



SWIM MEET: PROCEDURES, BEHAVIOR & WHAT TO BRING PARENT / COACH / SWIMMER RELATIONSHIP QUESTION / ISSUE RESOLUTION

SWIM MEET PROCEDURES

- **Arrive at Meet On Time** – The meet arrival time will be specified by the VJO coaching staff.
- **Report to Check-in Table** - Swimmers must report to the check-in table and check in for all events entered. If there are any problems during check-in or possible mistakes made with entry forms, discuss the matter with your coach, so corrective action can be taken immediately.
- **Check In with Your Coach** – Make sure to check in with your coach, so they know you have arrived at the meet. If your coach is not present, check in with you specified meet coach.
- **VJO Coaching Staff will Oversee Warm-ups** - A member of the Vallejo Aquatic Club coaching staff will oversee warm-ups. Parents are not allowed behind the blocks during warm-ups. Some meets may even have closed decks.
- **Mandatory to Wear Team Suit/Team Cap** - It is mandatory for VJO swimmers to wear the team suit and team cap at all meets. All other team apparel is recommended; however, wearing the complete team uniform promotes team unity and greatly aids spectator recognition.
- **Know Your Events** - All swimmers should know which events they are swimming before warm-ups and be present to swim each event. Most swimmers write their events, heats and lanes on their hand with a sharpie.
- **Sit in Team Area** - All VJO swimmers need to be sitting in the designated VJO team area of the pool. This helps to prevent our swimmers from missing events and allows the VJO coaching staff to find swimmers if needed.
- **Check in With Your Coach Before Each Race** - Prior to each event each swimmer must check in with their coach.
- **Getting Your Time** - At most meets, electronic timing is used. The official time is generally the one recorded in the computer by the swimmer touching the wall and appearing on the scoreboard.
- **Check in With Your Coach After Each Race** - At the conclusion of each race, the swimmer should ask the lane timers for their stopwatch time. The swimmer should then come IMMEDIATELY to the coaching staff. This gives the coaches an opportunity to discuss the race with each swimmer and add positive and constructive comments concerning splits, stroke technique, race strategy, etc.
- **Warm-up & Warm-down** - Before and after races, swimmers should **warm up and warm down** in the designated warm-up/ warm- down area. Ask your coach for specifics. In between races, swimmers are also asked to rest and stay warm. All energy should be saved and used for competition.
- **Check Out With Coach Prior To Leaving Meet** - It is very important that swimmers check with the coaching staff prior to leaving any meet. This makes certain that swimmers are not entered on a relay or in additional events.

What to Bring to Swim Meets?

- VJO team swimsuit (plus extra suit)
- VJO team swim cap (plus extra cap)
- Goggles (plus extra pair)
- Towels (one for each race & warm-ups = 4 towels)
- Swim parka or other warm coat on colder days
- Old blanket or sleeping bag
- Quiet games or books
- Food - nutritious snacks
- Water bottle (stay hydrated)
- Rain gear/sunblock if necessary
- Chair

BEHAVIOR AT MEETS

- When you wear the VJO team uniform, remember that your actions reflect on the entire team. Let your actions reflect the pride you have in the Vallejo Aquatic Club!
- For safety purposes, swimmers and parents should stay out of the competition area during a meet unless swimming or serving in an official capacity. Keeping off the deck is also a matter of courtesy to the officials and meet host.
- All questions swimmers and parents have regarding meet results, an officiating call, or the conduct of an individual, will be referred to the VJO coaching staff only. They will pursue the matter through the proper channels.
- As a matter of pride, VJO families should leave the rest area and the pool in a neat and clean condition at the conclusion of each day of a meet.
- VJO swimmers are never to scratch an event without consulting with their specified coach first.
- **After a swimmer is finished with his/her races for the day, they must notify a coach if they wish to leave the meet.**

PARENT-COACH-SWIMMER RELATIONSHIP

Cooperation and understanding among parents, swimmers and coaches are what makes a successful program. The progress made by your swimmer depends to a great extent on this three-way relationship.

Parent/Guardian Guidelines

You, as a parent/guardian, have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, your structure, and your example. When it comes to the development of your child as a swimmer, the following guidelines may help you keep that development in proper perspective and help your child reach his/her full potential:

- **Every individual learns at a different rate and responds differently to the various methods of presenting skills.** The slower learner obviously takes more time to learn. This requires more patience on the part of the coach. Both parent and coach must remember that a child's ultimate swim potential may be as great as or greater than that of the faster learner.
- **Be patient.** It is possible for swimmers to see no immediate improvement, when they first start practicing with the team. This is because emphasis is placed on stroke technique. It takes a great deal of the swimmers energy and attention to master these skills. These new sets of habits are the basis for later improvement. As training proceeds, additional strain is put on the muscles. The muscles will,

at first, break down under the demand of additional work. This can explain the initial lack of improvement. As the need for improvement is realized, the muscles will gradually strengthen and the athlete's performance will improve.

- **Plateaus are normal** and can occur at any time during a swimmer's career. Plateaus can occur in competition or in training. A plateau can occur for many different reasons, but growth and physically maturing seem to be the most common culprits. The best thing you can do is focus on different events for a while. The more successful athletes are those who work through this momentary delay in improvement, and go on to achieve greater performances and approach their personal potential.
- **Ten and under age swimmers are the most inconsistent swimmers**, and this can be frustrating for a parent, coach and swimmer alike. We must be patient and permit these youngsters to learn to love the sport.
- **Slow development of a competitive drive at an early age is normal** and perhaps more desirable than precocious or forced. It is important that everyone learns to compete and develop some competitive spirit. It is also important for children to learn to adapt to reasonable levels of emotional stress. The small disappointments they must learn to handle as youngsters prepare them for the larger ones they are certain to experience as adults.
- It is the coach's job to offer constructive criticism of a swimmer's performance.
- It is the parent's job to supply love, recognition and encouragement necessary to help the young athletes feel good about themselves.
- **No parent should behave in such a way as to bring discredit to the child, the Club or the sport of competitive swimming.** Any disagreement with a meet official should be brought to the attention of the coaching staff and resolved by the coaches.
- **Be sure that your youngster swims because he/she wants to.** People tend to resist things they "have to do". Self-motivation is the stimulus of all successful swimmers.
- The word competition goes back to the Latin words, "comc" and "petere", which mean together to strive. Please avoid "playing" your child against their nearest competitors, thereby creating vendettas within the team and swimming community. Close competition provides two great services for the athlete: it brings out the best in them and shows where improvement is needed.
- **The communication between swimmer and coach is very important.** A two-way relationship must exist daily at practice. It is for this reason that we ask parents not to participate in coaching at any time and to remain in the bleachers during practice.

Please remember, particularly in the case of the younger swimmers, the attitude and behavior of the parents in regard to their outlook on the sport has an important effect on the child. In swimming, as in life, nobody can win or succeed all the time – there will always be some disappointment. Every youngster can gain from his/her experience whether or not he/she wins a single race. The important thing is to keep striving to do better next time. The secret is not only to produce great swimmers, but also to produce great young people.

Questions/Issue Resolution Procedure

- All of your questions should be directed to those who can answer or solve your problem.
- Avoid negative talk and rumors completely. If you have a concern, please contact the coach immediately.
- If, or when concerns/problems arise, they must be addressed at an appropriate time and in a proper manner with the coach. Please refrain from approaching coaches on deck during practice hours. Respect the coach's responsibility to focus on the swimmers during practice and swim meets. (VJO Parent & Family Code of Conduct)
- Email will not be used for issue discussion or resolution.

If or when a parent has a concern regarding their swimmer, the following steps should be taken:

- The parent will set up an appointment to meet with their child's coach. Coaches are available in person before or after practices and swim meets. Coaches can also be reached via email or phone to set up an appointment.
- The parent may set up a meeting with their child's coach and the VJO head coach.
- If not satisfactorily settled, the parent may set up a meeting with their child's coach, the VJO head coach and the VJO Board of directors.

Please do not leave questions or concerns unanswered. VJO 's goal is to promote open communication between parents, swimmers and coaches.

VJO SWIM MEET SUIT POLICY

12 & Unders

Swimmers that are 12 and under will not be allowed to wear a technical racing suit for any meet. At this age, the focus should be on technique, training and race strategies...not a swimsuit. 12 and under swimmers must wear the team suit at all meets. There is no documented evidence that technical suits benefit the performance of athletes in this age demographic.

13 & Overs

All meets up to Championships MUST be in a team suit. Swimmers may wear tech suit to highest level Championship meet for which they qualify.

The Philosophy behind our Policy

- VJO is conforming to USA Swimmings new tech suit policies. USA Swimming has changed the tech suit rules. These rules will take effect in the Fall of 2020.
- Swimming is a great sport that allows the swimmers to compare their times against their own previous times, not just another swimmers.
- Kids need to work hard for their accomplishments and see that hard work pays off because of the effort that they put in, not because of the suit they are wearing.
- Tech suits are made for older athletes who have the ability to understand the mental aspect that the suit adds.
- Young swimmers need something to work toward. A tech suit is a great reward for the accomplishment of achieving a JO, Far Western or Sectional cut.
- Looking long term - It is not expected that our 12 year olds are going to the Olympic Games at 12 (maybe for the next games at 16, but they will be old enough for a tech suit at that point).