

SEA LIONS SWIM TEAM HANDBOOK

Revised 2/1/2011

I. Introduction and Team Philosophy

The Sea Lions Swim Team purpose is the instruction or training of individuals for the purpose of improving or developing their capabilities in swimming. Our goal is to promote competitive swimming activities for the children of our community, under the sanction and guidance of Oregon Swimming Incorporated; under the legal limitations of a public charity. Our goal is to promote competitive swimming activities for the children of our community, under the sanction and guidance of Oregon Swimming Incorporated.

II. USA Swimming

USA Swimming is the National Governing Body for amateur competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which decreed that all Olympic sports would be administered independently. Prior to this Act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU). Today, USA Swimming headquarters are at the Olympic Training center in Colorado Springs, Colorado.

USA Swimming is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, and insure the development of its' member clubs and age groupers. USA Swimming is the ruling body of sanctioned swimming meets in the United States.

III. Fees

Sixty-six percent of the revenues of the USA Swimming budget come from non-athletes and membership fees from clubs. Year-round athletes, the club, officials and coaches pay annual registration fees. The Sea Lions Swim Team is a club member of USA Swimming. Clubs joining USA Swimming have liability insurance coverage for approved insured activities. The following is a breakdown of our USA Swimming Registration fees.

Club Registration:	\$150.00/year
Coaches Registration:	\$ 73.00/year
Swimmer Registration:	\$ 48.00/year

Upon joining the Sea Lions Swim Team, and each December thereafter, every swimmer must register with USA Swimming. This enables them to swim in meets and pays for USA Swimming liability insurance for each swimmer during USA Swimming sanctioned activities (meets and practices).

Swimmers are required to pay monthly swim team dues, which are used to pay for coaching salaries.

<u>Age group/SR's</u>	<u>Novice</u>		
1 st swimmer in family	\$50		\$40
2 nd swimmer in family	\$40		\$30
3 rd plus swimmer	\$30		\$25

In addition to the yearly and monthly fees, Eisenschmidt pool requires each swimmer to have a current pool membership. Each swimmer is allowed to swim without a membership for the first month of their participation during swim team time ONLY. Once a membership is purchased it can be used according to the rules of Eisenschmidt pool memberships.

Most swim meets that the Sea Lions Swim Team participates in will charge meet fees. Each swimmer who wishes to participate in a meet needs to pay the required meet entry fees. These fees are non-refundable once they have been sent to the team sponsoring the meet.

The following is a breakdown of fees for the various types of meets:

Dual Meet:	No cost
Invitational:	\$1.50/swimmer and \$2.00/event
Championships:	\$10.00/swimmer and \$2.00-12.00/event

Any and all fees are subject to change.

Delinquent Dues:

Monthly dues are due by the 5th of each month. Checks should be made payable to the Sea Lions Swim Team or SLST and can be put in the yellow SLST box located in the pools front lobby or can be mailed to PO Box 902, St. Helens, OR 97051.

DUES ARE DELINQUENT AFTER THE 15TH OF THE MONTH. A LATE FEE OF \$5.00 CAN BE CHARGED IF DUES ARE PAID AFTER THE 15TH. A coach may disallow a swimmer from practice after this time.

IV. Coaching & Team Schedules

Swimmers work to improve their stroke technique, and develop endurance and greater strength using all four of the competitive strokes (butterfly, backstroke, breaststroke, and freestyle). They are taught the fundamentals of 'starts', 'turns', and 'finishes'. Good sportsmanship and respect for others is stressed. The mechanics of a swim meet is taught as swimmers prepare for competition. Discussions regarding nutrition, pre-meet mental preparation, and team spirit are also taught as an important part of competitive swimming. Dry land practices may be included as a part of the training program.

The swim team holds practice 5 (or 4 depending on training group) nights per week. Swimmers should attend as many practices as possible. It is recommended that parents discuss the appropriate number of practices their child should participate in with the coach, since the age and experience of the individual swimmer will vary.

The Age Group/SR's practice M-F from 5:15-6:45 pm. The novice group practices MTW & F from 5:15-6:00 pm. Practice is occasionally canceled when the pool host's high school meets. Swimmers will be notified in advance of these change

Tryouts:

Tryouts will be offered to any swimmer that wants to tryout for the team. Once the swimmer has participated in a tryout and they possess the necessary skills required for the team, they will be given a probationary period. The swimmer will fill out all required paperwork and pay the USA Swimming yearly registration fee. If after the probationary period, the swimmer decides **not** to join the team, the USA Swimming fee will be returned. If the child joins the team, monthly dues will accrue from the day after the probationary period began. The probationary period will only be offered to swimmers who have not been a member of the team in the past one and a half calendar years from the date of the tryout. Member is defined in this paragraph as a person who has paid dues to the team while participating in practice for a month.

V. Swimmers Responsibilities

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to improve their technique. As swimmers improve and advance, their commitment requires greater effort. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Injury and Illness

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the coach or a swim team board member. Dues are expected to be paid if your child participates in one practice during the billing month.

Code of Conduct

- 1. Never interfere with the progress of another swimmer, during practice or otherwise.**
- 2. At all club functions, whether practice, meets, or social gatherings, each swimmer is expected to behave in such a way that their actions reflect positively on the team.**
- 3. All members of the club, whether parents or swimmers, are expected to uphold the reputation of the club in a positive manner.**

Discipline

If a swimmer is asked by the coach to leave practice or sit on the bleachers three times for disciplinary reasons, they will be suspended for one month. "Disciplinary Reasons" are defined as: disrespect to coaches, disrupting practice, disrespect to teammates, disrespect to pool staff or parents, swearing, and destruction of pool property. After one month the swimmer may re-apply to the coaching staff in writing.

Swimmer Behavior

Sea Lions Swim Team swimmers use the facilities of Eisenschmidt Pool. Our swimmers have an obligation to be considerate of the staff, the facilities, and other patrons using the pool. All current rules and regulations governing the public shall apply to SLST during use of the pool. Appropriate conduct is expected in the pool, on deck, in the locker rooms, the lobby areas, and surrounding grounds. If damage to the pool or disruptive behavior occurs, disciplinary action will be initiated. Parents will be responsible (financially or otherwise) for any damage caused by their swimmer.

VI. Parent Responsibilities

Volunteering

The greatest contribution you can make to your swimmers progress is to be a loving, supportive parent. The coach's job is to motivate and constructively help the swimmer achieve his/her goals in swimming. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition. A minimum of 10 hours per family of volunteer time is required per calendar year.

Ways to volunteer include: Kid's Night Out in January, timing at meets, Artman home meet, serving on the board, serving as the Meet Director, or the Safety Director.

If there is any matter that needs the coach's attention, please communicate with the coach directly. Do NOT attempt to talk DURING a practice, as the coach needs to put their energy and focus towards the kids. You may speak with either coach after a practice, or if it is necessary, make an appointment.

Getting involved

Behind every successful swim team is a group of individuals who raise money, organize fundraisers, fill out forms, punch stopwatches, keep records, officiate meets, etc. This is accomplished through swim team parent volunteers. Your interest and commitment are important to the success of the Sea Lions Swim Team.

Fundraising

To enable the Sea Lions Swim Team to purchase equipment needed for competition, each family is responsible for participating in the fundraising activities. Fundraising activities will be discussed and determined at the monthly board meetings. The club typically has 1-2 major fundraisers per year.

Parent / Board Meetings

We have an annual parent meeting after the start of short course season, usually in September/October, after our try-outs. This is a mandatory meeting for all parents to attend and will include nominations of our board members. We hold monthly board meetings on the first Tuesday of every month and all parents are invited to attend. In order to vote, you must be a member in "good standing", as defined by the By-Laws.

VII. About Meets

Our coach determines what meets will be selected for our team to attend. Each swimmer will be informed of all scheduled meets.

There are several different kinds of meets that the team participates in. Swimmers times are ranked by the USA swimming standards and are categorized as C, B, A, sectional and zone times. 'C' time is slower than a 'B' time which is slower than an 'A' time and so on. The standard times for these categories may change each year, for each age group. Swimmers work toward establishing their own 'personal best times'. Any time established at any USA Swimming meet establishes the individual swimmers time as an A time, B time, etc.

Dual Meets are open to all swimmers, and are low-key meets that are especially good for new swimmers. These meets are usually free.

A/B/C invitational meets are open to all swimmers. There are entry fees for A/B/C meets.

A/B invitational meets are for swimmers with an 'A' or 'B' time. There are entry fees for A/B meets.

State championship meets are for swimmers with 'A' times. There are entry fees for these meets.

Sectional and Zone meets are for swimmers with Sectional or Zone times (faster than 'A' times).

There are fees for these meets.

THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN:
(Reprinted from the Young Athlete by Bill Burgess in "The Swim Parents Newsletter")

1. Make sure your child knows that win or lose, scared or heroic you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life that they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.
3. Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction that may conflict with the coaches advice.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive, free spirit out there in that swimsuit who needs a lot of understanding, especially when his/her world turns bad. If he/she is comfortable with you-win or lose-he/she is on their way to maximum achievement and enjoyment.
6. Don't compete with the coach.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.