



Welcome to the Northern Sierra Family!

Northern Sierra is a competitive swim team part of USA Swimming, the governing body of our country's most successful Olympic sport. We are very proud of our team and are excited to have you as part of our organization. We have worked hard to create a personal, positive, hard-working environment and we are confident that you will find value both in and out of the pool. For new swimmers and parents, we assume that you have reviewed the information on the website, have met with a coach and are ready to register. For returning swimmers and parents, this may serve as a review.

Northern Sierra is a coach directed program. The coaching staff has put in a tremendous amount of work to develop this program into one of the most comprehensive in the United States. Our training philosophy is based on scientific principles of maturation and development. In addition, the coaching staff is focused on developing positive character traits in young people that will lead to success in both athletics and life.

As a staff we are committed to the success and improvement of our team and each dedicated swimmer. The following information will outline the team's philosophy with regard to family commitment and policies, as well as fees. To maintain a special environment, we need the support of every parent. The positive influence of a swimmer's parent is essential for success. We strongly encourage new parents to contact a coach as questions arise and there is always helpful information on the website.

We know you have many choices and we want Northern Sierra to be the best choice you make in terms of committing your time, effort, and money. Thank you for your decision to swim with Northern Sierra and thank you in advance for your support.

Coach Daryn Glasgow & Coach Ethan Green

MISSION STATEMENT

Develop confident swimmers who strive together to excel.

How we achieve our mission:

- Provide stability and cohesiveness throughout the program with a staff of professional coaches who manage the team.
- Promote the ideal of athletic and academic achievement. Prepare our swimmers to excel in the collegiate ranks both academically and athletically.
- Instill in our swimmers a "work-ethic." Teach them that success is the result of hard work and to take pride in working hard.
- Provide opportunities in and out of the pool for social interaction.
- Reward behavior that demonstrates commitment to the daily process of striving to one's best.

DARE to Succeed!

Diligence - Persevering determination to perform a task.

Attitude – Positive mental state involving beliefs and feelings and values.

Respect – Courteous expression of esteem or regard.

Enthusiasm – feeling of excitement, to be inspired, love what you do.

Training Philosophy

1. Long term developmental plan for each swimmer taking into account their physiological and emotional development.
2. Primary focus is on teaching proper stroke technique and efficiency.
3. Maintaining the quality of work while increasing the quantity.
4. Develop educated swimmers who are students of the sport.

Why You Should Be Glad Your Child Picked Swimming?

Sports are supposed to be good for kids. In theory, a sport should build bodies, not tear them down. It should promote sportsmanship, self-discipline, and perseverance. Swimming lives up to these ideals quite well.

According to many authors of articles on sports for children, the fact that swimming uniquely develops the cardiovascular system to the maximum makes it an ideal sport for children since an efficient cardiovascular system is the key to life-long health. This is in addition to the fact that children run so little risk of injury in swimming. Swimming is rated as a "most desirable" sport on insurance company premiums.

Swimming is a sport in the true sense of the word. It is a pursuit of a striving for excellence. Its very nature demands diligence and great strength of purpose. It is not merely an athletic "contest" which requires a minimum of training and maximum luck. There can be no teammates or bad luck to blame in swimming. There is only you, the water, and the watch. Swimmers, more than most, learn early the relationship between work and results. Exceptional size and ability are soon overshadowed by hard work. The striving for excellence, absent in so many sports, is what the ancient Greeks revered as being the thing which brings out the finest qualities in mankind.

The Parent Role - Overview

As with all youth sport organizations, Northern Sierra depends on the support of its parent group in order to remain solvent. We know there are vastly different intentions and commitment levels from the parent's perspective. Our view is first, that a swimmer's decision to swim year-round is really a family decision, and a swimmer's commitment is really a family's commitment. As such, we feel an obligation to the swimmer and the family and we ask for the families support in helping us pursue our long-term objectives for every swimmer and the team as a whole. Our philosophy is that this experience is far more than simply a sport or an activity, but more an endeavor that helps develop the person through the extraordinary lessons offered through the sport of swimming. Through this we hope to develop great athletes who place a premium on virtues like discipline, work ethic, leadership, team commitment, perseverance, and character, and who will develop skills that will be applied in college, careers, and life in general.

In developing Northern Sierra, we wanted to create a program that was founded on character and commitment, that simply put, would be the premier youth sports organization in the area, and a model for all swim programs. This can only be done with an extraordinary commitment by coaches, swimmers, and parents. With regard to the Northern Sierra parent commitment, it is primarily three-fold; *Host Meet, Team Experience, and Financial.*

- ***Host Meet***

As a United States Swimming team and a member of Sierra Nevada Swimming, we are obligated to host meets and provide competitive opportunities for local swimmers. Hosting a meet is significant in that it is;

- 1) A fundraising opportunity for Northern Sierra Swimming,
- 2) It brings our parents into the competitive process, and,
- 3) It offers our swimmers competition in their own pool with no travel.

We ask that parents not only attend the meets and fulfill their shift commitments, but that they embrace the competitive process and the high standards that Northern Sierra hopes to maintain in its host-meet function. Families may sign-up for their choice of work assignments. Meet jobs will be assigned to those who do not sign-up on their own. **NOTE:** When the team attends meets hosted by other teams we are required to provide a certain number of officials and timers. All families are required to time or officiate at each meet their swimmer(s) attend.

- ***Experiential***

As a part of our big picture philosophy, we want to create the best *experience* possible. We realize that the great majority of the experience will come from daily training, swimmer development, friends, and the coach/swimmer relationship, but there are external areas that we feel can make this challenging pursuit more enjoyable and fulfilling. This support will come in the form of **Social or Team Support** functions.

- ***Financial***

Families are required to pay monthly swim fees and annual team registration fees as well as maintain current registration with USA Swimming for each of their swimmers. The other financial component revolves around fundraising. Our fundraising efforts are kept to a minimum and are primarily annual TV Raffle, hosted swim meets, and eScrip, which ALL families are required to support.

Fees

Swim fees are billed monthly and are payable the 1st of each month. Fees are due whether or not you receive an invoice. New swimmers are to pay the current month's fees when registering. New Swimmers are given a 50% credit toward their 2nd month's fees. There is no pro-ration of the monthly dues. Coaches make the final decisions about training group assignments.

Swimmer Registration

Step 1 – First contact Coach Daryn (CoachGlasgow@gmail.com) or Coach Ethan (CoachEthan@gmail.com) or call 530 268-1209 to schedule a try-out time. Complete the "Try-Out Form" and bring it to your try-out.

Step 2 – After the try-out:

- * Go to NorthernSierraAquatics.org and Register for the Team! Click on Start Registration and follow the instructions.
- * Swimmer must be registered with USA Swimming (an annual registration).
- * Swim fees for the current month must be paid.
- * Swim equipment (based on group) must be purchased.

All swimmers are required to be registered with United States Swimming. This provides liability insurance for your swimmer as they train and compete, as well as when they participate in a sanctioned team event. USA Swimming governs competitions, keeps a database of all swim times, and provides athletes with educational materials and information about the sport.

To register with USA Swimming go to Sierra Nevada Swimming at: <http://swim-smarter.com>. Click on Register for USA Swimming. If you do not already have an account, you will need to create one. Once logged in, Choose Northern Sierra (NS) as your club. If joining the team between May 1 and July 31, choose the SEASONAL MEMBERSHIP. If joining in August, talk to Coach Ethan or Coach Daryn prior to registering for USA Swimming. Print out a confirmation of your registration and turn in to the coaches.

Communication:

The primary form of communication for Northern Sierra is email. Please make sure that we have the proper email address for your family. The coaching staff will send out weekly updates and other important information. We also recommend that parents and swimmers check the website for news and updates regularly (www.NorthernSierraSwimming.org).

The Northern Sierra staff knows that communication is key to a successful parent/coach and swimmer/coach relationship. Open communication is required! Please make coaches aware of any problems a swimmer may be having. By letting us know, we are able to be better coaches to your swimmer. Parents wishing to discuss something should call the coaches' voice mail or email Coach Daryn (CoachGlasgow@gmail.com) or Coach Ethan (CoachEthan@gmail.com)

Coaches' Phone/Voice Mail:

(530) 268-1209

Mailing Address:

10556 Combie Rd. PMB 6470, Auburn, CA. 95602

Team web address:

www.NorthernSierraSwimming.org

Swim Equipment:

Swimmers are required to purchase and have at practice each day the swim equipment appropriate for their group. Swim equipment should be ordered through Swim Suits West Swim Shop or online at <http://www.swimoutlet.com/northnersierraswimming>

The Merchandise order form is available on the website or from Coach Daryn. Please review the **required** and optional merchandise.

Items your swimmer will need for practice:

- ALL Groups:
 - One-piece Suit,
 - TEAM Cap & Goggles,
 - Water Bottle,
 - Fins,
 - Speedo Pull-Kick
- Black Group
 - Front Mounted Snorkel
- Pre-Senior Group
 - Front Mounted Snorkel
 - Sculling/Finger Paddles
- Senior
 - Front Mounted Snorkel
 - Strokemaker Paddles
 - Sculling/Finger Paddles

Each season **All new and returning members will receive:**

- *One Team Suit*
- *One Team T-shirt*
- *One Team cap*

Additional caps and t-shirts may be purchased.

Parent On Deck Policy:

Northern Sierra has a "no spectator on deck policy". This is required by our USA Swimming insurance coverage. It also allows the swimmers to focus on the coach's instruction without any distractions.

Those that wish to view practice must remain in the designated spectator area. Please do not interfere with the coaches during workout times. If a swimmer needs to leave early, this should be communicated by the swimmer to the coach before the beginning of practice. Parents should not try to communicate with their children during practice. It is a disruption to the coaches and other swimmers. If there is an emergency, please communicate with the coach.

Weather Watch:

Rain we swim – Lightning we get out! We will not cancel practice due to rain alone. In the event of an electrical storm, practice will be canceled. Don't be afraid of a little rain (or snow). Swimmers will be wet and the pool is the same temperature. Practicing in the rain is fun!

Swimmer Practice Guidelines:

Each practice session that you attend is an opportunity to learn about and improve your swimming. Just as in a classroom, everyone must participate in a positive manner for the entire group to benefit. By following the guidelines listed below, you can contribute to a learning environment and help yourself and your teammates reach your swimming goals.

1. Make sure you eat and drink properly before each practice session.
2. Be on time (about 10 minutes prior to the scheduled start of practice).
3. Start your warm-up promptly when directed to do so by your coach.
4. Have all your training equipment with you each day, including a water bottle.
Remember a ONE-PIECE Suit is required.
5. Have a spare set of goggles, suit and cap for use as needed.
6. While the coach is talking, be attentive and focus on what the coach is saying.
7. Work to improve your swimming techniques on a daily basis.
8. Be a positive, supportive member of the group, encourage your teammates during the practice.
9. Always try your best! Push yourself to your best effort on each lap, turn, streamline and finish.
10. Help in any deck cleanup or covering of the pool as needed.
11. Dress warmly after each practice and eat immediately after practice to aid in muscle recovery.
12. If you need to leave practice early please notify your coach BEFORE practice begins.

Behavioral / Discipline Policy:

Our program is designed to offer each swimmer the opportunity to excel in a positive and secure environment. All swimmers are expected to behave in a mature manner when at practice and to treat their teammates and coaches with respect. Any swimmer behaving in a manner that is deemed by the coaches to be either inappropriate or distracting to other swimmers will be subject to the following procedures:

1. Coach will notify swimmer that their behavior is not appropriate and must be stopped.
2. If behavior persists or if original actions are grave enough to warrant, swimmer will be removed from practice and the parents will be contacted to pick-up their child. The swimmer will not be allowed to attend the next practice until the parents have discussed the issue with the coach.
3. If the above actions are not able to resolve the issue, at the discretion of the head coach a swimmer may be suspended for a period of time or permanently removed from the team.

Enter And Exit Procedures:

The coaching staff is focused on what is going on in the pool and is not able to monitor swimmers entering and exiting the pool area. Please drop off your swimmer no earlier than 15 minutes prior to the scheduled start of practice and watch to make sure your swimmer safely enters the pool area. Pick up your swimmer promptly at the scheduled ending time for each practice. Supervision will not be provided after the conclusion of their practice.

Key points for parents:

- Drop off swimmers no earlier than 15 minutes prior to the scheduled start of practice.
- Parents are responsible for instructing their swimmer to remain inside the gated pool area once they are dropped off, unless they are under the direct supervision of a coach such as during dry-land activities.
- **Parents are responsible for their swimmer(s) immediately after the scheduled end of practice.**

Meet Procedures

Swim meets are one of the major reasons you work so hard during practice. Swim meets are FUN and they play a large role in teaching you how to become a better swimmer. The coaching staff has established Swim Meet Procedures so that all Northern Sierra swimmers will maximize each meet experience.

Swimming is a TEAM sport. We train as a team, we compete as a team, we warm-up as a team, we sit together as a team and it is important that you represent **Northern Sierra with pride and wear TEAM attire.**

- **What to Bring:**
 - Team suit, Team Shirt & Team cap
 - Goggles
 - Warm Clothes
 - Towels
 - Cash/snacks/WATER

- **Arrival / Warm-up:**
 - Arrive at the pool 15 minutes prior to your assigned warm-up time.
 - Find the check-in desk and check-in for all your events.
 - Find the Northern Sierra Team area, get set up and prepare to get in the water.
 - The coaches will direct you through warm-up.

- **Team Meeting:** 8:50AM - All swimmers meet with the coaches in the team area.

- **During the Meet:**
 - Before each race, check the posting for your heat and lane assignments.
 - Report to the coaches to inform them of your heat and lane and to talk about your upcoming race.
 - Do your pre-race warm-up.
 - Report to the area behind the starting blocks 3-4 heats prior to yours and be ready when your heat is called to the blocks.

ALL SWIMMERS MUST COMPETE IN A NORTHERN SIERRA TEAM CAP & TEAM SUIT

- **After Each Race:**
 - Complete a race warm-down.
 - Senior = 4 x 100; Pre-Senior = 6 x 50; Black = 4 x 50; Silver = optional
 - Get dressed.
 - Come over to the coaches to review your race.

How To Enter Meets:

You will receive emails from the coaches requesting your attendance confirmation for Team scheduled meets. You must confirm attendance through our website – NorthernSierraAquatics.org. Coaches will enter all swimmers confirmed for meets. Meet fees will then be put on your next month's bill.

Meet Schedule:

The coaching staff designs the meet schedule in order to give each level of swimmer opportunities to compete. All Northern Sierra families are expected to follow the announced meet schedule.

Team Travel Meets:

As your swimmer progresses there may be opportunities to participate in Team Travel Meets. The coaching staff selects travel meets for several reasons: give our swimmers experience competing against different competitors and at a higher quality of individual competition; seek conditions conducive to exceptional performance; provide opportunities for personal development; as well as experience the fun and social interactions of traveling.

Other Meet Items:

- Help clean the team area before leaving for the day.
- If for any reason you miss an event or have to leave the meet early, check in with the coaches for specific instructions.
- **No scratching** of events unless first approved by the coaches. Do not ask unless you have a legitimate personal or family reason for needing to miss an event.
- If you are spoken to by an official for any reason, including a disqualification, try to be clear as to what the official is telling you and report to your coach as soon as possible.
- Swim FAST and have FUN!

Team members will wear team gear to all meets.

Items your swimmer will need for meets:

- Northern Sierra Team Swim Cap,
- Northern Sierra TEAM SUIT
- and a Northern Sierra T-shirt.

Each season **All new and returning members will receive:**

- *One Team Suit*
- *One Team T-shirt*
- *One Team cap*

Additional Suits, Caps and T-shirts may be purchased as needed.

Frequently Asked Questions

Do my swimmers need to attend practice every day?

At the age group level, we encourage our younger swimmers to participate in other activities away from the pool. It is not necessary to attend 100% of all workouts offered. As a swimmer progresses through the program the commitment level will increase. Swimmers in the Senior Team are expected to have at least 90% attendance.

Are you required to swim in meets?

Each season the coaches will distribute a calendar of meets. Swimmers will be encouraged to attend. Similar to the attendance expectations as a swimmer progresses through the program the commitment level to meets will increase.

How often are there swim meets?

Most swimmers should expect to swim in 1 meet per month. The meets are of different levels with different time standards. Swimmers will qualify to swim in only certain meets. The coaching staff works very hard to put together the best meet schedule for all levels on the team.

Do parents work at the meets?

Yes, we cannot run the meets without the parent's help. At away meets all parents are expected to help with timing in our team assigned lanes or officiate.

What is a USA Swimming card used for?

Each swimmer must be a registered member of USA Swimming. Proof of membership is your card. Membership includes an insurance policy that allows USA Swimming teams to hold practices and to host meets. Your USA Swimming membership number is a combination of birth-date and letters from your name. You should bring your USA Swimming card to every meet in case there is ever a question regarding your membership status.

What is the proper diet for a swimmer?

First and foremost swimmers should always drink a great deal of water. The human body is over 65% water and the proper intake of water on a daily basis is critical. A well-balanced diet with large amounts of fruits and vegetables is always a good place to start. Avoid fast foods, and saturated fats that are found in potato chips, fried foods, and other quick snacks. Eating a healthy snack before and after each practice session will help keep the blood sugar level at its proper level. During a meet swimmers should stay hydrated throughout the day (extra important in warm weather), and eat foods that are easily digestible (fruits, etc).

How does a swimmer move up in groups?

The coaches design move-up criteria for each group. Meeting the criteria alone does not guarantee a move to the next group. The final decision is up to the coaches' discretion based on what we feel is best for your child's long term success.

Why am I not allowed to talk to the coaches or sit on deck during training sessions?

Our insurance requires that no spectators be allowed on the pool deck. This includes parents and siblings. In addition, your presence is a distraction to your swimmer, the coach and the group.

Should I sign my swimmer up for lessons and/or swim camps?

USA Swimming and many colleges offer camps during the summer. These camps can be a great experience for your swimmer. However, if you are looking for additional instruction, camps and lessons should not be necessary, in most cases. All the techniques for successful swimming will be covered at the various practice sessions. If your swimmer is interested in a swim camp or additional lessons, the coaching staff will offer suggestions that will compliment what we are doing in our practices.

How can I be a good swimming parent?

The most important concept is to be supportive. Support your swimmer best by making sure they attend practice and meets on a regular basis. Support your swimmer by making sure they are getting a proper diet and rest. Support your swimmer by helping them understand that in swimming, like everything in life, there will be good times as well as bad times. Both can be important learning opportunities. Help your swimmers make the most of their opportunities and help teach them to accept responsibility for their actions. Avoid giving your swimmer instruction or "coaching" your swimmer. Your main job is to support their efforts regardless of the results and encourage them to strive to reach their maximum potential.

IF YOU HAVE ANY QUESTIONS - PLEASE FEEL FREE TO ASK YOUR COACH.

You can contact the coaching staff at (530) 268-1209.

"TEN COMMANDMENTS FOR SWIMMING PARENTS"

Taken From USA Swimming's "The Swimming Parent"

1. Thou shalt not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.

2. Thou shalt be supportive no matter what. There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach your child. You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer / coach bond from forming.

4. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

5. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

6. Thou shalt not criticize the officials. If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

7. Honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.

8. Thou shalt not jump from team to team. The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thy child shalt have goals besides winning. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

10. Thou shalt not expect thy child to become an Olympian. There are over 300,000 athletes in United States Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 1 in 6,000. Swimming is much more than just

the Olympics. Ask your coach why he coaches. Chances are, he was not at Olympian, but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child has chosen this sport.