

**Sweetwater
Aquatics
Team(SWAT)
Member
Handbook
2017-2018**

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Sweetwater Aquatics Team Member Handbook, 2017-2018

1. Mission Statement

The mission of the Sweetwater Aquatics Team is to provide a highly competitive year-round swim program that supports athletic and personal development. Our program seeks to maximize potential technically, physically, and mentally through training and competition.

2. Coaching Staff Philosophy and Goals

The primary goal of the Sweetwater Aquatics Team coaching staff is to develop the maximum potential in each of our swimmers by providing swimmers with the fundamentals of swimming as well as the most current training techniques in a safe environment.

Our program views each season in three phases. In the first phase, we are committed to proper stroke development. At this point in the season, emphasis will be placed on the proper mechanics and stroke refinement. The second phase shifts towards endurance. While proper technique will always be promoted, more challenging training will occur during this phase when compared to the first. The final phase is about preparing each athlete for peak performance. This includes both mental and physical preparation with the goal of personal development and success.

We believe that personal development and success are achievable when swimmers are committed to the Sweetwater Aquatics Team philosophy. Part of this philosophy is that all Sweetwater Aquatics Team members are required to sustain practice attendance as well as competition requirements. The number of practices per week is correlated to the practice group of the swimmer. Finally, we believe a positive environment is a crucial aspect of our program. We highly encourage team spirit, pride, and support to all teammates. We strive to keep our program fun for all swimmers while they strive to achieve their athletic goals.

3. Communicating with the Sweetwater Aquatics Team

You may contact the Sweetwater Aquatics Team at the following address and phone number:

Physical Address:	Mailing Address:
Green River High School Aquatic Center	Green River High School Aquatic Center
1615 Hitching Post Dr.	PO Box 1576
Green River, WY 82935	Green River, WY 82935
307-872-4794	

Green River USA Swim Club Board of Directors:

<u>Last Name</u>	<u>First Name</u>	<u>Board Position</u>	<u>Telephone-Home</u>	<u>Email</u>
Lee	Robbie	President	307-371-1075	Halas@sweetwaterhsa.com
Ward	Dawn	Vice President	307-389-7545	dawnw927@gmail.com
Fowler	Sonja	Secretary	307-421-9895	meyerkt@hotmail.com
Olson	Kristina	Treasurer	435-406-1817	greenriverswimtuition@gmail.com
Sanders	Christina	Coach Representative	307-870-6559	Christinasanders14@msn.com
Moritz	Michelle	Board Member		meyerkt@hotmail.com

Green River USA Swim Club Coaches:

<u>Last Name</u>	<u>First Name</u>	<u>Board Position</u>	<u>Telephone</u>	<u>Email</u>
Walker	Randy	Head Coach	307-871-1587	ccwalker@wyoming.com
Lee	John	Asst. Coach/Lessons	307-202-2450	-
Sanders	Christina	Asst. Coach	307-870-6559	christinasanders14@msn.com
Lauze	Doug	Asst. Coach	307-870-5775	douglauze@gmail.com
Jensen	Casey	Asst. Coach	435-757-4701	heidijnsn@yahoo.com

The Sweetwater Aquatics Team utilizes the internet to conduct team communication. The team website, <http://www.swatswimming.com> is the main source of information between the coaching staff, parents and swimmers. Practice schedules, calendars, newsletters, swim meet information and important notices are posted on the website. Make sure you and your swimmer(s) check the website on a "Daily Basis", for new information. **It is the parent's responsibility to know current information.**

E-Mail Information/Face book/Remind

E-mail is vital. The club has an e-mail group that exists to enhance group communication. Cancellations and changed practice times will be announced by e-mail. E-mails will be posted as soon as possible, to allow time for arrangements to be made. Therefore, please provide any e-mail address that you check on a daily basis. We also have a face book page at **SWAT ~ USA Swim Team GR/RS/Bridger Valley**. Coaches and Board Member e-mail addresses are available on the website.

Parents Meetings

When scheduled, attendance at all parents meetings is required. These meetings are a vehicle for communicating the plans of the season, the direction and goals of the swimmers, and the constant re-evaluation of the direction and needs of the program.

Other Sources of Information

USA Swimming, our National Governing Body (NGB) , has a website at www.usaswimming.org for other information about USA Swimming.

4. Practice Groups

Sweetwater Aquatics Team operates practice groups based on the different levels of developmental progress, ability, and age. While swimmer placement is always and mainly up to the discretion of our coaching staff, we have developed certain requirements and test sets to determine proper grouping of swimmers. Test sets are a basic fitness component and are a benchmark, which will measure the swimmer's ability to sustain probable success in the next practice group. Testing also provides helpful feedback for evaluating swimmers to coaches, swimmers, and parents.

As previously stated, the coach's discretion will play a major role in deciding which practice group is appropriate for the swimmer. We are committed to providing the right training environment for our swimmers. Therefore, just passing the test set is not the only aspect considered when deciding if the swimmer is ready for the next group. We will also reflect on the athletes' age, social level, technique, and overall ability. Attendance at practice and participation in meets are also considered. Swimmers will continually be assessed throughout the year. If a swimmer is unable to maintain the physical or mental requirements of a particular group, the swimmer may be asked to move to a lower group or may be asked to leave the program.

Testing will be conducted in practice by the coaches at certain times in the season. The swimmers are required to complete the distance in the set amount of time as well as in the proper stroke and technique needed for the next group. If the requirements are not met, the swimmer will be stopped and will, therefore, not be eligible for the next group at that time.

Regardless of group placement, all members of SWEETWATER AQUATICS TEAM are asked to participate in the following:

- Weekly Practices
- One swim meet per month
- All SWEETWATER AQUATICS TEAM hosted meets appropriate to the swimmer's level
- All championship meets that the swimmer has qualified for, including individual events and relays.

Practice Groups:

Lessons require a minimum age of 7 years old.

LESSON LEVEL 1

Description: Level 1 will be provided for new swimmers learning body position and becoming familiar with freestyle and backstroke. Coach in water during lesson.

Requirements/Testing Criteria: Coach John determines when swimmers advances to Level 2.

LESSON LEVEL 2

Description: Level 2 swimmers will continue to strengthen freestyle and backstroke. And will be taught all the fundamentals of breaststroke and butterfly. Coach in water during lesson.

Requirements/Testing Criteria: Coach John determines when swimmers advance to Copper 1.

COPPER 1

Description: The swimmer will be oriented in to competitive swimming for our competition team. Swimmers in Copper 1 must have basic knowledge of all four strokes. Swimmers are encouraged to attend practice two (2) times/week and must swim one meet per month. Swimmers are also encouraged to attend all intersquad meets and our own sponsored home meets.

Requirements/Testing Criteria: Coaches decide when swimmer advances to Copper 2.

COPPER 2

Description: The swimmer will be competing for our competition team. Swimmers in Copper 2 must have all four strokes developed legally within USA Swimming standards. Practice yardage will run between 1,000-1,500 yards a day. Swimmers are encouraged to attend practice three (3) times/week and must swim one meet per month. Swimmers are also encouraged to attend all intersquad meets and our own sponsored home meets.

Requirements/Testing Criteria: Coaches decide when swimmer is ready to do Bronze test set.

BRONZE

Description: The Bronze practice group will have more emphasis upon lap production/conditioning, and stresses individual development and improvement in four competitive strokes, as well as starts and turns. Bronze practices include 1,500 to 2,500 yards per session. Bronze swimmers are encouraged to attend a minimum of three (3) practices per week and must participate in one (1) swim meet per month, including intersquad meets, home meets, and two away swim meets.

Testing Criteria: A swimmer must be able to perform the following criteria to enter the Bronze group:

4 X 100 Freestyle on 2:05 Break.

4 X 100 I.M. on 2:25.00.

SILVER

Description: The Silver group will have as a goal the ability to demonstrate mechanically efficient technique in each of the four competitive strokes. Positive interaction with peers and goal-oriented behavior will be stressed and eventually required before consideration to the Silver practice group. Swimmers in this practice group must demonstrate the ability to train at a level averaging 2,000 to 3,500 yards per practice session and maintain an attendance of at least three (3) practices per week and one (1) meet per month, including intersquad meets, home meets, three away swim meets, including Wyoming State meet, if swimmer has qualified times.

Testing Criteria: A swimmer must be able to perform the following:

5 X 100 Freestyle on 1:50 Break

5 X 100 IM on 2:05

GOLD

Description: The Gold practice group will focus on further refinement of the four competitive strokes in an effort to reach a higher order of efficiency and effectiveness. Attendance at practice and commitment to swimming are on a higher plane of expectation (4 -5 practices per week, 1 meet per month, including intersquad meets, home meets, five (5) away swim meets). Swimmers must also participate in ALL State meets qualified for, and attend all GREEN RIVER USA SWIM CLUB Team Meets. Establishment of time goals for meets and time and interval goals for practice is stressed. Typical workouts could include 2,500 to 4,000 yards per session. Testing Criteria: Swimmers must be able to perform the following:

6 X 100 Free on 1:40 Break

6 X 100 IM on 1:55

5. Registration and Fees

Registering with SWEETWATER AQUATICS TEAM is a simple process and completed at the pool or at home. You will create an account on swatswimming.com and register your athlete. Follow the prompts and pay at the end. You will be logged out and an admin will approve your account before you will be able to log back in.

When you are registering your athlete you will be prompted to check mark a series of boxes to release liability for: Medical Release, Photo Release and Code of Conduct-Swimmer Expectations

Fees

There is a one-time USA Swimming registration fee (must be paid for each swimmer) of \$63.00 for the 2018 year.

Practice groups have a monthly dues structure with payment due on the first day of the month (must be paid for each swimmer) . Payment is late after the 5th of each month. Failure to pay dues by the (5th) fifth of the month will result in a \$10.00 late fee, and your swimmer will not be allowed in the pool or be entered into meets until the dues and late fee are paid in full. SWEETWATER AQUATICS TEAM accepts credit cards. **You must pay via your account on www.swatswimming.com**

Group rates are as follows:

- Lessons Level 1 \$40.00 / month
- Lessons Level 2 \$45.00 / month
- Copper Group 1 & 2 \$55.00 / month
- Bronze \$55.00 / month
- Silver \$65.00 / month
- Gold \$75.00 / month

Refund Policy: Once registration dues are paid, there are no holds or refunds. **Also, monthly dues will not be prorated.**

6. Practice Schedules and Expectations

At the beginning of each month, a practice schedule will be posted on our website. A practice schedule and monthly calendar of events will also be posted at the pool. Please refer to the calendar for specific practice times for each group.

****Note** – if there is nothing listed on a regular practice day (Monday through Saturday) , assume it is a “normal” day and will follow the practice times listed. Due to availability of the pool and strict pool hours, the coaches need to have swimmers out of the pool by the designated end time of each session. Therefore, swimmers need to be showered and out the door not more than twenty minutes after the session has ended. Swimmers must be picked up on time. If swimmers are left at the pool with no way to get home twenty minutes after swim session is over, there will be a \$20.00 late pick-up fee that will need to be paid that night or the next day at practice before the swimmer can enter the pool again to swim.

For many of the groups, we offer more practices each week than the swimmer is required to attend. We allow our swimmers and their families to decide which days they practice. Our coaches know how busy our swimmers are with school and other activities so we hope this type of flexibility will allow swimmers to still make their required number of practices each week.

In case of severe inclement weather, or changes due to pool availability, an update will be made by email and on the website. If you have any concern about whether or not there will be practice, please check one of these announcements after 3pm. Practice begins promptly at the appointed time. All swimmers should be ready to go and assembled in the designated meeting place at the pool. Swimmers should have the appropriate swim equipment and be ready to enter the pool. Coaches will inform their swimmers of their warm-up and all swimmers are expected to enter at that time. Arriving late and missing warm-up can be very detrimental to the safety of the swimmer! After warm-up, swimmers will begin the various drills and sets planned by the coaches.

7. Meet Schedules and Expectations

Our coaching staff decides on our team meet schedule each fall and spring. Our schedule is designed to benefit the team as a whole by providing good options for the different ages and abilities. We strive to make sure that our membership has the right opportunities to achieve their goals.

As meets approach, information about the meet will be posted on our website. All of the information needed will be available; dates, site, relevant rules, fees, entry deadline and meet event schedule. It is important that you check the SWEETWATER AQUATICS TEAM website regularly for additional meets.

Our coaches will assume each swim member will be swimming at our team meets, therefore, you will need to let the club know the meets your swimmer(s) are not going to be able to attend.

Registration will need to be done via signup on the website before the entry deadline. We collect entries as a team and process them in one file and one payment for the host team. The host team has an entry deadline and we try and get our entries in early so that there is space for us to swim. The SWEETWATER AQUATICS TEAM entry deadline may be as much as one month prior to the start of the meet.

You will need to refer to the meet information to decide which events to choose (NOTE: the coaches typically allow the swimmers and their families to choose the events they would like to swim. Please ask your coach if you are unable to decide on events. Coaches may ask swimmers to try certain events at certain meets. Please keep in mind the swimmer's age the day the meet starts will dictate which age group and events they are able to swim. If there are relays at the meet, DO NOT sign your swimmer up for them. The coaches will handle and pay for all relay swims. Swimmers will be notified if they are on a relay.

Throughout the year, SWEETWATER AQUATICS TEAM has the opportunity to host a few meets. One objective for SWEETWATER AQUATICS TEAM in hosting a meet is for the team to meet its financial goals. Another goal is to provide excellent competition for our team in our home pool. We request that SWEETWATER AQUATICS TEAM have full participation by its team members.

At meets we host, at least one or more family members must volunteer at each session their swimmer is participating. You may help in the form of timing, hospitality, officiating, awards, setting up, or cleaning up after the meet. (It really isn't that bad—kids love it when their parents or family members participate, it also gives you the best seat in the "house" as well as an opportunity to meet other swim parents. Also, you do not need extensive knowledge of swimming as we will give you all the training you will need.)

We highly encourage SWEETWATER AQUATICS TEAM swimmers to wear SWEETWATER AQUATICS TEAM gear at meets!

At most meets, events are timed using electronic systems with one or more backup timers who use stop watches. Should a swimmer miss hitting the timing pad with either their feet or hands having a backup timer will help to ensure an accurate time for that swimmer. Official race results are posted somewhere within the pool area—it varies from pool to pool on location. Just look for a large number of people standing around looking at a wall and chances are you found the race postings. Additionally, the coaches will receive meet results within two weeks following the competition. Meet results are usually posted on our website and at www.wsi.org within a few days. If awards were earned from swim meets, coaches will typically hand them out at practice in the weeks following the meet.

8. Meet Participation Policy

In the past, the SWEETWATER AQUATICS TEAM has had a broad policy that *encouraged* swimmers to attend meets but did not require meet participation. Our new policy is that swimmers *are encouraged* to attend at least one meet per month to maintain membership with the SWEETWATER AQUATICS TEAM, which includes inner squad meets. The coaches have come to a decision that we can better serve the needs of our swimmers and team by recommending a meet attendance policy. If you have attended less than one meet per month in the past, let us help make this a priority for you and your swimmers.

9. Vandalism Policy

SWEETWATER AQUATICS TEAM will not tolerate any abuse of the facilities in which we use for practices or meets. It is a privilege to use these facilities and must be treated that way. We will not tolerate swimmers who cause any damage to the facilities, including, but not limited to leaving any mess, breaking any equipment, or using equipment not for our intended use. Issues with this will be handled quickly and appropriately. Our team is fortunate to have access to a beautiful aquatic center. If a swimmer is found to be disrespecting/damaging the pool or equipment in any way, the first offense will be to be put to work at the pool as the pool manager needs in the form of sweeping and mop, or something similar. The swimmer will also be required to write a letter of apology to the facility and pay for the damages. The second offense will be the swimmer will have to write a letter of apology to the facility and one week suspension. If there is a third offense, the swimmer will not be allowed on the team.

10. Bullying & Stealing Policy

SWEETWATER AQUATICS TEAM will not tolerate any bullying of other teammates or stealing from other team members or the facility. If a swimmer is found to be bullying or stealing, the first offense is a letter of apology and one week suspension from the team. The second offense will be a letter of apology and a month suspension. If a swimmer is found to be disrespecting a teammate or stealing for a third time, that swimmer will be off the team permanently.

11. Code of Conduct

Our Code of Conduct is at the discretion of our coaches. It is a four(4) strike policy:

1. Coach/coaches ask swimmers to leave pool deck because of attitude/or behavior.
2. Swimmer is asked to leave practice and will miss the next 3 practices. Also, has to have a meeting with coach/coaches before returning to practice.
3. Swimmer is asked to leave practice and will miss one(1) week of practice and must meet with the Board with a parent/guardian.
4. Swimmer is asked to leave practice. They will be dismissed from the USA team for the remainder of the swim year.

Parents will be contacted after each offense by either a coach or board member.

12. SWEETWATER AQUATICS TEAM Suits, Apparel and Swimming Equipment

The type of equipment that your swimmer may need will vary from group to group, so you will need to check with your swimmer's particular coach on the equipment needed.

However, some basic equipment will include:

Swimming suit – Some boys prefer a suit called a jammer (knee length) while others prefer a racer, either is acceptable. For practice, wear an older suit, many swimmers wear two suits if they become too baggy or thin. Many boys will wear a baggy, racer type suit called a drag suit. Recreational, board shorts, or "Bermuda" type swimming trunks are strongly discouraged. Girls are encouraged to wear training or racing suits and are discouraged from wearing more of a recreational or "play" suit. For swim meets, a team suit with the GREEN RIVER USA SWIM CLUB team name is available for order, but not required.

Watertight goggles—you may want to purchase two pairs, as goggles are often lost. Additionally, having an extra pair for swim meets is a good idea in the event they should break or be lost.

Training Fins- Please include a pair of socks in your swimmer's swim bag that can be worn with the fins until they have been broken in.

Swim Cap- Either a latex or silicone swim cap for girls. Some boys choose not to wear a cap or may only wear caps at meets. GREEN RIVER USA SWIM CLUB caps are available from coaches.

Training snorkel--strongly recommended (the adult version) . This is not a side mounted mask & snorkel, but one specifically designed for training.

Hand Paddles- recommended for all level of swimmers.

Kickboards and pull-buoys- recommended for all level of swimmers.

Equipment may be purchased through: Poco Loco (www.swimpocoloco.com or 1-800-279-3233) , Swim Outlet (www.swimoutlet.com) or Keifer (www.keifer.com) .

I have read and understand the SWEETWATER AQUATICS TEAM 2017-2018 Handbook.

Parent/Guardian _____ Date _____

Swimmer _____