

**Ozaukee Aquatics wishes to thank:**

**Cedarburg & Mequon  
School Districts**

**for their support which allow us to  
run our program.**

**OZAUKEE AQUATICS**

## *Mission Statement*

Ozaukee Aquatics is a community-based, non-profit organization dedicated to aquatic sport and our greatest future resource, young people.

Our mission is to promote balanced personal growth, and athletic achievement, through team commitment to strong values, excellence and enduring relationships.

### WELCOME TO OZAUKEE AQUATICS

Ozaukee Aquatics (OZ) is a registered member of United States Swimming (USS), under the jurisdiction of the Local Swimming Committee (LSC), Wisconsin Swimming. We are committed to providing a high caliber swim team participating on a National, Regional and Local Level to serve the competitive swimming needs of the Cedarburg, Grafton, Mequon and Port Washington Area.

Ozaukee Aquatics provides competitive swimming from the novice, or beginning level through the national and master level. Our professional coaching staff works with the swimmers, encouraging them to achieve the highest level of accomplishment individually and as a team through directed improvement of swimming skills, confidence, self motivation, goal setting and personal accountability.

Ozaukee Aquatics is headed by Co- Head Coaches Steve Keller and Mark Gwidt and a staff of well qualified coaches and assistants. The Board of Directors of Ozaukee Aquatics serves to assist the coaches in reaching the goals of the swim team and with the day to day business of running the program. Board meetings are held monthly and are open to all parents. The agenda for each meeting is posted monthly on the bulletin board at each pool. A general membership meeting is held in the fall and all parents are encouraged to attend. Elections for the Board of Directors are held annually.

This handbook covers all aspects of the Ozaukee Aquatics program. If you have any questions regarding the program or swimming itself, or if you have suggestions, please contact your swimmer's coach or one of the board members. Your comments are always encouraged, but *we ask that you remember that during swim practice the coaches must be able to give one hundred percent of their attention to the swimmers.* Please reserve your questions/comments to just prior or immediately following practice. Coaches are available at that time to address your

concerns.

The Coaching Staff, Board of Directors and Club Members welcome you to Ozaukee Aquatics and are committed to making your involvement with OZ a positive, productive experience.

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## HISTORY OF OZAUKEE AQUATICS

Ozaukee Aquatics was formed in 2002 with the combining of three successful area swim teams, Swim Ozaukee, Mequon Area Swim Team and Greater Ozaukee Swim Team. This has allowed us to offer a stronger more diversified program to fit the needs of all of the swimmers at every level. We are able to focus equally on the novice swimmer and provide the highly competitive environment essential to the elite national level competitor. By combining the three teams we are able to bring more swimmers to quality meets and field more relays at those meets.

Each of the head coaches at Ozaukee Aquatics has proven successful in training swimmers who have competed at the Junior and Senior National level and Olympic trials. They have coached world ranked swimmers and national TOP 16 in the country swimmers, many of whom hold Wisconsin state records. Their swimmers have received scholarships to swim in highly competitive Division I, II and III college programs.

In combining the three teams, we have been able to keep the young swimmers in the pools they are accustomed to with the low coach/swimmer ratio essential to developing the beginner swimmer. This provides the comfortable atmosphere in which to build confidence and progress to the next level.

We are confident that with the continued support of the parents and communities, we will continue to be a leading swim program in the state of Wisconsin, with a national reputation of excellence.

## GENERAL INFORMATION

**Program Format:** Ozaukee Aquatics is committed to providing for swimmers of all levels and abilities. Our swimmers range in age from 5-6 year olds in our learning to swim program, to college athletes competing on the senior national level.

### Lessons/Swim America:

Throughout the year we offer a unique lesson program where participants receive instruction in basic swimming skills at a low swimmer to coach ratio. For more information on the next scheduled class, please visit our website [www.ozaukeeaquatics.com](http://www.ozaukeeaquatics.com) and select Swim America from the menu.

### Novice:

The novice group is the entry-level competitive team. Emphasis is on developing the fundamentals of the four competitive swimming strokes as well as starts and turns. Games and drills are used to create an enjoyable atmosphere for learning.

- Prerequisite: Swimmer should be able to swim one length of the pool without stopping.
- Practices: Offered 5 days a week for 45 minutes.
- Competition: Optional.

### Silver:

The silver group targets the next level of competitor. Skill development is enhanced as well as an increase in training. Swimmers should be able to complete one length of each stroke legally, and

have proper starts and turns.

- Prerequisite: Swimmer should be able to swim each of the four competitive strokes legally.
- Practices: Offered 5 days a week for 60 minutes.
- Competition: Optional.

#### Age Group:

Age group swimmers graduate from the silver team and continue to refine the basics of good stroke mechanics, starts and turns. The basic rules of competitive swimming and low-level endurance training are introduced.

- Prerequisites: Swimmers are able to complete a 200 yard Individual Medley  
Swimmers are able to complete 500 yards Freestyle in 10 minutes or less.
- Practices: Offered 5 days a week for 1 1/2 hours.
- Competition: Encouraged.

#### Junior National:

Junior swimmers continue to work on stroke mechanics but concentrate more on training techniques with increased emphasis on endurance and dry-land training. Swimmers in this group have made a commitment to swimming. They are required to be at practices. Goal setting and achieving are emphasized in this group.

- Prerequisite: Swimmers must commit to practices and be state level swimmers.
- Practices: Offered 5-6 days a week for 1<sup>3/4</sup> hours. Includes dry-land training.
- Two-a-days in summer.
- Competition: Expected.

#### Senior Conditioning: (Ages 14 and up)

This group is for the swimmers who want to stay in shape for the high school season.

- Prerequisite: High School swimmer with some competitive experience.
- Practices: Offered 5 times a week.
- Competition: Optional

#### Senior National: (Ages 13 and up)

Senior National swimmers swim 1-2 times a day in addition to dry-land activities (which may include weight lifting). The emphasis is on specific, intensive and highly motivated training. Swimmers in this group have set high goals. They are dedicated to their sport and have made a serious commitment.

- Prerequisite: State level swimmers who are committed to the sport.
- Practices: Offered 6 days a week, 1 to 2 a day for 2 hours. Includes dry-land training.
- Competition: Mandatory.

#### Masters: (18 and Over)

Master swimmers practice 1-1<sup>1/2</sup> hours a day. Coaches provide written work-outs. This a great way to meet other adult swimmers and parents of swimmers.

- Practices 5-6 days a week.
- Must be USMS registered. Registration is online at <http://www.swim-wimasters.org/>

#### Practice Schedule:

Practice schedules reflecting practice times and dates for the upcoming month are placed in each family's pool mailbox each month as well as posted on the bulletin board at each pool and on our web site, [www.ozaukeeaquatics.com](http://www.ozaukeeaquatics.com). Periodically, amended schedules may be sent out listing revisions for the current month. Weekly practices are also listed on our hotline, 262-375-1300. Pool closings are posted daily on the hotline. In case of inclement weather, please check the hotline for cancellations. As a general rule, when school closes for bad weather, practice is also canceled. The practice schedule varies from pool to pool and short (winter) and long course (summer) seasons. Please refer to each pool practice sheet, the website and the hotline to be sure of the time you practice!

#### Pool Locations:

Cedarburg High School  
Homestead High School

611 Evergreen Blvd., Cedarburg, WI  
5000 W. Mequon Rd., Mequon, WI

#### Pool and Locker Room Rules

Swimmers must enter through the locker rooms. Showers must be turned off when each swimmer is finished. Swim caps are required for all swimmers with shoulder length or longer hair. Swimmers are expected to display appropriate behavior in the locker rooms and pool areas. Inappropriate behavior will result in the swimmer being dismissed from practice and notification of parents by the coach.

#### Practice Gear

Swimmers must have a comfortable suit, cap, towel and water bottle at practice. Goggles are highly recommended. Other training gear is provided by OZ or swimmers may purchase a personal gear bag (net bag w/Fins, Paddles, Kickboard) at a discount from OZ. All pools have hair dryers in the locker rooms. For safety reasons, do not bring portable hair dryers to the pool.

#### Team Gear

All swimmers representing OZ at a competitive meet must wear a solid navy suit or a team suit. Swimmers who wear caps must wear a team cap. You may be creative in what you wear to practice, but you are expected to look like part of a team at all meets! All team gear, including suits, caps, goggles, fins, bags and warm-ups can be obtained through the OZ swim clothing coordinator. Order sheets are available in the mailboxes at each pool.

#### USS Registration

Ozaukee Aquatics is a United States Swimming (USS) team. This means that we must operate according to the rules and regulations established by the USS board. All swimmers must be registered with USS regardless of whether they intend to compete or not. The fee includes personal injury and liability insurance for your swimmer when he or she is participating in our club related activities. Registration is done in the fall or when you join the team. For more information, please contact a board member. Each swimmer is given a USS Number, which will be used to enter swim meets. That number consists of your birth date, the first three letters of your first name, middle initial and the first four letters of your last name.

#### Membership list

All swimmers and their families are listed on the OZ membership list. Each family's telephone number, swimmer's and parent's names and addresses are listed. A copy of the list may be requested from the Treasurer. Please inform the Treasurer of any changes in your address or

telephone number.

### Emergency form

At the time of registration, you were asked to complete an emergency form. It is important that this information is current. Please notify us of any changes.

### Communication

We will make every effort to keep you informed about our team.

Email: Your registration form asked for a parent's email address where we may send special announcements and any other vital information.

Mailbox: Each family has a mailbox at the primary pool where you swim. This needs to be checked regularly. Invoices and newsletters will be delivered to your mailbox.

Newsletter: A quarterly newsletter is distributed to each mailbox listing important events, letters from the coaches, achievements of the swimmers, list of coaches and Board members, etc.

Bulletin board: Each pool has a bulletin board where practice schedules, upcoming meets, social events, time standards, etc. are posted.

Hotline: Practice schedules and cancellations in the winter are listed here. 262-375-1300.

Website: Meet results, meet entries and practice calendars, pool locations, etc., can be found here. [www.ozaukeeaquatics.com](http://www.ozaukeeaquatics.com)

## CLUB GUIDELINES

### Membership Requirements

A parent or guardian must complete an Ozaukee Aquatics registration form and waiver. **Family membership and USS fees *must be paid before swimmers may begin practicing with the team.*** Fees are billed by session and are due by the date indicated on the billing statement. A late penalty fee of \$10.00 is assessed for payments not made by the 10<sup>th</sup> of each month and the swimmer will not be allowed to attend practice. If special arrangements need to be made for payment of fees, please speak to the treasurer. Session fees should be placed in the registration envelope at each pool or mailed to Treasurer, Ozaukee Aquatics, PO Box 662, Mequon, WI 53092.

### **Ozaukee Aquatics Swim Team Revised Fee Payment Policy July 16, 2003**

To ensure that Ozaukee Aquatics has adequate working capital each month, the board of directors has implemented a new policy that takes effect at the beginning of the September 2003 session.

All prior session fees (including monthly payment plans) and meet entries must be paid before the beginning of each session, or swimmers will not be allowed to start the next session.

Any family requiring an extension must contact the Treasurer. We do not wish to exclude swimmers or families based on financial need, but we must insure that we are able to pay our coaches and meet our financial obligations each month.

Session fees are not refundable. Should illness or disability prevent your swimmer from

attending practice for a period exceeding three weeks, please notify the treasurer for special arrangements; a credit may be applied toward your next session's dues.

#### Swim Sessions – 2005-06

1. August 29 through December 3
2. December 4 through March 11
3. March 27 through August 6 (Long course season)

Dues: Please see *Dues Information* under the *Membership* option on our website. Program fees are also provided with registration materials. Ozaukee Aquatics offers a 10% discount for full payment of annual fees and a 10% discount for families with two or more swimmers.

2006 USS fee                    \$47

#### Swimmer Scholarships

Swimming scholarship applications are available on a need basis only. If you are interested in more information, please contact the treasurer. Scholarship recipients are expected to participate fully in all fund raising events, pay for their meet entry fees and pay their USS registration fees.

#### Meet Fees

Swimmers who compete in meets are charged entry fees by the host team. It is the responsibility of each swimmer to pay those fees. When you receive the sign-up sheet for a meet, remove the reservation form indicating which meets you plan to attend. Calculate the total amount due for meet entries and registration in the meet. Attach a check made out to Ozaukee Aquatics and return to Coach Gwidt using the Homestead High School meet entry box (blue box) or Coach Keller at the Cedarburg Pool. If, due to relays or added events, your meet entry fees exceed the amount you have paid into the account, you will be billed accordingly. Should you decide to leave the club, any unused meet money will be refunded to you upon request.

### PARENT INVOLVEMENT AND RESPONSIBILITIES

The success of our program depends in a large part on the quality of parent volunteers. In order to offer your child the best experience possible and fulfill our mission, we need your support in every aspect of the organization to be successful. Ozaukee Aquatics requires that all families participate in some area.

Revenue from fund raising and swim meets constitutes a significant part of the OZ operating budget and helps to reduce members' dues expense. The Board of Directors has therefore designated mandatory participation in both our Fall Classic Swim Meet and our Winter Regional Swim Meet. This participation is required whether or not your swimmer is competing in these meets. At least one adult family member must participate in two 4-hour sessions at each of these two meets. There are a wide variety of positions available as it truly requires the efforts of our

entire membership to successfully run these meets. Failure to fulfill this obligation will result in a non-participation assessment of \$50.00 per session. This assessment will be invoiced and must be paid within 30 days from the date of invoice.

All other fund raising events are voluntary with members having an opportunity to directly reduce their swimming expenses while helping the club raise monies to continue and improve upon our programs. Members will receive credit to their OZ accounts in the amount of 25% of the amount they raise in fundraising activities sanctioned by the Board of Directors. Currently these include:

- Sales of advertising to be placed in heat sheets at our fall and winter swim meets
- Spring Flower Sale
- Concessions Donations: value of commercially packaged items contributed to concessions for sale at swim meets. (These may be items which you have solicited as donations from a local business).

Ozaukee Aquatics has an ongoing need for volunteers in a wide variety of activities. There are a number of standing committees that plan and coordinate the events cited above as well as a number of others. Committees include:

Finance	Marketing	Membership	Planning
Swim Meet	Sponsorship	Apparel	Social
Registration	Advertising	Officials	Board of Directors

Ad hoc committees and positions are created as the need arises. As our needs are many and varied we are sure to have a spot where your individual talents can benefit our organization.

In 2005- 2006 we will be starting a dual meet conference where OZ will host a dual meet once a month on Friday evenings during the short course season. In addition to the great opportunity for our younger swimmers to learn about competition in a short timeframe fun environment, it will be both a challenge and an opportunity for our member volunteers. During these short, two hour meets you can learn about being a timer, runner, timing system operator, score keeper, official, set-up crew, or clean-up crew volunteer without committing your whole day!

Volunteering is a great way to have fun, make new friends, and be involved in your child's activities!

#### Attendance at Practice

Swimmers are expected to arrive on time (10 minutes before the start of practice) and be ready to swim when practice begins. It is not necessary to send a written note if your swimmer has missed practice, however, if absence is planned, i.e. vacations, etc. kindly inform the coach in advance. If your swimmer is not physically able to fully participate in practice, please inform the coach and complete the swimmer exit form provided with your registration materials and return to the treasurer.

#### Drop Off and Pickup

Parents are asked to arrive at practice not earlier than 15 minutes prior to the start of practice. Pick up should be no later than 15 minutes after practice ends. We are able to maintain supervision only within these limits and request your compliance with these guidelines.

### Observing Practice

Parents may observe swimmers at practice sessions at anytime throughout the season. When observing, we ask you to remember that the coach must have complete concentration and authority during practice regarding matters of instruction and discipline. If you have any questions, please reserve them for immediately following practice. We ask that observers keep their voices down during practice.

The best area to observe practice is on the bleachers on the pool deck. If you bring younger children, please keep them away from the pool. Children may not play with kickboards or other team equipment. Running on the pool deck or in the locker room is not allowed. No food is allowed in the pool areas. Communication between observers and swimmers during practice is a distraction to the entire team and is not permitted. In case of an emergency, please ask to speak to the coach.

### Success

It is important to remember that success comes in different guises. Many times we think of success only in terms of winning races. While this is a valid measurement, it is not the only criteria for success; a win at one meet does not guarantee a win at the next meet. A more meaningful measurement of success might be to note “personal best” times. This is a more objective measurement and indicates improvement. Simply completing a challenging event, or swimming the stroke correctly, having a great start, nailing every turn, putting in the best effort possible are all ways swimmers succeed. A positive attitude tends to ensure that all of the above will be attained.

## COACH’S RESPONSIBILITIES

Ozaukee Aquatic’s coaches are responsible for supervising the entire swim program and helping your child learn to strive for individual excellence, contribute to a team and be the best he/she can be. The coaches have total control in matters pertaining to training and competition including:

1. Placement of swimmers in practice groups. Placement is based on age and ability. Swimmers will be placed where they be best challenged. The coaches try to see the bigger picture.
2. Stroke instruction and training regimens are the sole responsibility of the coaching staff. Each group’s practices are based on well researched techniques and training principles and are geared toward the ability level of each group.
3. When entering meets, the coaching staff will work with each swimmer to determine the best events for that swimmer. This may sometimes challenge the swimmer to overcome a tendency to swim only one stroke. The placement of swimmers on relays is the sole responsibility of the coach. The coaches will offer constructive comments before and after each race. They will supervise and conduct warm-ups for the entire team.

### Monitoring progress

In competitive sports, many youngsters become discouraged when they don’t do as well in competition as they expected. USS meets can be quite competitive. The coaches keep track of the swimmers’ times and use this to measure not only progress, but how a swimmer is responding to training at a particular point in the season. They are also watching for technique during the meet. Training at a certain intensity during the season, or making stroke corrections,

can influence how fast a swimmer races. We recommend that parents remind their swimmer of these facts as a way of reassuring their swimmer that improvement is occurring even if they do not receive a medal or ribbon. Remember, water time tends to be the biggest factor, excluding growth, which results in improvement. Coaches set weekly practice schedules and design their program around the needs of each level to obtain success. \* This is especially important for National and Junior Group swimmers.\*

### Meet entries

Meet information is posted on our website <http://www.ozaukeeaquatics.com>. A sign-up form is distributed at registration. When completing meet entry information, please note the number of individual swims allowed for each swimmer per day. When entries have been tallied, an event listing for each swimmer will be posted at the pool. Once the deadline for entries add/drop has passed, you will not receive a refund if you are unable to attend the meet.

If your commit to swim on a relay, failure to be present to swim on that relay will result in the entire relay entry fee being charged to your account.

### Communication

The coaches write a column in the newsletter describing what their group is doing. If you have questions or concerns about your swimmer, please speak to his/her coach. **DO NOT SPEAK TO THE COACH WHILE HE/SHE IS RUNNING PRACTICE.** Coaches are available on deck immediately after practice. We ask you to refrain from calling a coach at home after 8PM.

### Competition and Meets

Swim Meets are organized events where swimmers compete against one another. Swim meets may be intra-team meets where the entire team gathers at one location and holds a practice meet, or they may involve two (dual meets) or more teams. At the beginning of each season, (summer - long course and winter - short course) teams decide what meets they will host. The coaches will determine which meets Ozaukee Aquatics will attend. Some will be 'all team' meets, some will be for certain levels and some will be qualifying meets which can only be attended when the swimmer has attained the qualifying time standards. All swimmers will be expected to attend 'All Team' meets and full participation is requested.

### When are swimmers ready for meets

This depends on your swimmer's interest and desire for competition as well as on the level of ability. When in doubt, ask the coach. Generally, the coach looks for meets that will be appropriate for each level and lists them accordingly on the meet sheet handed out at the beginning of each season.

### Types of Swim Meets Ozaukee Aquatics will attend

#### 1. Age Group Meets.

These meets have age classifications: 8 & under, 10 & under, 11-12, 13-14, 15-16, 17-18. The last two are often combined as senior 15-18. A swimmer's age is determined by their age on the first day of competition.

Each age group may be divided by ability levels or time classifications noted as C, B, A, AA, AAA & AAAA. These are based on time standards determined by US Swimming. In many cases a swimmer may achieve a different class in different strokes.

Clubs hosting a meet will define how their meet is structured for award purposes. Separate events may be held for each class of swimmers. Coaches will advise you of what is most

appropriate for your swimmer.

## 2. Dual Meets

In these meets OZ will compete against one other team. These meets as well as intra-team meets help promote team unity and allow swimmers to compete in less threatening environment at little to no cost. New for 2005-06 short course season we have arranged a dual meet league. We will host 4 short, fun meets, one per month, with a league championship meet held in February. These meets are designed to provide a fun introduction to competition to all our younger swimmers.

## 3. Special meets

Sometimes a group of swimmers may attend a meet for a specific purpose. The distance group might attend a distance or open water meet, 8 & under swimmers might attend a small local meet with short events. This type of meet allows the coach to focus on the specific needs of the group.

## 4. State championships

At the end of short course (winter) season and long course (summer) season, Wisconsin Swimming sponsors a state meet for age group swimmers and a separate meet for senior swimmers. Swimmers must achieve qualifying times to attend the meet. These meets are an exciting end to the season. Many swimmers get their first taste of high level competition by swimming on a relay at the state meet.

## 5. Zone C Championships

Held at the conclusion of the summer long course season, these are regional meets with qualifying times. Swimmers at this meet represent Wisconsin and must achieve a AAA or "Zone" time for their age group to qualify. These meets are usually held out of the state and require travel arrangements.

## 6. Zone C Sectional

This meet is held at the end of both long course and short course seasons. Again, it is a qualifying regional meet, but swimmers represent their own team. This national meet generally requires times between Senior AA and AAA. Swimmers who qualify will receive financial assistance from Wisconsin Swimming to attend these meets in different locations around the country.

## 7. USS National Championships

These swimmers have National Qualifying times and will compete at the Senior National Meet held at the end of each long and short course season. Other than Olympic Trials and World Championship Trials, this is the highest level of competition in the United States. Swimmers qualifying for this meet compete against the best in the country. Wisconsin Swimming provides financial assistance to swimmers qualifying for this meet.

## 8. Travel Meets

Ozaukee Aquatics tries to offer 'away' meets for swimmers to attend during the season. These meets are out of town and are a great way to promote team moral and for swimmers and parents to become better acquainted.

## Team Travel Policies

A code of conduct form must be completed and signed by athlete and parent. Violations of any code may result in forfeiture of future travel meets and loss of reimbursement of funding by Wisconsin Swimming.

If there is a need to send a swimmer home, the parents will incur all expenses.

Athletes must be in good financial standing with the club.

Parents and athletes will be made aware of all expenses prior to any travel meet.

All previously determined expenses must be paid in advance of departure for the meet.

Additional expenses must be provided for. Unforeseen expenses will be billed and must be paid promptly.

## WHAT TO EXPECT AT A MEET

An admission fee is usually collected by the host team. A heat sheet, or meet program, may also be available for purchase. The heat sheet lists events by order with each swimmer listed by seedtime (the time they used in entering the meet; usually their best time) heat and lane.

Swimmers will swim in groups (heats) of 5-8 depending on the number of lanes in the pool.

## TIP FOR PARENTS OF YOUNG SWIMMERS

Because swimmers are asked to remain on deck with the team, you may wish to write your swimmer's event, heat and lane on his/her arm with a ball point pen or waterproof marker.

**Never leave a meet without telling the coach.** The swimmer may be scheduled in a relay. Relays are comprised of four swimmers and if someone leaves, the other swimmers may be forced to scratch the relay! Because relay fees are split between all relay swimmers, if a swimmer is not present for the relay he/she may be charged the entire relay fee.

## Swimmer responsibilities at meets

1. Swimmers are representing our club. Your behavior is a reflection on our team. Your actions demonstrate the pride you have in Ozaukee Aquatics and the respect you have for others.
2. USS Insurance Guidelines provide for only registered swimmers, coaches and meet officials to be on deck. It is essential that all parents remain off the deck.
3. All questions concerning meet results, official's calls, or the conduct of the meet will be handled by the coaching staff of Ozaukee Aquatics.
4. The coaching staff will have the final word on what events swimmers will compete in. Never scratch an event without permission from the coach.
5. In a preliminary/final meet, all swimmers competing in prelims will be expected to compete in any final event for which they qualify.

### What to bring to a meet

Pools are warm and humid. Regardless of the time of year it is suggested that spectators wear cool, comfortable clothing.

### Essentials for swimmers

Towel

Change of clothing (kept dry for wearing at the end of the meet)

Rubber soled sandals for wearing on deck

Warm-up suit or sweats for wearing between events

Team swim cap and goggles and suit

Shampoo and soap

Ball point pen for writing events on swimmer's hand

### Optional

Combination lock for locker room

Sleeping bag or blanket for lounging in designated area between events

Quiet activities for between events

Lunch and snacks (most meets have a kitchen, but you may want to bring your own food)

Highlighter for parent to mark the heat sheet

Stopwatch in case you can't see the scoreboard

Padded seat cushion

Food do's and don'ts at the meet:

DO EAT: Water, Fruit, Raisins, Juice, Sports drink, Yogurt, Granola bars, Crackers and Peanut Butter

AVOID: Soda, Salt, Sugar, Potato Chips

## BETWEEN COACH AND PARENT, UNDERSTANDING THE DEVELOPMENT OF THE ATHLETE

A successful swim program requires a high level of trust and cooperation among parents, swimmers and coaches. Your child's success depends on how strong this bond is. There will be times of frustration and discouragement as well as moments of elation. With that in mind, we ask you to give consideration to the following points.

### The pace of development is unique

Individuals learn at different paces and respond differently to various teaching styles. The slower learner will take more time to achieve certain skills and this requires more patience on the part of parent, swimmer and coach. The ultimate potential of a swimmer is not determined by how rapidly he or she picks up a new skill.

### You may get worse before you get better

When a swimmer first joins the team, or moves into a more advanced group, he/she may seem to get worse rather than better. It takes time to master strokes and drills. New habits must be formed as a foundation for later improvement. As training proceeds, different muscles are used and strengthened. This may result in some fatigue as the muscles become stronger. Gradually they will strengthen and performance will improve.

### Plateaus are inevitable

Plateaus occur at some and usually various points in every swimmer's career. This takes place both in training and competition. It is important to explain to the swimmer that plateaus occur in all aspects of learning. The most successful swimmer is the one who works through this momentary delay in improvement without discouragement, but with determination.

### Inconsistency

Young swimmers (ages 10 and under) are the most inconsistent in terms of performance. This can be frustrating to parents and swimmers alike. With patience and time, these youngsters will learn to enjoy the sport and grow into great athletes.

### Competition

Many young swimmers don't have a strong competitive drive. It is important that swimmers learn to compete and develop some competitive spirit. This can, however, be overdone! Avoid comparing your child to his/her nearest competitors. This creates a feeling of ill-will within the team and the swimming community and often leads to poor sportsmanship and feelings of low self-esteem.

### Stress, disappointments and feedback

Children need to learn to adapt to reasonable amounts of stress, including disappointment. The small disappointments they experience in the pool will prepare them for those they must handle as adults. Swimmers may feel stress when constructive criticism is offered following a competitive performance or during practice. Swimmers need to feel good about themselves and the coaches will always have that in mind when critiquing the swimmers. As parents, offer love, support, recognition and encouragement to your swimmer. Swimmers who receive constant negative feedback from parents will soon lose interest in the sport. In swimming, as in life, no one can win all of the time. Very few swimmers who were at the top of the sport at age ten, are still at the top at age eighteen. The important thing is to keep striving to improve.

### Infectious attitudes

Parent's attitudes rub off on their children. They continuously and subconsciously absorb your feelings in many areas. If you want your swimmer to be motivated, you should be enthusiastic about taking your child to practice and attending their meets, participate in team functions and become involved in their team.

### Don't force

Your child should swim because he/she wants to swim. Self-motivation is the best stimulus for success, especially as your swimmer advances through the program. Sometimes a swimmer may need to take a break from swimming. Listen to your swimmer and be patient.

### The coach

If you have any questions regarding your child's training or team policies, contact the coach. Raising your concerns in front of the swimmer undermines the coach's authority and can affect the swimmer-coach relationship. Differences of opinion should be dealt with in private. Coaches are always willing to find time to confer with you.

Sportsmanship is for everyone

No parent should behave in a way that will bring discredit to the swimmer, the team or the sport. Any disagreement with an official at a meet should be brought to the attention of the coach who will handle the issue.

## THE CHAMPION'S CREED

Never underestimate your opponent.

Work on your weaknesses until they become your strong points.

Remember that a great effort is usually the result of a great attitude.

Dedicate yourself to a mighty purpose.

Win with humility, lose with grace.

Ignore those who discourage you.

Work to improve your moral and spiritual strengths as well as your physical ones.

Remember that how you conduct yourself off the field is just as important as how you conduct yourself on the field.

Talent is God-given - be humble.

Fame is man-made - be thankful.

Conceit is self-given - be careful.

Don't ask to be deprived of tension and discipline - these are the tools that shape success.

Do what has to be done, when it has to be done and as well as it can be done.

Remember that when you're not working to improve your competition is.

Always give your best.

Practice like a champion.

Play like a champion.

Live like a champion.

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