

# Cache Valley Marlins



## Information Sheet

### Bronze Level Information

Bronze is the level you will typically start at no matter your age.

- Practices 3 days a week for 1 hour.
- Age range is typically 6-11.
- Focus is on improving stroke technique.
- This is usually the smallest group so coaches can focus on each individual more fully.
- Often use kick boards and flippers, learn drills, and work on flip turns and dives.
- Focus is not number of yards.

### Silver Level Information

Silver group can swim at "B or C" level times according to USA Swimming. This level is sometimes divided into Silver A and Silver B.

- Practices 5 days a week for 1 hour.
- Focus still on developing stroke technique, but add in focus on yards.
- Might spend a long chunk of time in this group because of age.

### Gold Level Information

Gold group can swim at championship level and higher. This is the highest group. There is often a Gold A and Gold B division, based on time standards.

- Practices at least 5 days a week for 90 minutes. In winter, there may be added Saturday practices.
- Note, in summer, this group practices twice a day, three days a week.
- Age range is typically 12-18.
- Can have "dryland" component to practices as needed.

### Attendance Policy

We are so excited to have your child on the team! Our team requires 75% attendance to remain on the team. This policy is because we always have a running waitlist of children who would like to join the team. This is the minimum requirement, but may not be enough to achieve goals your child sets. The older athletes (Gold) will need to be above this attendance, but we understand that younger kids are still exploring other sports.

### Required Equipment

Bronze:

- Goggles
- Swimming suit. Get a competitive style suit, made of mostly polyester.
- Team suit. You can purchase a team suit at Poco Loco (this is not required but is nice for swim meets)
- Flippers
- Kickboard

Silver and Gold: (add to the list above)

- Pull buoys and paddles
- Snorkel

### Parent Requirements

Here are our expectations for the parents:

- Volunteer. We require volunteer time each season from all families. This can primarily be met by helping at swim meets. Any other options can be discussed with the head coach.
- Support. We ask that parents support their children and their coaches. If there are any concerns or problems that arise, parents should communicate directly the head coach to work through them together. Please do not speak with coaches while they are coaching. Allow time for coaching to happen and speak with them after practice is done.
- Get to know other parents! Swimming is unique and it does take some time to get acclimated. Asking other parents who have been involved for a while is very helpful in getting to know the sport.

## Team Website: [www.cvmarlins.com](http://www.cvmarlins.com)

Here are things you can do and find on the website:

- Register as a new athlete. There is a registration fee included to register.
- Register with USA Swimming. USA Swimming Registration is an annual fee required to compete in swim meets and be on this USA Swimming sanctioned team.
- Pay your monthly tuition. Different rates for different levels can be found on the website.
- Sign up for swim meet events.
- Sign up for volunteering hours.
- Find current practice times for each group level (make sure you look at MC or SV; the times do vary).
- Get notifications about holiday practice time changes, canceled practices due to facilities, team parties, etc.
- Sign up for SMS messaging ability.
- Download the OnDeck Parent App.

### Yearly Swimming Schedule

Swim team is a year-round commitment.

- Long Course swim season runs April-August.
- Short Course swim season runs October-March. Practice still runs through September.

### Breaks

We typically take the following dates off:

- Spring Break
- A day or two off around Thanksgiving
- A day or two off around Christmas
- 2 Weeks at the end of summer
- Other holidays at times
- Days that conflict with high school swim meets

### Swim Meets

Every child should be capable of competing in meets as soon as they are a member of the swim team. It is required that athletes in all ability levels compete in swim meets each season. They will need to be USA Swimming registered to compete. This is typically done with the information given with your account on the website listed above.

Before registering for a meet, talk with your child's individual coach about what events he/she would like your child to swim in. While every child is able to compete once they are on the team, they may not necessarily be ready for every event.

You can sign up for swim meets through our website. Emails will generally be sent with this information to get online and declare whether you will attend or not. Our team holds meets during each competition season at our home pools; these are the meets we encourage first time swimmers to attend. We do also travel to meets within the state for younger kids, and some older kids travel out of the state for some bigger meets held at a National Level.

### To Do List

- Register as a new athlete through the website.
- Pay fee to be registered with USA Swimming. The head coach will take care of the registration process. There is an annual fee associated with this. It is required to be USA registered to be on the swim team. This allows you to be a part of our USA sanctioned team as well as compete for our team.
- Pay first month's tuition. You can set up automatic payments if you like.
- Purchase all necessary equipment.
- Talk to your coach about any questions you have.
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