**KYAT New Parent Orientation**

1. Welcome/Introductions

a. Coaches:

 Head Coach Chris Horne – Sr Gold

Assistant Coaches:

 Shannon Boswell – Sr Bronze/Jr Bronze

 Ezra Silva – Sr Silver/Jr Silver

 Adam Huff – Jr Gold

 b. Hours:

 **Regular Hours:**

\*Sr. Gold M-F 4:00-5:30 Jr. Gold M-F 5:00-6:15

\*Sr. Silver M-F 4:00-5:20 Jr. Silver M-F 5:00-6:15

\*Sr. Bronze M-F 4:00-5:00 Jr. Bronze M-F 5:00-6:00

**Summer Hours:**

\*Sr Gold, Sr Silver, Jr Gold M-F 7:00-9:00 AM T,TH 7:00-7:45 AM Dryland

\*Sr Bronze, Jr Silver, Jr Bronze M-F 7:00-8:30 AM T,TH 7:00-7:45 AM No Dryland

\*All Groups M-F 4:00-5:30 PM

**Warm-ups/practices at the 50M pool-Summer schedule ends the week before school begins.**

 c. Parent Booster Club Board:

Social Chairs – Krysta Rasmussen & Jason Rasmussen (mainly plans parties & helps w/hospitality)

Meet Chair - Bret Bergesen

Secretary/Historian – Carrie Black

Volunteer Coordinator – Andrea Ming

Elections every 2 years except Social Chair every year for 1 of the 2 positions.

d. Aquatic Manager- Brad Peercy 801-966-5555 ext. 142

e. Team Administrator – Diane Anderson Office hours M-F 4-6:30pm

1. Communication
2. Telephone 801-966-5555 ext. 146 or 801-545-4113 (direct line)

b. Monthly Calendar and Newsletter emailed out every month.

1. Website [**www.kyat.org**](http://www.kyat.org), click on the contact us tab.

d. Speak with coaches before or after practice

 e. KYAT office located in the 50m Pool

 f. Bulletin Board currently in east lobby of comp pool.

1. Team Equipment Available to purchase – Optional
2. Suits - limited
3. Swim Caps
4. T-Shirts/Hoodies - limited
5. Bags - limited
6. Other (deck coat) - limited

4. Fees

\*Training Fees $25 a month if a member/$30 a month if a non-member

All fees should be paid online through Team Unify. If you need to make other payment arrangements come see me in the office. It is okay to pay several months in advance.

\*USA Swimming - All swimmers are required to be USA swimming registered to swim on KYAT even if you don’t participate in meets. All of you did this when you registered for KYAT online.

 $75 a year – good from Jan 1 to Dec 31 unless you registered in Sept, Oct, Nov, or Dec for the first time. Then good until Dec 31 of the following year.

 $7 a year – good from Jan 1 to Dec 31 unless you registered in Sept, Oct, Nov, or Dec for the first time. Then good until Dec 31 of the following year. This is only if you qualify for free or reduced lunch. You will need to fill out some paperwork and bring me a letter from the district.

 $40 a season. Season 1 is good from Oct 20-Mar 19. Season 2 is good from Apr 15-Aug 31. This is used mainly by HS swimmers or those who only want to do the LC or SC season.

\* KYAT Team Fee $10 a year

 \* Additional Swim Meet Fees. $$ per event and $$ swimmer surcharge.

5. Team Unify

 a. Pay monthly fees and meets online – Once a meet has been billed you can’t get a refund.

 b. Billing summary sent out at the end of each month

 c. Sign-up for meets online.

 d. Calendar and newsletter available online

 e. Tutorials available online in “My Account”

6. Ondeck App

 a. Visit your app store and download onto your phone

 b. Username & password same as when you login to your KYAT account

 c. Your swimmer’s events are under the Events tab, click on Events & Meet Entries, and then entries

 d. Account home has a lot of useful information

 e. Can access newsletter and calendar link under News tab

 f. You can find your best times on this app

7. Practice Attendance

 a. There is no specific required attendance but we recommend 3 days a week.

 b. M,W,F are the busiest practice days. T,Th less attended. Better coach/swimmer ratio.

 c. Swimmers should arrive on time. Warm up and stretching is very important.

 d. Leaving early should only be done when it is absolutely necessary. Let coach know before practice.

8. Two Seasons

Fall, Winter, Spring is Short Course. Pools are 25 yards

Summer is Long Course. Pools are 50 Meters.

9. Time Standards

* 1. USA Swimming 2017-2020 National Age Group Motivational Times
	2. State Time Standards
	3. Meet time standards – some meets require qualifying times. Ex… LC State, SC State

10. Swim Meets

* 1. Dual Meets – KYAT vs. Another team. We want all our swimmers to sign up for dual meets.
	2. Z-League Championships - All 5 teams in our league swim against each other. Usually in late Feb or early March. We want all our swimmers to sign up for this meet.
	3. Invitational – This is a large meet with many teams attending. There are many offered throughout the year. Our team usually attends one to two a month. Parents sign up swimmers for these meets. Meet information will be emailed out. Please pay attention to the deadlines. These meets are also announced in the team newsletter under upcoming meets and on the KYAT website under events. You can expect to spend several hours at these meets. Sometimes there is a minimum time standard required to attend an invitational.

 d. B/C Meet- Same as an invitational usually on the same day. Swimmers must be slower than a

 certain time standard to attend these meets.

 e. Mini Meet- A meet for swimmers who are 10 and under or sometimes 11 and under.

 f. State Meet- This is a championship meet and time requirements are enforced. It is held twice a

 year at the end of the short course season in March and the end of the long course season in July.

 g. Far Westerns, Western Zones, Speedo Championship series. Time requirements are enforced.

1. Kearns Holiday Open in December. This is a meet we put on every year during the Christmas break.
2. Kearns LC Classic. Our other big meet to start the LC season. Held in May.
3. Novice Meet- Usually held during the summer. No Charge. Don’t have to be USA registered.
4. Swim Clinics- Offered in the summer. Put on by the KYAT coaches.

11. Meet Info

 a. KYAT is a competitive swim team. **Strongly encourage you attend all meets**. Best way to improve.

 b. You pick your swimmer’s events. Read meet info carefully. Watch deadlines.

 c. You don’t have to swim both days of a meet. If you are unsure how to enter see the Team Admin.

d. Standard age groups are 10&U, 11-12, 13-14, Senior. Sometimes mixed. Mini Meets 6&U, 7, 8 ect..

12. Timing

 a. We will have a timing assignment at every meet. You will be asked to time if your child is swimming.

 b. KYAT breaks them up into one hour time increments whenever possible.

 c. Meets cannot happen without the help from parents.

 d. Timing is not difficult. Please do your part and time whenever it is needed.

13. Meet protocol

1. Swimmers should arrive on time for warm ups and **check in with the coach**.
2. They should have all their equipment with them i.e. towel, suit, goggles, cap.
3. They should dress, stretch and warm up. If they do not know their warm up, they should check with the coach.
4. When they are done they should dry off, and sit and wait for their event.
5. Before their event they should go and talk to the coach, and then go to their block.
6. After their swim they should talk to the coach again then cool down if there is a place and sit and wait for their next event.
7. It is helpful to have something to do (games, homework) but swimmers should pay attention to the events. It is also nice for swimmers to have a snack for a long meet and water is a must!
8. The coach is the link between the swimmers and the officials and/or the meet people. Parent and swimmers should **never approach officials**.
9. When a swimmer has completed all their events they may leave.

14. Additional Meet Stuff

1. Psych Sheet/Program/Heat Sheets
2. When and where do you swim?
3. Event Number
4. Heat Number
5. Lane Number
6. Finding your swimmers results
7. Score board
8. Coaches
9. Posted results
10. Meet Mobile (no longer a free app and not all teams use)
11. Ondeck app – will be available 1-3 days after the meet
12. DQ’s
13. Missed events
14. Scratches

15. Best Times

 Focus on the swimmers time and improvement, not place. Keep track of best times and encourage swimmers to memorize their best time. Swimmers should race the clock

1. Swimmers should set goals based on their best time.
2. Use the time standards to set goals.
3. We strongly encourage you not to use money or other rewards for swimming fast. Let swimming be its own reward.
4. Parents should be as supportive as possible. Let the coach tell them what they did right and be the bad guy about what they did wrong.