

SWIM/DIVE SECTION PARENT HANDBOOK



OUR MISSION

For everyone, summer is a time of fun, relaxation, and time with friends and family. At Lakeside, summer swim team provides the opportunity for children to be with their friends as a part of a team with a common interest and stay fit! But the benefits of swimming on a team don't end there. The experience of being on a team helps children learn the true meaning of work ethic and effort, success and failure, a positive attitude, and teamwork. In addition, participation on the swim team will improve their technique, endurance, and overall fitness, as well train them mentally to make the most out of any competitive situation.

TEAM GOALS

- 1. For the Swimmers:** To support swimmers as they strive to reach their potential; to set and reach realistic goals; and to introduce or help them further develop their self-esteem and positive attitude about the sport of swimming and competition.
- 2. For the Team:** To promote good sportsmanship, team camaraderie, self-discipline, and physical fitness among the swimmers; promote competitive swimming as a major sport; and to place well in competition as a team.
- 3. For the Families:** To provide a family-oriented club experience where the parents can play an active role in their swimmer's and the team's activities and development.

COACHING STAFF

At Lakeside, the coaching staff is chosen carefully, with consideration given to their expertise in swimming, their ability to interact with and instruct children, and their prior experience in swimming and coaching. Under the direction of the head coach, the coaches are responsible for placing children in appropriate practice lanes based on level of commitment and ability, supervising all swimmers for the duration of practice, providing in and out of water instruction on all competitive swimming skills in all four competitive strokes. The coaches also create lineups for each meet, share results with swimmers and parents, and assure that the environment and equipment are safe for all swimmers at both practices and meets.

PRACTICE POLICIES

The following guidelines are to inform parents and swimmers of the coach's policies regarding practice. Since the swimmers are solely the coaches' responsibility while at practice, these policies are designed to provide an optimum practice environment for all, and to assure the safety of all swimmers.

- Swimmers should arrive on the pool deck no earlier than 10 minutes prior to their workout time. We recommend that they arrive at practice already in their bathing suits, so they should report to the coach on deck immediately, so that they can be checked in for attendance. They should be picked up by a parent, sibling, or guardian no later than 10 minutes after their practice time ends. This is important to ensure the safety and well-being of the swimmers when coaches are not available to directly supervise them.
- While on the pool deck swimmers are the responsibility of the coaching staff.
- During practices swimmers are never to leave the pool area without the coach's permission. If a swimmer has to leave practice early for any reason, the coaches must be notified in advance, and a parent or guardian must be on deck to pick them up.
- When swimming during practice, all swimmers must abide by the following basic rules:
 - 1) Swimmers must stay in their lanes and on the surface of the water unless directed by a coach. This is to prevent injury and to assure that every swimmer is able to complete workouts free of interference or interruption.
 - 2) When starting any set, swimmers should leave five seconds apart and should always push off the wall (NOT DIVE OR JUMP IN) to avoid collisions with other swimmers.
 - 3) Swimmers must "circle swim" at every practice unless directed by a coach. This means that swimmers always swim to the right hand side of the lane, as close to the rope or wall as possible.
 - 4) While waiting for instruction or waiting their turn, all swimmers should tread water along the right side of the lane and avoid hanging on the lane lines. They should keep the center of the lane clear so that swimmers can start and finish their laps without interference.
 - 5) Swimmers must listen attentively to coaches' instructions, both to receive targeted suggestions on their swimming and to assure their safety. When a swimmer is disruptive, the coach will give him or her a verbal warning. If the disruptive behavior continues, the coach will ask the swimmer to listen to instructions outside of the water. If the disruptive behavior still continues, the swimmer will "sit out" of the set and the coach will inform the parent at the end of practice. If the swimmer continues the disruptive behavior the next day, or if another swimmer is injured because of this behavior, the swimmer will sit out of the remainder of practice and the head coach will meet with the swimmer and his/ her parents to discuss the extent to which the swimmer will continue to be involved on the team.

SWIMMER CODE OF CONDUCT

- Never interfere with the progress of a swimmer, either in or out of the pool.
- At all club functions, whether practice, meets, or social gatherings, swimmers are expected to behave in such a way that is a positive reflection of Lakeside Field Club.
- Swimmers must exhibit sportsmanship, team spirit, respect, and caring towards their teammates, coaches, parents, officials, and members of the opposing team. Any behavior that does not exhibit these characteristics, at practices and meets, can result in a swimmer's removal from the lineup of a current or future meet(s).

MEETS

LINEUPS

A swimmer's age is determined for the season by his or her age as of July 1st. This age grouping will apply to all dual meets and championship meets. According to NWSC rules, swimmers may swim "up" (in an older age group as needed) but cannot swim "down" at any meet. Swimmers may not swim more than three individual events and one relay per meet (at B meets, swimmers can swim 4 events per meet). Lineups for both A and B meets are solely at the coaching staff's discretion and are based on any/ all of the following:

- Swimmer's availability
- Swimmer's best times
- Swimmer's attendance at practice
- Swimmer's effort and work ethic at practice

To assure that every swim team member gets the opportunity to compete, NWSC has scheduled A (scoring, one heat w/ 3 swimmers per event) and B (non-scoring, multiple heats w/ unlimited swimmers per event) meets throughout the season, concluding with a championship meet. Tentative lineups for each meet will be shared with swimmers at practice usually the day before the meet. Please remember that Lakeside Swim Team is exactly that, a team. Unlike USS meets, where decisions are made to maximize the performance of each available swimmer, coaches at Lakeside create lineups that creates a situation where the team can win. For this reason, there are times, especially in meets the coaches expect to be competitive, when a swimmer may not necessarily swim his or her specialty or even his or her age group. In these types of situations, it is important that the coaches be afforded the ability to do what they think is best for the success of the team at any given meet, including championship meets. PLEASE REMEMBER THAT ALL LINEUPS ARE SUBJECT TO LAST MINUTE CHANGES BASED ON SWIMMER AVAILABILITY.

WHAT TO EXPECT AT A MEET:

- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins to secure a place to watch (home and most away meets have a designated area for spectators). Swimmers should report to the coaches and bring their towels, cap, goggles, and any other needed “supplies” (snacks, ice pack, water) to the sitting area designated for the team.
- Warmup begins 30 minutes before the meet’s official start. Swimmers must swim in the lanes designated for their team, and should complete the pre-meet warm up under direction of the coaching staff. Swimmers are encouraged to warm up as soon as possible and use the bathroom after warm up, to assure that they are on deck and available for their events.
- Unless they are designated volunteer timers, parents are not allowed behind the blocks or near the official’s starting area at any point during a meet. Swimmers can go see their parents/ relatives in the spectator area ONLY when they are permitted by their coaches to do so. This is important to assure that a swimmer is prepared and arrives at the starting area in time for his/ her race. If a swimmer fails to report to their scheduled event, he or she will lose the chance to swim, and may be replaced for their other events.
- Swimmers should begin preparing for their races THREE races prior to theirs. They should be at the start behind their lane as soon as the event (not the race) they are in has been called (in other words, all swimmers who are swimming freestyle should be behind their respective blocks at the start of the first race of that event, the girls u6 freestyle. Officials will not wait for late or absent swimmers!
- Immediately following a race swimmers should remain in the water until the last swimmer in their race has finished. If a swimmer comes in first place, he or she should shake hands with each of the swimmers next to him or her after the race has concluded.
- After leaving the pool when a race has ended, swimmers should report to the coaching staff for feedback. Once they have reported back, usually they will have time to visit their parents, but please keep these visits brief.
- After a swimmer has finished his/ her events for the day, we strongly encourage him/ her to stay and cheer on the team. However, we recognize that at times, conflicts with other events are unavoidable. If a swimmer needs to leave before the end of a meet, his or her parents must check in with a member of the coaching staff to let them know.

Things you, as a parent, can do after each swim:

- Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are!!
- Take him/her back to the team’s area to relax
- Ask him/ her if (s)he needs to use the bathroom, needs a light snack, or needs water or something to drink
- Wish him or her luck on the next race!
- Let him/ her know where to wait/ meet you after the meet

What to Pack for Your Child For a Meet

1. Swim Suit, Swim Cap and goggles

2. Towels-Your swimmer will be there awhile, so pack at least two
3. Something to sit on (blanket, sleeping bag, etc) in case the ground is damp
4. A light snack: granola bar, fruit, yogurt, dry cereal, peanut butter, etc.
5. A windbreaker or sweatshirt (in case of rain or cooler evening air)
6. Water or an energy drink (water is preferred)

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends and meet kids from other teams. He/she also gets to “race” and see how much he/she has improved from all the hard work he/she has put in at practice.

Order of Events

Backstroke (8 & u, 10 & u, 12 & u, 14 & u, 18 & u)

Breaststroke (8 & u, 10 & u, 12 & u, 14 & u, 18 & u)

Butterfly (8 & u, 10 & u, 12 & u, 14 & u, 18 & u)

Freestyle (6 & u, 8 & u, 10 & u, 12 & u, 14 & u, 18 & u)

Freestyle Relays (10 & u, 14 & u, 18 & u co-ed)

For all 4 competitive strokes, here is the required distance, by age:

6 & u	25 yds/ meters
8 & u	25 yds/ meters
10 & u	50 yds/ meters (butterfly: 25 yds/ meters)
12 & u	50 yds/ meters
14 & u	50 yds/ meters
18 & u	100 yds/ meters

PARENT RESPONSIBILITIES

Stay informed-

- Check your email– we use email to notify parents of upcoming events or changes
- Ask a coach: we are available before and after practices every day
- Visit the team website for updates on meets

Support your child, the team, and the coaches with a positive attitude-

- Refrain from encouraging competition between teammates
- Encourage ALL swimmers on the team, and pay it forward when possible! You never know when your child may be the one who needs a ride to practice, etc.
- Address all concerns about your child, the team, etc with the head coach at an appropriate time (before or after practice, the day after a meet, etc). Please refrain from approaching a coach during a meet unless it is to report an emergency situation. We are all here to help each other

Volunteer! 😊

- **Awards** – Anyone can do this job. All you have to be able to do is put labels on the appropriate ribbon at swim meets.
- **Scoring table**— Keeping a running score at A meets and assuring that the officials' order of finish is correctly represented on the scoring sheet.
- **Runner** – This is for anyone that would be willing to act as a “go-fer” at swim meets. This would entail running the “swim cards” from the timers to the computer operator/ scoring table. You may also be asked to locate a coach, missing swimmer, or timer.
- **Lane Timer** – Lane Timers are needed at every swim meet to help time the swimmers in individual lanes. We need two timers per lane at every meet. The more timers we have, the less time any one timer has to work.
- **Special Events Planner:** This is for anyone who enjoys organizing and working with others. This group of parents plans and coordinates the many special events our team holds throughout the season, including the end-year banquet.

Communicate with the coaches:

Listed below are some guidelines for parents when raising concerns about the coaches' policies or coaching philosophy:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group.
- Because the safety and well-being of the swimmers must be the coaches' highest priority at practices and at meets, address any issues or concerns you may have at a mutually convenient time after an event has ended. Discuss the matter first with the head coach. If the coach cannot satisfactorily resolve your concern, then ask that the parent rep or the board member join the dialogue as a third party.
- If another parent uses you as a sounding board for complaints about the Coaches' performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.