

## Madison Aquatic Club Parent Program Information

### I. Expectations

#### a. Practice

- i. Be on time. Try to be at practice 15 minutes ahead of time.
- ii. Dry land participation is expected.
- iii. Swimmers are expected to attend every practice.
  1. It is understood that swimmers have outside activities such as other sports, school & family functions, how work, etc.
- iv. Attendance will be taken.
- v. Late arrival and early dismissal must be noted from parents. If someone comes late or leaves early without an email sent before practice they will be emailed. A separate email is not needed every day if a parent emails the coaches with their child's schedule (i.e. if they play another sport and come late on certain days).
- vi. Practice Behavior
  1. Swimmers are expected to come and be ready to train and learn.
  2. No talking when instructions are given.
  3. Keep your hands to yourself.
  4. Proper locker room behavior is expected.

#### b. Meets

- i. Be on time. Be on deck 15 minutes before warm-up.
- ii. Everyone needs to warm-up as a team when we have team warm-ups.
  1. The only expectation is if a swimmer is only competing in finals or later in prelims. An email needs to be sent to the coaches prior if anyone plans to do this.
- iii. Positive Check-in
  1. Coaches will check everyone in. If you are not able to compete in an event an email must be sent the night before the event or at the latest 30 min before warm-ups. There are usually penalties if you check in and do not participate. Especially if a coach does not catch it and declare false start.
  2. In most cases if a swimmer does not participate in a prelim event at a quality or championship meet if you are a no show for an event you are disqualified from your next including relays. Please do not put the coaches in this position.
- iv. Relays

1. The fastest 4 swimmers will compete in an A relay, then next 4 in the B relay, etc. Coaches have the authority to change relays and have the final say.
  - v. Prelim-Final Meets
    1. Everyone is expected to compete in finals if they qualify.
    2. Check meet mobile to make sure you qualified. We will try to send an email or text if you are scratched in.
  - vi. In the event that a timer or counter is needed for an event we expect parents to help out. We will do our best to help a swimmer for a teammate to help. Coaches will assist to if needed.
  - vii. Meet Awards
    1. Swimmers are expected to pick up their awards at the meet.
    2. If awards are bagged we will bring them back to practice. We are looking for volunteers from age group to help divide and deliver awards. Awards will not be kept by coaches for more than one season.
- II. Parents and Coaches
  - a. Communication
    - i. Practice Coaches are your first line of communication. Please email them with any questions or concerns. We will follow up within 48 hours. If we do not please email us again. We receive a lot of emails and it may have been overlooked.
    - ii. Practice incidents between coach and swimmers:
      1. Swimmers will be given three warnings during practice for behavior that is unacceptable or disruptive. A swimmer will be given 3 warnings. One basic warning, two pulled out of the water and three asked to leave. If that happens a swimmer will be called after practice. If a swimmer is asked to leave their parents will be called.
      2. Incidents between swimmers:
        - a. Parents will receive an email for first time minor concerns.
        - b. Second time concerns a phone call will be made.
        - c. Third time an email will be sent requesting a meeting.
      3. This is a senior program, swimmers are expected to behave.
  - b. Parents and Coaches- Parents parent, coaches, coach. Support your coaches as authority figures. If you have questions please ask and email us so we can discuss things.

- c. Injuries
  - i. If a swimmer has an injury or is ill at practice that doesn't require emergency medical attention we will try to assist them. We will alter practices for them. We may send them home early
  - ii. If a swimmer goes to the doctor or has a reoccurring injury parents need to send an email.
- III. Safe Sport Information
  - a. Concussion Form- Needs to be filled out so we can keep on file. It is on our website. I will send an email.
  - b. Anti-Bullying- Online please read.
  - c. Electronic Communication- Online please read.
- IV. Equipment- Swimmers need to have the listed equipment and bring it to practice each day.
  - a. Mesh Gear Bag- [A3 Performance Gear Bag](#)
  - b. Kickboard- [A3 Kickboard](#)
  - c. Hand Paddles- [Stroke Maker Hand Paddles](#)
    - i. Swimmers under 100lbs should get Red XS (.50) , 100-125lbs Green SM (1.0), 125-150lbs Yellow M (2), 150lbs and over Red Large (3).
  - d. Pull Buoy- [General Pull Buoy](#)
  - e. Fins
    - i. Long Fins (Ages 8&U & 9-10) [A3 Performance Pro Fin](#)
    - ii. Short Fins (Ages 11&Over) [A3 Performance Swift Kick Fins](#)
  - f. Snorkel- [A3 Performance Training Snorkel](#)

### Team Training Cycle Information Explained

Every season our team goes through a "training cycle" and our coaches try to balance technique and yardage. The season is divided into thirds, the beginning, middle and end of the season. The coaches wanted to share an explanation of how this training cycle works.

At the beginning of the season we focus on improving technique and developing new habits. As we increase our yardage in the middle of the season we tend to focus less on technique, but do touch base on them while we at our peak training phase. Towards the end of the season we will decrease yardage and again start focusing on more technical details and sharpen our skills. Both yardage and technique are important to our success and we balance them the best we can.

Each team trains and focuses on things differently and focuses on different things at different times during the season. Because of this, it really isn't fair to compare

another team's performance at a meet to MAC because we do not know where they are in their season or what their focus is. Some teams swim well during the season and do not drop as much as others in the end and others swim tired during the season and will drop more at the end of the season.

Through your child's swimming career we will progress swimmers from focusing on technique to focusing on training. As an 8&U and 9-10 coaches will focus more on technique and this is for a few reasons; one we want to make sure that swimmers are developing the proper skills necessary to swim strokes legally and because their bodies aren't able to train at a intense level yet. Once your swimmer becomes an 11-12 coaches will begin to focus more on training and developing an endurance base. They will also work on progressing technique and learn more advanced technical skills. Developing an endurance base is a process just like developing technique and it takes many years of practice. Once a swimmer becomes a 13&O or senior level swimmer, the focus is primarily on endurance training and developing strength in addition to trying to perfect their technique. Often times the difference between elite swimmers and their success is their endurance base and level of training.

Our coaches are working hard and care about all of our swimmers success. We also believe that everyone is an important part of the team and that are only as strong as our weakest swimmer. If you have any questions or concerns please talk to your coach directly and they will be happy to explain why we are doing what we are doing. If in doubt, always ask! We are here to not only teach our swimmers, but also our parents. Please understand though, that there is a difference between questioning and asking questions. Please have faith and believe in your coaches like your coaches do in your swimmers. It is best to leave the coaching to the coaches and parenting to the parents. It makes for a much happier swimmer, family and team. We are here to help and care otherwise we wouldn't be doing what we are doing and work so hard at it!