



2020-21 TEAM HANDBOOK

a club, a team, a family



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SECTION A - INTRODUCTION

This handbook will provide basic swimming information and outline various policies that affect all members. It should be read by all families to become familiar with important facts and rules of the club.

SAN ANTONIO WAVE

San Antonio Wave was founded in 1983. It began with 12 swimmers and now averages 300+ swim members. We are affiliated with USA Swimming, which is made up of approximately 2,800 teams from all over the country. The Wave offers guided age-group and senior swimming programs for children 6 and up, from the beginning level to the most skilled, competitive swimmer. Our swimmers have earned medals consistently at State and National championships from 1985 to present. Many swimmers have attended the Olympic training camps. Some of our most notable champions include: Josh Davis (3-time Olympic gold medalist) and Jimmy Feigen (Olympic silver medalist).

The Wave leases pool time from the University of Texas at San Antonio (UTSA), Antonian College Preparatory High School (ACP), and Smithson Valley High School (SVHS).

ORGANIZATION

Wave is a non-profit, volunteer parent-led group dedicated to supporting swimming in San Antonio and the surrounding communities. As a non-profit organization, the Internal Revenue Service has granted a 501(c)(3) status to the club. Therefore, all charitable contributions and donations are tax deductible. Dues, entry fees, and equipment purchases are not deductible. Wave dues and donations are collected and deposited into the organization's bank account. From these monies, all coaches' salaries, pool leases, USA Swimming fees, insurance, office & accounting costs, travel costs and team equipment are paid.

MISSION STATEMENT

Our community of quality coaches, dedicated swimmers, and supportive families fosters self-discipline and sportsmanship that enriches young lives. The safety and welfare of our community is first and foremost in everything we do. We are proud to endorse USA Swimming's Safe Sport programs, policies and procedures.

SAFE SPORT

More information about Safe Sport can be found on the club website including all policy and procedure documents.

COMMUNICATION

WEBSITE

www.sawave.org

EMAIL

Our Team Administrator can be reached via email at webadmin@sawave.org. We utilize e-mail as a means of quick and convenient communication within the groups. Once your account has been activated you will receive team emails. You may add additional email addresses within your account. Email is the Wave's primary mode of communication. Please check your email regularly.

TEAM MEETINGS / COACH CONFERENCES

Team meetings will be scheduled by the coaches when information is pertinent to the swimmers (usually once a season). Conferences may be scheduled with the individual coach. All parents are encouraged to schedule a conference if there is any problem or concern that needs to be discussed with the coach. Please do not interrupt the coach during practice time to discuss individual concerns. Speak to the coach before or after practice, or arrange a meeting via email. All coaches email addresses are found on the San Antonio Wave Website.

MANAGEMENT

BOARD OF DIRECTORS

The Board of Directors make policy decisions affecting the operation of the club. They are also responsible for planning, organizing, and evaluating all fund-related activities of the club. Finances include membership dues, instruction fees, meet fees, fund raising, and donated gifts and services received by Wave to carry out its swimming program. Board Members are unpaid volunteers.

WAVE ACCOUNTANT

The Wave accountant handles all financial related matters including membership billing and collections, payroll for our staff, banking and general accounting for the San Antonio Wave. Contact: webadmin@sawave.org or treasurer@sawave.org

SAN ANTONIO WAVE ADMINISTRATOR

The Wave Administrator handles all team and USA Swimming registrations and maintains the Wave website. Contact: webadmin@sawave.org

SECTION B - AQUATIC PROGRAMS

COACHING PHILOSOPHIES AND GOALS

Wave coaches strive for excellence. Our objectives are to maximize each swimmer's potential and to have a swim team with the interest of our athletes first. Every decision that is made, and all behavior the coaches display, is based on what is best for our swimmers and on what may improve each swimmer's and the team's chances of success. Winning is important, but striving to win is more important. Close cooperation must exist between swimmers, parents, and coaches in order for our program to be successful. Our club is set up so that all decisions about the swim program itself are made by the coaching staff. All financial decisions are made by the Board of Directors.

Coaches concentrate on stroke, turn, and start techniques all year long at each level of the program. The coaching staff strongly emphasizes physical conditioning tailored to each swimmer's individual needs and goals. The staff firmly believes that the swimmer must be in the best possible physical condition in order to succeed. Mental training is also a must for the athletes in order to produce a swimmer who is mentally tough and aware of his/her need for performing at the level required to achieve individual goals. The coaching staff works with the athletes to develop a high level of sportsmanship and character, maturing them into individuals who are productive members of the team and of the community, now and into the future.

TEAM AND INDIVIDUAL GOALS

Short Term Goals

- Improve the swimming skills and speed of team members
- Improve Wave's standing at TAGS, Sectionals, and National Championships
- Show the best team spirit in the state

Long Term Goals

- Grow and gain success at the State and National level
- Place one or more members on the U.S. Olympic Team
- See each member grow physically, mentally, and emotionally into productive members of society
- Help members learn to deal with emotions in a healthy way and develop feelings of self-worth
- Teach members about the competitive spirit and how to work as a team
- Help members to develop standards of behavior, strength of character, and understand the true meaning of sportsmanship

Individual Goals

- Gain self-confidence
- Learn to be a team player
- Learn to be competitive and have fun at the same time
- Learn from successes and failures
- Learn to budget your free time wisely
- Learn to have fun in a safe, educational program

TEAM AFFILIATIONS

USA SWIMMING is the national governing body for all competitive swimming in the United States, having been established for that purpose after the reorganization of the Amateur Athletic Union (AAU) in 1978. USA Swimming is governed by a Board of Delegates which regulates all aspects of competitive swimming from age-group developmental swimming programs to preparing our national swimming contingent for the Olympic Games and other international events (www.usaswimming.org). It is also affiliated with the international swimming body, La Federation Internationale de Natation Amateur (FINA) (www.fina.org).

SOUTH TEXAS LOCAL SWIM COMMITTEE

Within the United States, USA Swimming is divided into 59 Local Swim Committees (LSC). Each LSC is granted jurisdiction over swimming in a specific geographic area of the country, each of which is entitled to representation on the Board of Delegates of USA Swimming. Texas is divided into five LSCs: North, South, West, Border, and Gulf. The San Antonio Wave is part of the LSC South Texas Swimming (ST) (www.stswim.org), which governs competitive swimming in South Texas. The purpose of South Texas Swimming is the education, instruction, and training of individuals to develop and improve their capabilities in the sport of swimming. It promotes swimming for the benefit of swimmers of all ages and abilities, in accordance with USA Swimming and FINA standards, rules, regulations, policies, and procedures.

TEXAS SWIMMING ASSOCIATION

The Texas Swimming Association (TSA) works with all five Local Swimming Committees in Texas in an effort to upgrade competitive swimming in the state. TSA's main objectives are the standardization of time standards throughout the state, an increased participation in competitive swimming in Texas, and the establishment of "quality" state age-group championships rated among the best in the United States.

TEXAS SENIOR CIRCUIT SWIMMING

Texas Senior Circuit's goal is to provide a quality senior swimming program in order to ensure the best possible competition for all swimmers striving to compete in United States Swimming Senior and Junior level championship meets.

USA SWIMMING MEMBER INSURANCE

The USA Swimming fee that is collected annually from each swimmer is mandatory. The annual fee is collected in the Fall registration, or at any time a swimmer registers during the year. The USA Swimming membership not only supports swimming throughout the country, but it also provides secondary accident and medical insurance for every swimmer and every club. USA Swimming Member Insurance - Membership Protection:

- Provides safety education for its membership.
- Provides excess accident medical protection for USA Swimming members who may suffer injuries while participating in insured activities.
- Provides evidence of financial responsibility so that USA Swimming clubs can conduct insured activities.

For detailed information on the coverage provided, please see the USA Swimming Website <http://www.usaswimming.org>

WAVE TEAM GROUPS

The San Antonio Wave Swim Club uses 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 must be introduced to the training program.

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.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total 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.

Group Descriptions can be found on the San Antonio Wave Website under "WAVE INFO"

PRACTICE GROUP STRUCTURE

The coaching staff will make practice group assignments. Group prerequisites, such as training ability, practice and meet performance, maturity, commitment (attendance), as well as the swimmer's social group will all be considered. Every athlete is evaluated individually and our staff considers this as one of our most difficult tasks. All groups require the swimmer to:

- Have respect for the culture, coach and teammates.
- Have and exercise active listening skills.
- Have self-discipline to behave independent away from their parents.
- Demonstrate /maintain skills of current group and lower level groups.
- Sign the swimmer code of conduct.

ATHLETE PROGRESSION

Initial Workout Group assignments are made based on skills observation by the coaching staff; based on age, ability, and experience. During tryouts, the coaches will place new swimmers where they feel they best fit at the time.

Each swimmer will progress from one group to the next when the staff determines he/she is ready. At all times, the swimmer's needs will be taken into consideration and the coach's discretion will prevail with regard to placement and/or move-ups. The coaches evaluate swimmers on group standards (including age), attendance at practice, readiness to train at the next level, and competition improvement.

Waiting for a move-up announcement can be stressful, but please be patient and realize your child will move to the next level when the coaches feel it is appropriate for your swimmer's development. Each training group has specific attendance requirements appropriate for the objectives of that group and the responsibilities of the swimmer to the group and to him or herself.

SECTION C - TRAINING & RESPONSIBILITIES

COACHES RESPONSIBILITIES

The Head Coach supervises the entire San Antonio Wave swim program. The Head Coach establishes overall team goals and strategies and implements them through the Wave coaching staff. The Head Coach oversees coaching staff development and makes final decisions concerning which meets the team will attend. The coaching staff also makes final decisions concerning which meet events a swimmer enters.

The Coaches are responsible for designing, implementing, and supervising workouts to provide the swim athletes the best technical training, conditioning, and mental preparation to achieve their highest potential in swimming. This well-rounded approach of technical excellence, physical conditioning and motivation will minimize the gap between the swim athlete's potential and maximum performance.

The San Antonio Wave Swim Club coaching staff is dedicated to providing a program for children and young adults that will enable them to learn the value of striving to improve oneself- "to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition. Coaches are responsible for:

- Placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.
- Stroke instruction and the training regimen. Each group practice is based on sound scientific principles and is geared to the specific goals of that group.
- Making decisions on meets San Antonio Wave swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.
- Conducting and supervising warm-up procedures at meets. After each race, the coaches will offer constructive criticism regarding the swimmers' performance (it is the parent's job to offer love and understanding regardless of their child's performance).

The coaching staff is constantly updating and improving the San Antonio Wave Swim Club program. It is the swimmer's and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

TRAINING SESSIONS

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore, it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program.

Short Course

The short course season runs September through April. Competition pools during the short course season are 25-yards or 25-meters. The team trains in three locations during the short course season. Access the website for scheduled times for each group and pool location.

Long Course

The long course season is April through August. Competition pools during the long course season are 50-meters.

TRAINING SCHEDULE

The Training Schedule can be found on the San Antonio Wave Website under “WAVE INFO”, “Practice Schedule”.

PRACTICE AND ATTENDANCE POLICIES

The following guidelines are to inform parents and swimmers of the coach’s policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level for attendance increases as swimmers move to higher groups.

For the swimmers’ protection, they should arrive at the pool no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.

In case a swimmer is late for practice, it is our hope that the parents will communicate with their child’s coach explaining the reason for tardiness.

Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, please communicate that to your child’s coach before practice begins.

Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.

The club has an obligation to act as guests while in the pool location (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to school property may result in financial liability of the swimmers’ parents. Any damage may also result in the swimmer being asked to leave the team permanently.

Parents are not allowed on the pool deck during practice unless it is an emergency.

Parents are allowed to observe practice from the approved waiting areas. Please be considerate and keep conversations at a low volume level during the practice. Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team, as well as the coach.

WEATHER

Weather conditions always cause concern for parents, no matter what sport. Swimmers will not be allowed in the pool during thunder or lightning, but can and do safely swim in the rain. At all our pools, we follow the Red Cross weather policy.

Days lost each year due to inclement weather are very few, even with an outdoor pool. Electronic alerts are sent to the listed e-mail address of swimmers if practice is cancelled due to weather related events.

LOST & FOUND

If you find anything of value on the deck or grounds of the pool, please turn the item into a coach. Please be sure that all swim equipment is clearly labeled with the swimmer's name. Do NOT bring anything of value to practices or meets.

SWIM ATHLETES' RESPONSIBILITIES

The program is designed to encourage all swimmers to be Senior Swimming bound. Competitive swimming develops self-discipline, good sportsmanship and time management skills. Competition allows swimmers to experience success and to learn how to deal with defeat, while becoming healthy and physically fit. Swimming is a vehicle to learn life skills and reach one's potential. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers should:

- Respect the facilities, remembering that the Wave is a guest and that all actions will reflect on the team's reputation.
- Clean up all applicable trash before leaving the facility.
- Exhibit good sportsmanship toward other athletes and teams.
- Swimmers should prepare for a 100% effort each time they come to practice.
- Attend practice regularly and be on time.
- Work with your coach in setting goals and in working to achieve your full potential.
- Be open-minded and trust the judgment of the coach when correction is given.
- Bring specified training accessories to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuses to miss part of a training session.
- At meets, wear the Wave team logo swim caps, team suits, and team shirts.
- Follow the Wave's Swimmer Code of Conduct.
- Follow the Wave Swim Suit Policy.

ILLNESS AND INJURY

Whenever possible, the coach should be informed in advance of an illness or injury. If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the Wave so the coaching staff is aware of the problem.

SECTION D - PARENT'S SECTION

PARENTS, COACHES, & SWIMMERS WORKING TOGETHER

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The swimmer's progress depends on this triangular relationship. Please consider this section as you join the San Antonio Wave and reacquaint yourself with this section if you are a returning Wave Swim Club parent.

PARENTS RESPONSIBILITIES

At the time of registration, parents will sign a Parent Code of Conduct and Volunteer Agreement. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

- Follow the Parent Code of Conduct. Understand that there may be consequences to violations of the Parent Code of Conduct.
- Make every effort to have your swimmers at practice on time.
- Encourage good diet and sleeping habits.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Understand the importance of arriving at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Support the coaches and swimmers by not interrupting or confronting the coaching staff on the pool deck during practice or meets. Coaches are available briefly before or after training and competitions for feedback or to discuss issues. Arrange a specific time to meet with the coach if a lengthy conversation is needed.
- Be patient with the process. When a young swimmer first joins the Wave, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but will lead to much faster swims for the individual.
- Realize that even the very best swimmer will have meets where they do not swim their best times. These "plateaus" are a normal part of swimming. Over the course of a season, times should improve. Please be supportive regardless of your child's performance at meets.

VIOLATION OF THE CODE of CONDUCT

Violations by parents who fail to abide by the Parent's Code of Conduct will be discussed and consequences voted on by the Board of Directors. Penalties may include, but are not limited to, the following actions:

- The Board will give the parent(s) a written warning.
- The Board will inform parent(s) that swimmers will not be allowed to practice in the next four practices or next upcoming meet.
- The Board will remove the parent(s) and swimmer from the roster.
- Parent(s)/swimmer will be banned from joining WAVE in the future.

VOLUNTEERS

Help your child by helping the organization. Learn to be a USA Swimming Official, be a timer at meets, and help with social functions. The Wave is an organization run by volunteer parents; you can make a difference in the future of swimmers.

The Volunteer Agreement that you signed during team registration outlines the expectations of parents during the course of the season.

SECTION E - FINANCIAL INFORMATION

FEES & DUES STRUCTURE

Fees and dues are set by the Board of Directors each year. For current fees, go to Wave website, click on the Wave Info tab, and click on Team Fees & Dues.

FAMILY DISCOUNTS

Available for families with three (3) or more swimmers. The two family members with the highest dues rate will pay the full dues rate and the additional family member(s) will pay half (1/2) of the published dues.

SINGLE PAYMENT INCENTIVE

If you opt to pay your full Swimming Year dues up front for September through July (short course and long course season) at the time of registration, the WAVE will waive one month of dues for your swimmer(s).

- Full payment must be made by September 1.
- No refund is available for swimmer(s) leaving the team prior to the conclusion of the swim year.
- There are no refunds for Holds.
- There are no refunds for Medical/Injury Holds of up to one month.
- Upon request of the member, the Board at their sole discretion may provide financial relief for Medical/Injury Holds greater than one month in duration; partial months will not be considered.
- When a swimmer moves groups during the swim year a proration will be calculated and billed or credited to your account as appropriate.

PAYMENT OBLIGATIONS

It is the policy of the San Antonio Wave that any member who participates in any training activity and/or swim meets during a calendar month must pay the full dues for that month. Monthly payments of swimmer's dues and any meet fees incurred are due on the first (1st) of each month. (Example: You will receive an email with your invoice on August 24th for dues and fees that are due on September 1st.) Keep all banking and/or credit card information updated to ensure that fees can be collected on time.

PAYMENT METHOD

The Wave offers the convenience and security of ACH Debit and Credit Card Auto Pay for monthly dues and meet fees. Personal checks and/or mailed payments are not accepted. In the event a credit card charge is denied due to an expired card, etc., a \$5 administrative fee will be charged to your account.

MEET ENTRY FEES

WAVE member meet entry fees are set for each meet depending upon the Meet Host's fees and include a Splash Fee for the San Antonio Wave which helps to defray the cost of sending coaches to the meet. You will be notified of available meets by email and on the team website. Dues must be current with no past due balance in order for your swimmer to be entered in a swim meet. Meet fees are charged at the beginning of the month following your electronic entry of events for the meet.

LATE FEES AND SWIMMER PENALTY

If full payment on the account is not received by the 10th of the month, a \$20 Late Fee will be charged to the account. If payment has not been received by the 15th of the month, the swimmer's coach will be notified and the swimmer will not be allowed to practice until the account has been brought current.

WITHDRAWING FROM THE TEAM

It is the responsibility of the WAVE member to submit an online WITHDRAWAL form (found on the website under "Team Forms" in the blue header bar) at least 30 days prior to your requested withdrawal date from the team (i.e. last day of practice). If 30-day notice is not received, the member will be responsible for payment of all dues and fees for 30 days after notice is given, regardless of when the swimmer actually leaves the team. An email is not sufficient notice to withdraw from the team; you must fill out the online form. Please note, upon withdrawal your spot on the team is relinquished. The number of athletes in each swim group is limited, therefore, if you decide to return to the team, space in your swimmer's group may no longer be available.

Please follow these easy steps to withdraw your swimmer from the team: Log into your account, place your cursor over "Forms" in the blue header bar, and you will see a drop-down selection for Withdrawal form. Complete and submit online and your cancellation will be processed after the required 30-day notification period. If you have any questions, please contact webadmin@sawave.org.

HOLD REQUEST

A swimmer may temporarily leave the team and their spot will be held in their group, for a maximum of one month within the swim season (September through July). Swimmers who are in the water (practice or meet) for just one day of the calendar month cannot be considered on hold and are responsible for the full monthly dues for the entire month. The swimmer's account must be current, including all dues, registration fees, late fees, and meet entry fees. You must submit the online HOLD request form by 11:59 pm of the 25th of the month prior to the start of the HOLD month and pay 50% of the monthly dues for the month(s) on hold. An email is not sufficient notice to "go on hold"; you must fill out the online form.

To place your swimmer(s) on HOLD: Log into your account, place your cursor over "Forms" in the blue header bar, and you will see a drop-down selection for HOLD form. Complete and submit the online form by 11:59 pm of the 25th of the month prior to the start of the HOLD month. The HOLD will not go into effect until you fill out the form online. An email is not sufficient notice to go on hold; you must fill out and submit the online form.

INJURY SUSPEND

The Injury Suspend is for a swimmer with a medical injury for which a doctor has stated that the swimmer must stay out of swim practice. You must provide a doctor's note verifying that the swimmer is unable to participate in Wave practices at the time of submitting the form.

To place your swimmer(s) on Injury Suspend:

- Log into your account,
- Place your cursor over "Forms" in the blue header bar and select Injury Report.
- Complete and submit the online form and,
- Submit the doctor's note to the Team Admin at webadmin@sawave.org.

The injury Suspend will not go into effect until you submit the form and the doctor's note has been received. Your swimmer's account will then be suspended, and you will not be charged during the injury recovery period.

Prior to your swimmer returning to practices, please provide a doctor's note verifying that the swimmer can return to practices. You **must** email the Team Admin at webadmin@sawave.org for your account can be reactivated.

RETURNING COLLEGE SWIMMERS

College students who formerly swam with the San Antonio Wave may swim with the Wave during school breaks. The San Antonio Wave Board of Directors established the following guidelines:

- Returning swimmers wanting to participate during the summer months must register with USA Swimming, or provide proof of current registration with USA Swimming, and must complete the MAAPP training before he/she will be allowed to practice with the Wave.
- Swimmers will not be charged monthly dues.
- Any previous or past due balance must be paid before he/she will be allowed to practice.

NON-OPERATIONAL TIMES

San Antonio Wave does not practice during August or Spring Break. At other holidays there may be no practice or a limited schedule, typically for Thanksgiving and school Winter Breaks

Extended breaks from the pool will be addressed by the Board of Directors and coaching staff based on the situation and information at the time and in coordination with local agencies and recommendations. Extended breaks may include, but are not limited to: pandemic, acts of terrorism, and pool maintenance.

FUNDRAISING REQUIREMENTS

The San Antonio Wave is a non-profit organization. Fundraisers are necessary to supplement our annual budget needs, as well as to have a reserve to pay for extras as the need arises. Dues only pay a portion of the expenses. Each year San Antonio Wave has fundraisers for program enrichment. These events help fund the Team's on-going development and financial costs. Each member is expected to participate in these events to ensure the long-term stability of the non-profit organization.

SECTION F - COMPETITION & MEETS

PHILOSOPHY OF COMPETITION

The San Antonio Wave 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:

The Wave emphasizes 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. 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.

Sportsmanlike behavior is of equal importance as improved performance. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are all behaviors praised and rewarded by the coaching staff.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore their potential in the wide range of events offered in competitive swimming.

LEVELS OF ACHIEVEMENT

National Motivational Times

USA Swimming National Motivational Time are different age group classifications: 10-Under, 11-12, 13-14, 15-16, and 17-18. 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". All Time Standards can be found on the San Antonio Wave Website under "TIME STANDARDS".

STAGS

South Texas Age Group Swimming times.

TAGS

Texas Age Group Swimming times.

SECTIONAL

Senior Swimmers.

MEET SCHEDULE

Each season's meet schedule is posted on the San Antonio Wave website at the outset of the season. See "Parent's Guide to Swim Meets", "How to Enter a Meet", and "Swim Meet Reminders" on the Wave Website, under "Parent Info".

The meet schedule is established with the expectation that swimmers will attend every meet available at their classification level. We do not schedule a meet unless we feel it is important to participate.

On average, we want all team members to compete once every three or four weeks. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification (two meets for "BB") are scheduled as close as two weeks apart or as far as one month apart.

As a general rule, we will not permit any swimmer to compete on two successive weekends (except in championship meets). In a situation 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.

The coaching staff reserves the right to make the final decision concerning meets the San Antonio Wave swimmers may attend.

Team Effort Meets-Team championship meets are either indicated on the meet schedule or talked about in the meetings. Since the coaching staff places the most emphasis on these meets, Wave swimmers who are qualified are highly encouraged to attend. The State Age Group and Senior Championships are always considered "Team Effort Meets".

QUALIFIED SWIMMERS

Swimmers have an opportunity to enter several meets before the championships at the end of the season. After a swimmer swims the first meet, the times achieved in the events swam become the qualified times for this swimmer. Each time a swimmer achieves a faster time for an event, the best time becomes the qualified time. Some meets will be held that restrict the swimmers who can enter that particular meet. A swimmer may be restricted from a meet because they are TOO FAST or TOO SLOW. These determinations are made based on USA Swimming Motivational Time Standards.

PRELIMS & FINALS MEETS

In a preliminaries and finals meet format, the object of the preliminary swim is to qualify for the evening finals session. Swimmers placing among the top 8 after his/her morning swim qualify to swim in the Championship finals in the evening session. There may be a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, he/she qualifies to participate in the Consolation finals in the evening session.

CHAMPIONSHIP MEETS

One of our team goals is to qualify as many swimmers as possible for the championship meets. Championship meets are special experiences and are extremely important in the athlete's development. Swimmers are expected to represent the club at the highest level attained during the season. Championship meet participation should be discussed with your coach. The honor of competing in a Championship meet is earned through consistent practice habits and competitive experience at USA Swim meets.

TEAM MEET UNIFORM

The team colors are royal blue, black, and white. All team members, including those swimming in an "unattached" status, must wear a San Antonio Wave swim cap and should wear the team competition suit. Team shirts are expected to be worn on deck at meets.

OUT OF TOWN MEETS

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. San Antonio Wave has established the following policies for the safety of the swimmer and peace-of-mind of parents:

Parents are to be responsible for arranging transportation and lodging to away meets, with the exception of Nationals and those competitions so designated. **DO NOT ASK YOUR SWIMMER(S) TO HANDLE THIS JOB.** Oftentimes, a certain hotel will be designated as "swim meet headquarters."

Parents are encouraged to attend out-of-town meets with their swimmers and to chaperone other swimmers. These trips can be great fun for parents and swimmers alike.

A coach has too many responsibilities to the entire team to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.

Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the San Antonio Wave "Code of Conduct" at all times.

A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.

An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline and related expenses.

End.



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