

## **Welcome To CVM Swim Team!**

Congratulations! You are a new member of the Cache Valley Marlins Swim Team!

We have 3 different “levels” to our swim team. Bronze, Silver and Gold.

**Bronze:** Typically, if you have just joined the swim team you will join the bronze team. Bronze practices 3 days a week, each for one hour. The days/times we practice vary on the season and availability of the pool. In the bronze group we focus heavily on improving stroke technique. We will use a variety of different coaching methods to work on this. If you watch a practice you will see a lot of kicking on kick boards, learning new drills, working with flippers, learning flip turns, practicing dives, etc. We don't focus on how many yards they do in a practice, it is not needed at this stage. This is typically the smallest group as far as the number of kids, because it takes a lot of coach attention to improve at this level. Ages of kids in this group vary from 6 to around 11. The younger your child is, the longer they will need to spend on the bronze team.

**Bronze Equipment needed:** Bronze does not require a lot of equipment. You can find all of these items at Poco Loco or try swimoutlet.com. Here are a few of the basics we start with:

- Goggles
- Swimming Suit
  - Get a competitive style swimming suit, made of mostly polyester.
  - We do have a team suit that you can purchase at Poco Loco. This is not required but some kids do like to have a different suit to compete in.
- Flippers ([this](#) or [this](#))
- Kickboard

**Silver:** The silver group includes kids who have “B or C” level times according to USA Swimming, and those who have been on the bronze team and developed a stronger stroke technique. If there are a lot of kids on the silver team we may have a ‘Silver A’ and ‘Silver B’ group with two coaches. The silver team practices Monday - Friday each day for an hour. Again, the time will vary depending on the season and availability of the pool. Silver will still focus heavily on developing their stroke, but you will also see an increase in the number of yards they swim a day. Depending on the age of your swimmer, they could spend a big chunk of time on the silver team.

**Silver Equipment needed:**

- All the bronze gear mentioned above
- pull buoys and paddles
- Snorkel (can be found [here](#) or at poco loco swim shop)

**Gold:** Gold group includes kids swimming in championship level and higher meets. There are wide ranges of ages in the gold group, from 12 to 18. Once your child reaches this group, it is where they will stay. Often there are too many kids in this group for one coach and we will split into a Gold A and Gold B teams (Defined by a time standard). Gold A consists of our Senior

level athletes or mostly high school kids. These kids will swim a minimum of 5 days a week for 90 minutes. During different times of season, there will be a “dryland” component to their practices. In the summer they will practice twice a day, 3 days a week. During the winter months we hold some Saturday morning practices as well.

### **Attendance**

Our team requires 75% attendance to remain on the team. This is because we always have a running waitlist of children who would like to join the team. While this is the requirement, it 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.

### **Team Website**

[www.cvmarlins.com](http://www.cvmarlins.com)

Become familiar with this website. There is more information you can read about each of the following on the website:

- Register as a new athlete. There is a registration fee included.
- Pay your monthly tuition. Different rates for different levels can be found on the website.
- Sign up for swim meet events
- USA Swimming Registration (Annual fee required to compete in swim meets and be on this USA Swimming sanctioned team)
- Sign up for volunteering hours
- Current practice times for each group (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

### **Swim Meets**

Every child should be able to compete in meets as soon as they are a member of the swim team. They will need to be **USA Swimming registered** to compete. This is typically done with the information given on the website with your account. The head coach will take care of this registration. There is an annual fee associated with this fee. 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.

Talk with your child’s individual coach about what events they would like them to swim in. While every child is able to compete once they are on the team, they may not be ready for some events. It is required that athletes in all ability levels compete in swim meets each season. You

can sign up for swim meets through our website. Emails will generally be sent with this information to get online and sign up 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.

#### Parent Expectations

We are excited to have you as a member of our team. As a parent, there are some expectations that we as a coaching staff have. We ask that parents support their children and their coaches. If there are any concerns or problems that arise, I expect parents to communicate directly with me as the head coach to work through them together. We have a great group of parents on this team as you will come to know very soon. 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 but 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.

Volunteer. We require volunteer opportunities each season from all families. These can be met by helping at swim meets mostly. Any other options can be discussed with the head coach.

Again, we are so happy to have you a part of our team. Don't hesitate to ask any further questions via email.