

Guthrie Center Swim Team Handbook 2009 Season

WELCOME!

The Guthrie Center Swim Team is pleased your family has decided to join the team for the 2009 season. We hope this is an exciting season for both new and returning swimmers. The Guthrie Center Swim Team focuses on the personal development of each swimmer through the venue of competitive swimming. You will learn that swimming is more than just water; it's about determination, discipline, and having fun all at the same time. You will also learn about the individuality and teamwork. With everyone working and supporting each other as a TEAM, we are sure this season will be successful!

REQUIREMENTS

To be on the Guthrie Center Swim Team, you must have a season pass to the Guthrie Center Aquatic Center. The cost is \$55.00 for a single membership and \$105.00 for a family membership payable to the City of Guthrie Center. The team fee is \$15.00 per child (\$10 per child with 3 or more swimmers per family) payable to the Guthrie Center Swim Team. Your swimmer must be 5 through 18 years of age to swim on the team. These fees must be paid by the first swim meet.

Swimmers must be able to pass the deep water test to be on swim team.

A Participant Waiver of Responsibility Form must be signed and on file with the Swim Team and the City of Guthrie Center before the child and family member can be in the Guthrie Center Aquatic Center for swim practices and swim meets.

The City of Guthrie Center does not provide medical/dental insurance for the Guthrie Center Swim Team.

TEAM/INDIVIDUAL PICTURES

Pictures will be taken at the aquatic center on Tuesday, June 9th, starting at 5:00 PM (BEFORE THE FIRST HOME SWIM MEET) for the individual pictures and the team picture will be taken at 5:45 PM. Please have your swimmer wear their team swim suit for the picture and if you do not have a team suit please wear a BLACK suit. Individual pictures you may wear your suit, t-shirt, or whatever you choose.

---Guthrie Center Aquatic Center (Mitchell Park)
206 W State St
2007 Pool Manager- Karen Benton
641-332-2989

TEAM RULES-PRACTICE

To enable everyone to have a safe and enjoyable season, there are a few rules that must be followed. These rules were made for specific reasons and will not be bent or broken.

---Practice times will be Monday through Friday 8:00am-9:00am and then again from 5:00pm-6:00pm. **The practice time from 8am to 9am will be for the age groups 11 and older. The practice from 5pm to 6pm will be for the age groups of 10 years old and younger.** Practice time for Saturday will be from 10:30am-11:15 for the ten year olds and younger and from 11:15am-12pm for the 11 and older group. We DO NOT have practices on the day of swim meets and Sunday's. We stress that you attend as many of these practices as possible to benefit yourself and your team members!! ALL SWIMMERS WILL BE EXPECTED TO BE AT THEIR PRACTICE TIMES. If you have a conflict please talk with the coaches. BE AWARE if swimmers are missing practices and have not made arrangements with the coaching staff, this WILL AFFECT the events that you swim in.

---All swimmers must arrive at the pool 10 minutes prior to practice (some exceptions will apply, just talk to the coach ahead of time). Please see that your swimmer has 2 pairs of fitted goggles for each practice. Should one pair break, the swimmer can finish practice with the second pair. Goggles should be clearly marked each week with the swimmer's name as even permanent marker wears off very quickly in chlorinated water.

---**We ask that parents please stay outside the pool area when having practice, unless arrangements have been made in advance by the coaches.**

---We would like each swimmer to bring a plastic bottle of water with their name on it to practice to keep hydrated.

---Everyone will listen and follow the directions given from the coaches.

---Equipment will be used in the correct manner. We have nice kickboards and swim fins; we do not want to destroy them.

---No one will interrupt another person during a practice session.

---Everyone will follow all pool and swim team rules.

---Proper sportsmanship will be demonstrated.

---Everyone will treat others with respect and will not behave in a way which could harm others.

---Every swimmer should also be enrolled in Red Cross Swimming Lessons until they have passed Level 7. This helps to improve stroke development and coordination, in practice coaches do not have time to teach fundamentals. Swim team is NOT a substitute for swim lessons! And everyone can benefit from extra time in the water!

The following progressive discipline steps will be taken if the rules are violated.

---Verbal warning to swimmer.

---Swimmer sits out that activity or event for 10 minutes.

---Swimmer will be asked to leave the activity or event for the practice.

---Swimmer will be asked to leave the activity or event for that day.

---Swimmer will not participate in the next swim meet, parent will be notified.

---Swimmer will be asked to leave the swim team for the rest of the season, parent will be notified.

SWIM MEETS

Participation in swim meets is highly encouraged. Relays will be determined by the swimmers best time at time trials and /or at their last meet. We will have time trials during the season and will be notified in advance when they will be. If two swimmers have the same time or are extremely close, practice attendance will be the deciding factor. This year we may have swim-offs, but this will be determined by the coaching staff. We suggest you try your hardest at EVERY practice for the spot you want. The coaches will keep a daily attendance log for every practice and swimmers. Also, PLEASE DO NOT let your child swim on the day of a swim meet, rest and save your energy! Again, practices are mandatory and all swimmers are expected to be at their designated times. Swimmers should also stretch prior to practice and warm-ups.

Your swimmer should have warm clothing to wear between events; a blanket to sit on or wrap up in, the temperature can get cool. Bring several towels since one will get quite wet during the meet. We ask that swimmers do not eat during the meet, eat before you leave home! Swimmers are allowed to bring water or sports drinks in plastic containers only.

If meets must be canceled because of inclement weather, the coaches and parent reps will start calling, and everyone on the list will be notified to spread the message as efficiently as possible.

The assistance of families is needed to conduct our meets, help set up before the meet, work during the meet, and clean up after the meet is over. ALL SWIMMERS will be expected to sit with their team in the designated area so the team coordinators can get them lined up for the events that they are in. We will have a work schedule for pickers, timers, grill, tally, etc. for home and away meets as well as set up and clean up crews for home meets only. If you cannot work your scheduled time please find your own substitute.

TEAM RULES-MEETS

If you swimmer is NOT going to be in a particular meet, PLEASE contact the HEAD COACH several days before! If the swimmer is late without prior arrangement with the Head Coach, the swimmer will be replaced with another swimmer already present.

All swimmers must sit in the designated team area at swim meets. Swimmers leaving the team area must check in with the coaches so that we know where all of our swimmers are.

Each swimmer is responsible for keeping track of there own personal belongings; put your name on everything! At the end of the meet everyone needs to clean up our team area, do not leave anything.

TEAM SUITS

This year Action Accents will have suits at registration; the suits are the same as last year. We DO PREFER the team looking "uniform", but the only requirements are that females must compete in a competitive suit. Please try to make the suit BLACK if you cannot get the team suit. Make sure it is a proper fit, too big will cause "drag"; a tighter suit is better to compete in. We suggest that the swimmer does not wear their team suit to practice to pro-long the life of the suit, wear older, everyday suits to practice. Please do not wear a bikini to meets or practices, you must be able to dive in without the suit falling down/off, and no cut-offs for the boys.

GOGGLES

We strongly encourage swimmers to wear goggles in practices and meets. They must be fitted and adjusted so as not to disrupt their swimming. We also request all swimmers to have an extra pair at each practice/meet should any problems arise with the first pair. We encourage all swimmers to write his/her name on the goggle strap weekly so they can be returned if lost. If using a bungee cord for the strap, try and write your name on the lens portion of the goggle. Goggles are widely available, through our Swim Team, Action Accents, Fitness Sports, Target, etc. Please do not let your swimmer use a swim mask; they are too heavy for competitive swimming. Good goggles range from \$6.00-\$20.00. Cheaper goggles tend to break or leak. Swim goggles are designed to keep water out because they are held firmly to the face by suction on their own. To keep the goggles in place and prevent leakage or loss when diving in the water, you should:

---Place the goggles over the eye socket.

---Bring the strap(s) over the top to the back of the head.

---If there are 2 straps, they should be separated high and low.

---Gently press the lenses toward the eye to push out excess air and create the suction which will hold them in place.

---Goggles should be rinsed in clear water after each session to prolong strap and pad life.

CAP CARE

It is advisable that he/she ties hair securely back and wears a swim cap so that the swimmer may concentrate on swimming rather than keeping their hair out of their eyes. Caps range from \$3.00-\$20.00, depending if you want latex, lycra or silicone. ---Caps should be rinsed in clear water after each session, dried on both sides, put baby powder on the inside of the cap, rub together, fold cap and store the cap where it is dry.

SKIN CARE

Since our pool is outside, your swimmer can get severe sunburn while at practice, we ask your swimmer to put on his/her sunscreen ½ an hour before practice. If your child burns easily we would suggest an SPF 30, waterproof sunscreen. It's NOT comfortable swimming with sunburn.

FAMILY INVOLVEMENT

The team seeks to encourage and motivate each swimmer to develop his/her individual skills and to enhance self-esteem. The team can only accomplish this through active family involvement. It is critical to the success of the team. It is expected that families will be involved in assisting in the swim meets.

COMMUNICATIONS-FAMILY FILE FOLDER

For swimmer/parent communication purposes, each swimmer has a family file folder. Ribbons, notices and important information will be placed in the folders. Be sure to check your individual folder daily. The coaches will have file folders also. For rapid notification in case of cancellation of practices or meets a current phone number is a must. Please give the President of the team and the Head Coach your current one!

POINTS/LETTERING

The point system for lettering was lowered to 50 points instead of the past 62 points. Included last year in the 50 was the points earned for attending practices and of course, points earned at the meet. The Guthrie Center All-Stars (100 points) and the MVP (highest points for each age group) will be based on points at meets. The Conference All-Star points did NOT change. Swimmers will still have to earn points at regular meets.

Thank you for letting us coach your child this season!!

Jordan Waddell, 2009 Head Coach
Krysty Melton, Assistant Coach
Kristi Chance, Assistant Coach