	<ol style="list-style-type: none"> 1. Complete one length of freestyle holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 2. Complete one length of backstroke holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 3. Complete one length of butterfly holding the same time or faster but using one less stroke cycle than in Age Group Developmental. 4. Complete one length of breaststroke holding the same time or faster but using one less stroke cycle than in Age Group Developmental.
Physiology Standards	Physical	<ol style="list-style-type: none"> 1. Coordinated movement patterns: swims all four strokes with legal form. 2. Aerobic endurance: performs one T30 per season.
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands maturation and physical development: begins to understand relationship between training programs, maturation, and physical development. 2. The swimmer understands purpose of heart rate measurement. 3. The swimmer can measure his or her own resting and exercise heart rate. 4. The swimmer understands the importance of muscular flexibility in swimming performance.



Character Development and Life Skills Standards	Championship Behavior and Accountability	The swimmer will demonstrate a higher level of sportsmanship-championship behavior. For example, he or she respects competitors and gets along with friends regardless of ability level.
	Work Ethic and Self-Discipline	<ol style="list-style-type: none"> 1. The swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups. 2. The swimmer will meet the established attendance recommendations. 3. The swimmer will understand why he or she must not do drugs and other harmful substances. 4. The swimmer will learn to challenge him- or herself to perform to the utmost of his or her ability in practice.
	Time Management	The swimmer demonstrates an ability to balance religion, school, social activities, swimming, and family.
	Commitment and Team Loyalty	<ol style="list-style-type: none"> 1. The swimmer can effectively communicate his or her commitment to the swimmer's parents, coach, and teammates. 2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals. 3. The swimmer understands the relationship between his or her personal commitment level and results.
Psychological Skills Standards	Arousal Control	<ol style="list-style-type: none"> 1. Understands the relationship between relaxation and performance. 2. Knows the three levels of nervousness (too little, just right, not enough). 3. Can perform deep breathing as a relaxation technique. 4. Understands that stress comes from negative-talk and faulty focus of attention. 5. Understands the concept of uncontrollables, as a major source of stress.
	Self Talk	<ol style="list-style-type: none"> 1. Understands the benefits and uses of self talk and affirmations. 2. Closely monitors negative self-talk.
	Imagery and Visualization	Can visualize a race from start to finish
	Concentration	Understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to proper focus.
	Goal Setting	Understands the value of setting goals to improve performance.
	Self-Image	Is able to accept constructive criticism from the coach.



Senior Elite Group (Advanced)

This is the top level in the San Diego Aquatic Club Program. This group is designed for 14yrs. & over who aspire to swim at their fullest potential. Swimmers have learned how to train and are now training to compete at Junior Olympics, High School, "AA" meets, Far Westerns, Zone Championships, Sectionals, and Junior/Senior Nationals. The swimmers must have the desire and ambition to swim at the highest levels. Swimmers in the Elite group have all made the commitments & requirements of a senior swimmer. The requirements are as follows:

1. Attend a minimum 7 workouts per week.
2. Able to train at a high volume and at the correct intensity.
3. Have had a Parent, Coach, and Swimmer goal meeting.

Swimmers should gradually factor in double workouts as they adapt to the workload. Focus is on increasing training while maintaining technique. Training objectives are to increase the aerobic base and build strength over time, which will enable the swimmers top meet goals.

Swimmers start with a minimum of 7 workouts and build the number of workout as agreed by coach, athlete, and parent. The training plan will be discussed at the parent, coach, and athletes meeting, which will be held before the swimmer officially moves into the Senior Elite Group. All high school juniors and seniors will be encouraged to continue swimming in college.

Try-out Standards (SCY)

Senior Elite Group—BOYS	Senior Elite Group—GIRLS
6 x 400 IM on 5:40 14 x 100 Kick on 1:45 20 x 100 Free on 1:15	6 x 400 IM on 6:00 14 x 100 Kick on 1:50 20 x 100 Free on 1:20
And any one of the following sets: 20 x 100 Free on 1:10 16 x 100 Back on 1:20 16 x 100 Breast on 1:30 16 x 100 Fly on 1:25	And any one of the following sets: 20 x 100 Free on 1:15 16 x 100 Back on 1:25 16 x 100 Breast on 1:35 16 x 100 Fly on 1:30
Competitive Performance Standards: Must achieve at least six Far Western, or three Western Zone, or one Sectional Time Standard.	
Typical Work-out Duration: 1/2 hour dry-land plus 2-1/2 hour water time	
Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time)	
Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag	



Senior Elite Group (Advanced)

Biomechanics Standards	Physical	
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands the relationship between DPS, Stroke Rate, and Swimming Speed. 2. The swimmer can name two ways to minimize resistance or drag from the water. 3. The swimmer can explain one reason why sculling is important in creating propulsion.
Physiology Standards	Physical	<ol style="list-style-type: none"> 1. Muscular Strength and endurance: can perform sit-ups, push-ups, and chin-ups. 2. Aerobic Endurance: swims a T30 two times a season with improvement.
	Cognitive	<ol style="list-style-type: none"> 1. The swimmer understands energy systems: can explain aerobic and anaerobic systems of energy delivery. 2. The swimmer understands nutritional requirements of training and competition. 3. The swimmer demonstrates understanding of the relationship between training programs and maturation and development and their effects on competitive and training performance. 4. The swimmer understands how to use heart rate measurement to monitor training progress. 5. The swimmer begins to understand the basics of different energy system usage in sprinting and distance swimming. 6. The swimmer can use heart rate measurement to monitor exercise intensity and recovery.



Character Development and Life Skills Standards	Championship Behavior and Accountability	The swimmer learns to accept responsibility for his or her performance.
	Work Ethic and Self-Discipline	<ol style="list-style-type: none"> 1. The swimmer is not influenced by the negative behavior of his or her teammates. 2. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance. 3. The swimmer can demonstrate coping strategies to deal with peer pressure. 4. The swimmer can demonstrate coping strategies to deal with parent pressure. 5. The swimmer understands and performs personal race strategies.
	Time Management	The swimmer demonstrates an ability to balance religion, school, social activities, swimming, and family.
	Commitment and Team Loyalty	<ol style="list-style-type: none"> 1. The swimmer can effectively communicate his or her commitment to the swimmer's parents, coach, and teammates. 2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals. 3. The swimmer understands the relationship between his or her personal commitment level and results.



Psychological Skills Standards	Arousal Control	<ol style="list-style-type: none"> 1. Demonstrates an understanding of the Individual Zones of Optimal Functioning concept. 2. Can identify personal optimal zone performance both in practice and competition. 3. Understands personal signs of under- or over arousal (“not enough” or “too much” nervousness. 4. Skilled in two arousal control techniques.
	Self Talk	<ol style="list-style-type: none"> 1. Understands the benefits and uses of self talk and affirmations. 2. Closely monitors negative self-talk.
	Imagery and Visualization	<ol style="list-style-type: none"> 1. Can visualize a race from start to finish. 2. Can control the image so vision matches actual performance.
	Concentration	<ol style="list-style-type: none"> 1. Develops a pre-race ritual or routine. 2. Develops race focal points for concentration.
	Goal Setting	<ol style="list-style-type: none"> 1. Has developed a long range goal within the sport. 2. Develops short-term and intermediate goals that ultimately tie into long range goals.
	Self-Image	<ol style="list-style-type: none"> 1. Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice. 2. Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.



SDAC PRE-COMPETITIVE GROUP

The SDAC Pre-Competitive program is an introductory program, for children ages 5-13, that includes basic stroke instruction, turns, starts, and an introduction to racing. In the pre-competitive level of swimming, swimmers begin to build endurance and improve their skills in all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers will work on stroke technique and drills designed to make their swimming easier and more efficient, while developing enthusiasm for the sport of swimming. Swimmers are encouraged to attend as many practice sessions as possible, but daily attendance is not mandatory. All practices are coached by a certified United States Swimming coach.

Throughout the year, the pre-competitive team will be participating in notice events while working towards C level competition. These events provide the swimmers an opportunity to have fun while utilizing their newly developed swimming skills.

Pre-competitive team members will receive a team t-shirt and swim cap with registration.

This is an excellent program for children who wish to improve their swimming skills, while gaining the benefit and experiences of a team environment.



When can I move up to the next level?

Moving to the next level in SDAC's program involves several factors. A child's technical competence, physical stamina, mental preparedness, swim meet attendance/performance, as well as many other subjective factors, all play a role. Your coach is the individual best able to assess a swimmer's readiness to make this next step.

Group move up's for the Pre-Competitive, Age Group Developmental and Age Group Performance Groups occur four times a year (December, March, June, and September). The progress of athletes swimming at these levels can be large in both technical efficiency and speed. Group adjustments are made accordingly.

At the most advanced level in SDAC's age group program the Age Group Elite level move ups occur only two times each year (after the Far Western Championships in March, and at the beginning of the year in September).

Movement into the highest level in our program, the Senior Elite group, occurs only at the beginning of each new season in September.

Talk to your coach about your goals on a regular basis. He/she is the person who can help you make that jump to the next level!

All adjustments to the groups must go through the Head Coach. The Head Coach has the final word on all movements on the team.



MEMBERSHIP POLICIES & PROCEDURES

Financial Obligations

- Each swimmer must pay a **\$54.00 registration fee** to USS Swimming.
- **Registration fee: \$100 per family per calendar year.** The registration fees are not refundable. A portion of the SDAC fee will be used to provide each swimmer with a team cap. New swimmers will receive a team cap and t-shirt. Team championship t-shirts will be distributed to all team members twice during the year.
- **Monthly Dues:** Dues are billed monthly per swimmer. First month's dues and registration payable upon joining the team. Any swimmer starting last week of the month will swim free until the first day of the following month.

2007/2008 Group Monthly Dues	
Pre-Competitive	\$70
Age Group Development	\$80
Age Group Performance	\$90
Age Group Elite	\$100
Senior Development	\$110
Senior Elite	\$110

Billing Policies & Procedures

- Dues are billed on a 12 month cycle; however, you will not be invoiced.
- Monthly dues are not pro-rated.
- Swimmers who are in the water any part of a month are obligated for all fees for that month.
- Families are billed in advance on the 25th of the month and are due the 5th of the following (current) month. Payments not received by the 20th of the month are considered late and assessed a late fee of \$25 for each month in arrears. For example, February dues will be mailed on January 25th and will be due by February 5th, payments not received by February 20th will be considered late and a fee of \$25.00 will be assessed.
- A \$25 fee will be assessed for returned checks.

Monthly dues, made payable to SDAC, should be mailed to:

SDAC
 Attn: Tim Oelgoetz
 11337 Avenida De Los Lobos #C
 San Diego, CA 92127



Withdrawal from the Club

Notification of withdrawal, whether temporary or permanent, must be submitted in writing prior to the first day of the first month of the withdrawal (30 days notice). Any notification received after that will result in the obligation of dues and financial obligation for that month.



GENERAL SWIM MEET INFORMATION

Philosophy of Competition

SDAC engages in a multi-level competition program with USA Swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy with regards to competition:

- We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
- Sportsmanlike behavior is of equal importance to improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by SDAC's coaching staff.
- In the event of a dispute during competition, all matters should be referred to the SDAC coaching staff.
- A swimmer is praised for improving his/her stroke, time and race strategy. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
- Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice.
- Swimmers are prepared and encouraged to compete in all events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmers "best" stroke changes as they mature and his/her body goes through physical changes.

Competitive Strokes

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).



Competitive Swim Seasons

The swim year is divided into two seasons. The winter, or "short course", season runs from mid-September to mid-March. The meets are held in a 25-yard pool. The summer, or "long course", season runs from early April to mid-August. Meets are generally held outside in 50 meter pools (Olympic size).

Levels of Achievement

There are seven different age group classifications recognized by USA Swimming: 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

Within each age-group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "B", "BB", "A", "AA", "AAA", and ultimately "AAAA". The times required for each ability level are published each year by USA Swimming. This permits fair, yet challenging, competition on all levels.

In some cases, a swimmer may be in a different class in each stroke. An example: a "C" breaststroke time, a "B" freestyle time, and an "AA" backstroke time.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification.

Types or Levels of Swim Meets

1. Qualification Meets - These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.
2. San Diego Swimming Championships (Junior Olympics) - At the end of each short course (winter) and long course (summer) season. Generally, the standards fall between the national "A" and "AA" time standards.
3. Far Western Championships - At the end of each short course (winter) and long course (summer) season. Generally, the standards fall between the national "AAA" and "AAAA" time standards.
4. Western Zone Championships - After the Far Western Championships are held in the summer, a swimmer may qualify to participate in the Western Zone Championships through a qualification process outlined by San Diego Swimming. This is an all-star meet where swimmers compete as a member of the San Diego Imperial Swimming Zone Team competing against other LSCs from the western region.
5. Speedo Sectional Series Championships (Junior National Championships) - One of the highest levels of achievement that SDAC swimmers strive for is the participation in Sectionals. SDAC swimmers meeting qualifying time standards for this meet travel to



different locations throughout the western half of the United States to compete against the best swimmers in the nation.

6. Conoco Phillips USA National Championships (Senior National Championships) - Other than the U.S. Olympic Trials, which is held every four years, the highest level of competition for our senior swimmers is the USA National Championships. As with Sectionals, SDAC swimmers meeting the national qualifying time standards travel to various cities throughout the U.S. to compete against America's best swimmers. Swimmers can qualify for national teams that represent the U.S. in international competition by their performances at USA Nationals.

Meet Schedules

Each season's meet schedule is distributed at the outset of the season.

- The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. In other words, a "B" level swimmer should participate in all "B" level meets. We do not schedule a meet unless we feel it is important to participate. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
- On average, all team members can expect to compete every four weeks. In some cases, meets of a similar classification are scheduled as close as two weeks apart or as far as one month apart.
- As a general rule, we do not encourage any swimmer to compete in competition on two successive weekends (except in championship meets). In situations where there is a "developmental" meet one weekend and a "B" meet the following weekend, the swimmer must choose one meet or the other. This policy holds true for all levels of competition.
- At SDAC, swimming is a team sport. The coaching staff will make the final decision concerning meets SDAC's swimmers will attend. Coaches also make event decisions. Any departure from SDAC's meet schedule must be cleared through your child's coach.
- "Team Effort Meets" Designated team championship meets are indicated on the meet schedule. As SDAC's staff places the most emphasis on these meets, swimmers who qualify are **REQUIRED** to attend. The San Diego Imperial Junior Olympics, Far West-erns, Western Zone Championships, Sectionals and Nationals are always considered "Team Effort Meets".



EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SWIM MEETS, BUT WERE AFRAID TO ASK

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. Remember meets are a SDAC team event for parents, swimmers and coaches.

Before the Meet Starts

- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins.
- Upon arrival, find a place to put your swimmer's towels, swim bags, chairs, etc. The team usually sits in one place together under the team tarp.
- Find the check-in table where your swimmer will need to check in. This is usually around the area marked "Clerk of Course." If the swimmer needs to scratch events, they should do so at check-in. (see "How to Enter Meets" for more information on scratches)
- Check for special posted instructions in the area. Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event they are swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. This is done so that the people running the meet know who is actually at the meet.
- Once "checked in", write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
- Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day—he/she needs to get the engine going and warmed-up before he/she can go all out.
- After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in. The meet will usually start about 10-15 minutes after warm-ups are concluded.
- According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to SDAC's coaching staff. They, in turn, will pursue the matter through the proper channels.
- Heat Sheets or Psych Sheets- Programs or "Psych Sheets" are available at most meets, usually near the swimmer check-in area. Programs generally sell for \$4 - \$5. It lists all swimmers in each event in order of "seed time." When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "notime" swimmer will most likely swim in one of the first heats of the event.



The Meet Starts

- It is important for each swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait a while.
- A swimmer's event number will be called, usually over the loudspeaker, and he/she will be told that the lane assignments are now posted. The swimmer should locate the lane assignments and they will see which heat and lane the swimmer has been assigned to. Swimmers should then see their coach, with his/her cap and goggle in hand, and tell their coach their lane assignment. After seeing their coach, the swimmer should report behind the starting blocks.
- Before and after each swim:
 - He/she should go immediately to their coach
 - Generally, the coach follows these guidelines when discussing swims:
 - Positive comments or encouragement
 - Suggestions for improvement

Things you, as a parent, can do after each swim:

- Encourage your child! The coaching staff will be sure to discuss stroke technique and race strategy with them. You need to tell him/her how proud you are.
- Take him/her back to the towel area and relax.
- This is another good time to check out the bathrooms, get a drink or something light to eat.
- The swimmer now waits until his/her next event is called and starts the procedure again.
- When a swimmer has completed all of his/her events they may go. Make sure, however, your child checks with the coach before leaving to make certain that he/she is not included on a relay. It would not be fair to other swimmers who may have stayed for a relay only to find they are one person short.

What Happens If Your Child Has a Disappointing Swim?

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.



What to take to the Meet

- Most important – team swimsuit, SDAC team swim cap and goggles.
- Baby or talcum powder - to "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
- Towels - realize your swimmer will be there awhile, so pack at least two.
- Something to sit on - beach chair, sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- Sweats/Warm-up sweats - each swimmer may want to bring two because they can get wet and soggy.
- Team T-shirts - two or three, again because they can get wet and soggy.
- Games - travel games, coloring books, books, cards, anything to pass the time.
- Food - each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food.
- A counter, if your swimmer intends to enter any distance events (500 yards +). Please be advised that the distance events are often swum fastest to slowest (opposite of the other events in the meet) and alternate between girls heats and boys heats. Generally, you will be required to provide your own counter and timer for your swimmer. Parents of distance swimmers often help each other out in order to count and time for all the swimmers.

Once you have attended one or two meets this will become routine. Please do not hesitate to ask any other SDAC parent or coach for help or information.

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice. Meets are fun for parents too. Cheering for your team as well as your own swimmer is a vital part of SDAC swimming.



HOW TO ENTER SWIM MEETS

Once an appropriate swim meet has been identified for your swimmer, it is necessary to fill out a San Diego-Imperial Swimming Consolidated Entry Card. Please make sure that you print clearly and provide accurate information.

The following information is required on the card as shown below:

1. Swimmer's name (last, first, middle initial)
2. Circle swimmer's gender
3. Enter swimmer's age *on the 1st day* of the meet (even if you are not swimming the 1st day)
4. Consult the meet sheet and find the correct event number for each event you want to swim. Event numbers are odd for girls and even for boys. Next, enter the swimmer's time for the event, making sure you enter either short course or long course times accordingly. Unless specifically directed by your coach, please do not submit converted times. Also, please note that the swimmer will not be permitted to swim an event if their time is either slower than the minimum time listed or faster than the maximum time as listed on the meet sheet.
5. Enter the swimmer's United States Swimming (USS) registration number. The USS number is: mo/date/year of the swimmer's birthday, 3 letters of 1st name, middle initial, 4 letters of last name (see example below)
6. Enter "San Diego Aquatic Club"
7. Enter "SDAC"
8. Enter the name of the meet you're entering
9. Enter parent's name
10. Enter phone number of person listed in #9

SAN DIEGO - IMPERIAL SWIMMING CONSOLIDATED ENTRY CARD

NAME ^① SMITH JOHN K ^② (M or F) AGE: ^③ 14

EVENT NO.	FREE SUBMITTED TIME	EVENT NO.	BACK SUBMITTED TIME	EVENT NO.	BREAST SUBMITTED TIME	EVENT NO.	FLY SUBMITTED TIME	EVENT NO.	I. M. SUBMITTED TIME
	25		25		25		25		100
30 ^④	:30.20		:30		:30		:30		:200
	:100	14 ^④	1:14.65		:100		:100		:400
	:200		:200		:200	52 ^④	2:30.67		A 87C
	:400/500								
	:800/1000	USAS ATHLETE ID# 052092JOHKSMIT ^⑤							
	:1500/1670	TEAM: San Diego Aquatic Club ^⑥ INITIALS SDAC ^⑦							D.O.B. 5/20/92
		MEET: A/B ALL AGES NCA 7/12-7/13/04 ^⑧							
		PERSON TO CONTACT: Parent's name ^⑨ PHONE: ^⑩							

USG 63488



Additional Meet Entry Information

Meet entries must be submitted by the due date specified by your coach.

Entry Fees

Contained within the meet sheet is an explanation of fees for participation in the meet. A check, made payable to the appropriate organization as stated on the meet sheet, must accompany the meet entry card. There is generally a swimmer surcharge fee (usually \$3 to \$5 dollars per swimmer) as well as an individual event entry fee (usually \$2 to \$3 per event). If you are entering multiple swimmers from your family, you may submit one check for all entries.

Maximum Number of Events

Most meets specify the maximum number of events a swimmer is permitted to swim per day. If no maximum is stated, USA Swimming rules specify that a swimmer may swim 5 events per day. For meets involving preliminaries and finals, the maximum number of events is 3 per day.

Please be advised that it is possible to enter more than the maximum number of events per day, but you will be required to "scratch down" to the maximum number at check-in. If you are uncertain which events to enter by the entry due date, it is advisable to enter more than the maximum and scratch down at the meet. (Many swimmers often regret not signing up for a specific event by the time the meet comes around!) There are no refunds for scratches.

Proof of Time Meets

Many meets outside of the San Diego Imperial (SI) LSC require "Proof of Time" or "Blue" entry cards. These cards can be downloaded from the appropriate website of the LSC hosting the meet. To submit an entry, you will be required to provide the date, name of the meet, and your time for each event you enter. You will not be permitted to enter an event that you do not possess a qualifying time.

If you DQ or do not achieve the minimum qualifying time for an entered event AND you are not able to provide verification that you previously achieved the qualifying time, you may be fined.

Please discuss with your coach how to send in entries for meets outside of the our LSC.



ATHLETE NUTRITION FROM USA SWIMMING

What Should my Child Eat Before Practice?

The best pre-practice or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

Meals that provide 100 grams of carbohydrates:

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of Gatorade and 1 bagel

Fluid Replacement Tips

- Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.
- Choose sports drinks like Gatorade that taste good, stimulate fluid absorption in the body maintain proper fluid balance in the body, and provide energy to working muscles.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Avoid caffeine-filled beverages. They are diuretics and contribute to fluid loss.
- Check the color of your urine. Dark-colored urine may indicate you are dehydrated and need to drink fluids.



NUTRITION

Reprinted from "Training Agenda", USA Sports Medicine and Science Series

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate 50-60%	Fat 20-30%	Protein 14-18%
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This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

During Training

Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

Pre-Event Nutrition

The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

Nutrition During Competition

Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.



Nutrition After Competition

High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.



PARENTAL INVOLVEMENT AT SAN DIEGO AQUATIC CLUB

Practice Involvement

Parents should sit away from the practice area during training sessions. A parent's presence at practice is often distracting to the coach and its athletes. Parents who need to visit with a coach should make an appointment to meet with the coach 15 minutes before or after practice, or call (or e-mail) the coach so the coach can give that parent full attention. Talking to a coach for a few "quick" minutes during a practice takes away from the swimmers' time and may put the coach in a different frame of mind.

Competition Guidelines for Parents

At the beginning of each season, every family should receive a schedule of all competitions that the club will be attending. The following guidelines should be adhered to by the parents of our athletes:

- Parents should make every effort to get athletes to competitions on schedule.
- Every athlete must be at the competition site at the coaches requested time for team announcements, stretching, and check-in.
- Athletes who arrive late without notification may not be permitted to compete in the meet. Coaches are not responsible for checking-in athletes.
- All team members must sit together as a team.
- Team parents are often required to volunteer during meets, usually as a timer. On each day of a meet, parents should create a timing sign-up sheet, with each parent volunteering for a time slot. If you know your child will be swimming later in the day, it is helpful if you sign up for a later slot, so that families whose swimmer finishes early in the day may leave.
- Athletes are to stay in the designated team area as much as possible during the competition.
- Swimmers should wear team T-Shirts, sweats, parkas, caps, and suits at all competitions.
- If you want someone to cheer for your child, then you should cheer for them.
- Swimmers are to talk to their coach before each event and immediately after they warm down for each event.
- The swimmers are responsible for finding their heat and lane assignment and reporting them to the coach.
- The swimmers must report behind the blocks 5 minutes before their event.
- Swimmers must be aware of whether the "Fly-Over-Start" rule is in effect. If not, swimmers should remain in the pool until the last competitor has completed the heat, as a sign of good sportsmanship.



- Swimmers should shake their competitors' hands after each race.
- Swimmers must swim a 400 yards or meters or twice the distance of their race after each performance.
- Athletes are required to stay and support all swimmers in their events, unless excused by the coaching staff.
- Relays are important! The fastest four athletes will compete in the "A" relay. The remaining athletes will be placed according to their ability and need. The coach has final decisions over all relays.
- Every parent should assume their child is on a relay until told otherwise.
- Parents are encouraged to purchase a meet program and highlight their child's events.
- Parents are encouraged to talk to the coaches before warm-up about problems or concerns, not during the meet.
- Parents, please do not tell your child how fast they should race to win.
- Parents, please do not tell your child where they are seeded in their event. This is a sport of time.
- Trophies, medals, and ribbons are a bonus.
- Parents, please let the coaches' coach. Support in all circumstances is the role of the parents.
- After your child completes his or her race, check for the official results so you can help keep track of progression.
- Parents may assist first time athletes to the blocks. However, the ultimate goal is to have each athlete responsible for his or her own race.
- If your child won his or her heat, this does not necessarily mean they have won the event. The winning time from all the heats will determine the first place finisher.
- The meet officials are professionally trained volunteers who should be respected. They have the power to disqualify athletes who perform illegally. If your child is disqualified accept it as a learning experience.
- Parents are not allowed to argue disqualifications. Only members of the coaching staff can question the officials. The athlete should inform his or her coach of the reason(s) for any disqualifications so the coach can make an appeal or correct the flaw in practice.

Parent & Athlete

SDAC's swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit.



As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc.

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.

Be Enthusiastic and Supportive!

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not, and ask only that they give their best effort. Learning about oneself while enjoying the sport is the most important part of the swimming experience.

The swimming environment encourages learning and fun, which will help your child develop a positive self image.

Positive Parenting Tips

- Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
- Support but do not push your child.
- Understand development - long-term development as an athlete, and growth and development as it impacts performance.
- Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
- Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance.
- Define and measure success as giving maximal effort and as personal improvement.
- Keep winning in perspective.
- Do not bribe.
- Give plenty of encouraging and rewarding statements. Criticize sparingly.
- View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
- Work to form an effective Coach-Athlete-Parent triangle.



Parent & Club

Parental involvement is crucial to every club. Regardless of structure, clubs are looking for volunteers to help with swim meets, coordinate social events and organize fundraising. Volunteering to help your club is a great way to get involved, to meet other parents and to be a positive role model for your child. Contact the coach or an involved parent to find out more about what you can do and how you can be a positive force in your club.

Roles and Responsibilities Within Your Club

Getting involved with your child's club is a great way to meet people, have fun and teach your child about commitment. Many swim parents develop long-term friendships and enjoy the family-like atmosphere that develops when people work together. Working at a meet can be a lot more fun than sitting in the stands!

Additionally, when your child sees you devoting time and energy to help the team, he or she understands that team loyalty is important and worthwhile.

It Looks Like It Takes a Lot of People to Run a Meet. What can I do?

If you have already attended a meet, you have probably been approached to be a timer. This is a great way to begin to help run meets. In fact, this is how many officials get started. Officials are a necessary part of every type of competition. Officiating positions include stroke and turn judges, clerk of course, computer operator, starter, referee and safety marshal. If any of these jobs interest you, please call the SDAC office for more information on how to get involved. SDAC pays for annual USA Swimming membership for officials. Parents are needed at every swim meet whether it is hosted by SDAC or not.

Parents as Officials

Volunteer officials are needed to officiate, supervise, and conduct sanctioned competitions. To participate in a meet there is an athlete to official ratio that is applied to each team. If a team does not produce an official according to the ratio, the team may be fined. The current athlete to official ratio is as follows:

- 0-10 athletes/ no official required
- 11-34 athletes/ one official required
- 35-60 athletes/ two officials required
- 61-86 athletes/ three officials required
- 87 or more/ four officials required

Therefore, it is absolutely necessary to have parents from our club volunteer to be officials. The coaching staff encourages our parents to become certified officials because it is part of our responsibility as a team in the San Diego Imperial Local Swimming Committee, and it aids in having more disciplined and educated athletes, parents,



The Process of Becoming an Official

In United States Swimming, all potential and existing officials must first become a member of US Swimming. After joining the organization, every potential official will be required to train at a minimum number of events, attend an orientation clinic, and take a written test before being certified. The entire process is not difficult and most volunteers thoroughly enjoy their relationship with the sport.

Certification Positions Within United States Swimming

Position	Requirement
Timer	Timer Test
Clerk of Course	Timer + Clerk of Course Test
Administration	Timer + Clerk of Course + Administration tests
Stroke and Turn	Timer/Stroke and Turns Test
Start	Timer + Stroke and Turn + Starter Tests

Checklist for Registration of New Swimmers and Parents

The following is a list of items that must be completed within 10 days of registration:

- The United States Swimming registration form for new members has been completed and returned to a coach.
- San Diego Aquatic Club registration form has been completed.
- I have signed and returned SDAC membership agreement.
- I have signed code of conduct.
- Medical release form has been completed.
- Release of liability form has been completed.
- I have given a list of my swimmer’s best times to his or her new coach.
- I have completed a USS transfer form (if applicable).
- I have received a copy of the Club’s current training and competition schedule.
- I have received the Club’s apparel order form.
- I have received the parent and athlete handbook.
- I have signed and returned a Parent Participation Policy form.



COACHES RESPONSIBILITIES

Under the direction of the Head Coach, it is the coaches' responsibility to direct the competitive swim program. SDAC's coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself. In matters effecting training and competition coaches are responsible for providing the following:

- When placing youngsters into appropriate practice groups a variety of criteria is considered. Among the criteria, but not limited to, are age, ability, experience, maturity, and desire. Group movement is determined by the coach of each group in conjunction with the Head Coach.
- Each group's practices are based on sound scientific and biomechanical principles, therefore sole responsibility for stroke instruction and the training regimen rests with SDAC's coaching staff. If needed, individual instruction will be provided or directed by your child's coach.
- At SDAC, swimming is a team sport. The coaching staff will make the final decision concerning meets SDAC's swimmers will attend. Coaches also make event decisions. Any departure from team's meet schedule must be cleared through your child's coach.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. Before and after each race athletes are required to check in with their coach for constructive comments and direction.
- The building of a relay team is the sole responsibility of SDAC's coaching staff.

The coaching staff is constantly updating and improving SDAC's program. By following the guidelines outlined in this handbook, swimmers and parents will be able to make the most out of the excellent opportunity this program provides for success in swimming.



SWIMMER'S RESPONSIBILITIES

Establish and actively train to achieve high goals.

Picture yourself a winner and go after your goals!

Have fun! Grow strong!

Improve your skills and take time to appreciate your accomplishments.

Approach all situations with a positive outlook and show it.

Learn from your experience and plan ways in which you can improve.

Be a team player.

Compliment others on their achievements. Encourage those who are down.

Attend practice on a regular basis.

Bring all equipment appropriate for your practice group.

Arrive on time.

This allows you enough time to change clothes and promptly walk on deck. Late arrivals disrupt practice, and miss out on things they cannot make up.

Attend all required meets.

Competition is a great tool by which to measure improvement. Swim Meets are a great place to meet new people.

Communicate with your coach.

Letting your coach know of your plans, concerns and thoughts strengthens the coach/swimmer relationship.

Take an active role in advertising the positive aspects of SDAC swimming.

Talk to your friends and family about what it means to be a team member.

Participate in all SDAC team swim meets!

Help in setting up and putting away equipment before and after practice.

Wear your SDAC cap, team suit, and team t-shirt at all swim meets.



HOW INFORMATION GETS TO YOU

SDAC has many vehicles for communication. Please refer to them to help you navigate through the seasons. Please feel free to email coaches, call the team number or leave messages in your coach's file on deck.

E-Mail

Probably the most popular means of communication in a quick manner. This process can reach the masses faster than any other means of communication. This will be used for quick updates, daily reminders, on the spur of the moment thoughts and ideas. This is a great way to get in contact with the coaches, instead of always asking questions on the pool deck.

Web site

The address of SDAC's website is: www.swimsdac.com. The website is updated regularly with important team announcements, meet entry deadlines, calendar of events, meet reports, etc. Please make sure you bookmark this site and visit it regularly. In addition, the website provides links to access time standards, meet sheets, the team newsletter, helpful articles, etc. Team photos, team records, and all related team forms and handbooks can be accessed on the website.

Newsletter

SDAC puts out a team newsletter, *Swim Times*, on a monthly basis. It includes Age Group Swimmer's of the Month, articles by coaches and miscellaneous items.

Pool Bulletin Board

There is a bulletin board at each pool that is updated with the current flyers. Please refer to the bulletin board and check extra flyers file for flyers not received. Before taking meet formats, ask your coach if your swimmer was supposed to receive that particular format. Many times coaches only put certain formats in swimmer's files that they qualify for.

Back To Swim Nights

These informal but informative meetings are held in the beginning of our short course season in the fall. Each site has a back to swim night. If you miss the one at your pool feel free to attend any of the others.

Team Phone Number

SDAC team number is (858) 254-2233. You may leave messages for any coach on that line. All coaches have access to that message center. If you do not want all coaches to hear your message, leave a message for a particular person with just a phone number, no details.



Team Roster

A team roster is provided to each family for use in coordinating carpools, fund-raiser mailings and the phone tree. The information is used only within the team and is not authorized for any other use. It is usually out in mid fall. Additions and changes are done once a year.

Phone Tree Calling

When important messages have to get out and time is short, you will be contacted by the phone tree system. Each workout group has a gracious volunteer who offers to do this service. Please advise your coach of any phone number changes during the year.

Cancellation of Workout

Notification is by phone tree or announcements at workouts. Our outdoor sites will run workouts regardless of the weather condition with the exception of lightning storms.

Holidays

SDAC does not hold practice on the following days: New Year's Day, Easter, Independence Day, Memorial Day, Thanksgiving (and the day after), and Christmas. Other holidays may be observed at certain pools to which you will be notified.

All groups receive a 2-3 week break at the end of the summer competition season. This is near the end of August. This is based on the Head Coach's recommendations.



SAN DIEGO AQUATIC CLUB, INC. TEAM APPAREL

We want the swimmers of SDAC to represent our team pride. One way to accomplish this is to wear SDAC apparel when representing our team at a swim meet. Always wear your SDAC suit and swim cap at competitions.

All athletes are required to wear the team suit, team shirt, and team cap at all meets. There is to be no deviation from this unless noted by the Head Coach. One must always remember that they are a part of the SDAC team and show respect to the team colors and have team pride

Also, there are specific styles of suits that may be worn by swimmers depending on their accomplishment level. The purpose of the restriction is to prevent swimmers (and their families) from purchasing expensive racing suits when a basic suit, more inexpensive suit will satisfy the swimmer's needs. The following table outlines the SDAC suit policy.

If your swimmer is....	Wear this style team suit
In the Pre-competitive group and/or an A-level, B-level, or C-level swimmer	A Black Speedo lycra suit
Junior Olympics Swimmer (for individual event qualifiers, not relay only swimmers)	A Black Speedo Aquablade suit or A Black Speedo lycra suit
Far Western Swimmer Zone Swimmer Sectional Swimmer Junior National Swimmer	A Black Speedo FSII or A Black Speedo Aquablade or A Black Speedo lycra suit

Additionally, apparel awards are provided for swimmers who attend the following meets:

Swim Meet	Outfitting Award
San Diego Imperial Junior Olympic Championships	t-shirt
Sectionals/Junior Championships (for individual event qualifiers only)	Sweatsuit, cap, swim suit, t-shirt
National Championship	Sweatsuit, cap, swim suit, t-shirt, swim bag
Any other outfitting awards will be determined by the coaching staff.	



Team Store & Attire

SDAC uses a local swim vendor to provide each family with all of their swimmer's equipment needs. It is:

Paradowski's Swim & Sport

7962 Convoy St.

San Diego, Ca.

(858) 569-6949

Team suits and goggles are recommended for each new swimmer. Team caps are required at all levels of competition. Warm-ups, equipment bags, t-shirts, sweatshirts and other items are available for purchase and are marked with team name and/or logo. In upcoming seasons, the SDAC team vendor plans to conduct sizing days at each pool in the Spring and in the Fall. At all other times, families need to deal directly with the vendor.