

THE ANTIOCH WAVES SWIM TEAM



HANDBOOK

P.O. BOX 402

ANTIOCH, IL 60002



Members of the
NORTH CENTRAL ILLINOIS SWIM CONFERENCE (NCISC)

COACHES for 2007

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SWIM TEAM WEBSITE

www.AntiochWaves.org

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ANTIOCH WAVES SWIM TEAM PARENT HANDBOOK

1. General Information

A. Membership:

- 1) The Antioch Waves Swim Team is a not-for-profit organization that provides competitive swim experience for youth ages 5-18. Competition is structured by age level (8 & under, 9-10, 11-12, 13-14, 15-18), with separate events for boys and girls. A swimmer's age as of June 1st determines his/her age class. **A CHILD MUST BE ABLE TO SWIM 33.33 YARDS UNASSISTED IN ORDER TO PARTICIPATE IN THIS PROGRAM.**
- 2) Fee Schedule (includes team participation, T-shirt, cap and attendance award)
 - 1st Swimmer - \$140.00
 - 2nd Swimmer - \$130.00
 - 3rd Swimmer - \$125.00
 - High School Age Swimmers - \$125.00
- 3) All practices and home meets will be held at the Antioch Swimming Pool. The pool has 5 lanes and is 33.33 yards long.

B. Practice Schedules:

Practices will be conducted Monday through Friday according to the following team group levels, which are based upon swimming ability and coach recommendation.

- 1) BLACK TEAM 6:30 a.m. - 7:45 a.m. - High school and most experienced.
- 2) RED TEAM 7:45 a.m. - 8:45 a.m. - Mid-level swimmers.
- 3) BLUE TEAM 8:45 a.m. - 9:45 a.m. - New swimmers

Practice times may deviate from the above at the discretion of the coach. They could change as the season progresses.

YOU MUST PRACTICE A MINIMUM OF 2 TIMES PER WEEK TO PARTICIPATE IN DUAL MEETS. Daily practice is desirable. Swimmers MUST check in with their Coach at the start of each practice session for attendance records.

Practices are run RAIN OR SHINE as long as there is no thunder or lightning. If you are uncertain whether practice is being conducted because of weather conditions, you can call your Coach or a board parent. **DO NOT ASSUME THAT THUNDER AT 7 A.M. WILL RESULT IN ALL PRACTICES BEING CANCELLED FOR THE DAY!!**

Swimmers' should be up at the pool AT LEAST five minutes before the start of their practice. We WILL start on times given above.

2. Antioch Waves Expectations

A. Team Goals:

- 1) Assist each swimmer to set and then work toward his/her goals.
- 2) Instill a feeling of team spirit and individual confidence among swimmers in all age groups.
- 3) Introduce and/or refresh each swimmer's working knowledge of the rules of the United States Swimming Association.
- 4) Build an enjoyable learning environment for team members.

B. Head Coach Expectations:

1) Swim Team Management

- a) Maintain strict swim team Conduct, Rules and Regulations as stated in the handbook.
- b) Establish personal coaching goals as they relate to the team.
- c) Maintain the concept of fun within the overall goals of competition.
- d) Utilize all resources available to the team; swimmers, parents, Board, assistant coaches and the community.

2) Practice Management

- a) Conduct daily practices in an organized manner with daily goals.
- b) Provide a clear implementation of fundamentals with strokes and rules.
- c) Discuss meet results after each meet with each age group.

3) Meet Management

- a) Provide an atmosphere of team unity prior to and during meets.
- b) Provide immediate feedback to each swimmer after swimming his/her respective event and use this information constructively in the following practice session.

4) Individual Swimmer Management

- a) Emphasize technique and time improvement with each swimmer.
- b) Develop and recognize individual responsibility and leadership with each swimmer.

5) Assistant Coach

- a) Head Coach will assign assistant coach with specific responsibilities to be maintained throughout the season.
- b) Develop at least one personal goal and one team goal to be accomplished by the end of the season.

3. Group Level Descriptions

- A. **Blue Team** - The introductory level of the program is the Blue Team group. The primary objective of the group is to teach competitive stroke mechanics, starts, turns and dives. Swimmers able to swim 33.33 yards of freestyle with fundamentally correct breathing mechanics or 33.33 yards of non-stop backstroke are eligible for the group. 8:45 a.m. - 9:45 a.m. practice 5 days per week is beneficial to improving the beginner's swim skills.
- B. **Red Team** - Swimmers with ability level evaluated through trial and placement by the head coach. Swimmers will receive more intensive instruction in stroke mechanics and will experience more swim events. 7:45 a.m. - 8:45 a.m. practice on 5 days per week is beneficial to improving swim skills.
- C. **Black Team** - This group will develop the training base and sense of commitment necessary for maximizing their abilities. These swimmers must demonstrate a complete range of competitive skills and a willingness to perform more physically demanding training regimens. A 6:30 a.m. - 7:45 a.m. practice 5 days per week is beneficial to improving swim skills.

Swimmers will be evaluated during the first few days of practice. The Head Coach will then notify the swimmer of their permanent practice time.

4. Vacations

We understand that many (if not all) swimmers will miss a portion of the season as a result of vacation, camp, clinics, etc. In order to prepare accurate swim meet line-ups which compensate for those swimmers absent for a particular meet, it is vital for us to have up-to-date information of swimmer's schedules. PLEASE COMPLETE OUR MEET SIGN UP SHEET by the end of the first week of practice and return it to the Head Coach's file folder. We have had to scratch relays in the past when swimmers have not shown up for scheduled meets. This is unfair to the entire team.

5. Conference Activities

A. The Antioch Waves Swim Team is a member the North Central Illinois Swim Conference (NCISC). The NCISC is comprised of 15 teams, to include:

- | | |
|------------------------------|-----------------------------|
| 1) Antioch Waves | 9) McHenry Marlins I |
| 2) Cary Barracudas | 10) McHenry Marlins II |
| 3) Crystal Lake Country Club | 11) Oswego Otters |
| 4) DeKalb County Swim Team | 12) Plum Grove Porpoises |
| 5) Elgin YMCA Pelicans | 13) Rockford YMCA Stingrays |
| 6) Geneva River Rats | 14) Trails of Algonquin |
| 7) Huntley Stingrays | 15) Woodstock Dolphins |
| 8) McGuire Aquatics | |

B. Swimmers must participate in a minimum of 3 out of 6 conference meets in order to qualify for the Conference Championship Meet.

C. Dual meets are held on Tuesday and Thursday evenings. Special events are run on weekends, such as the BBQ Invitational and the Conference Championship Meet.

IF A PROBLEM ARISES AT A PRACTICE OR A MEET, please alert a Parent Board Member so that he/she can address the issue directly. Our coaching staff cannot correct problems if they are unaware that they exist. If you have a complaint, take it straight to the Parent Board. Discontentment can undermine the success of the whole team. Please communicate issues through a Board Member.

DO YOU STILL HAVE QUESTIONS, COMMENTS, ETC.? If so, please feel free to seek out one of the Parent Board Members. We want to help in any way we can and if we can't give you an answer, we will get one for you as soon as possible.

6. Transportation

Transportation to and from all practices and meets will be the responsibility of the swimmer and his/her parents. A roster list of swimmers with their phone numbers and addresses will be made available during the first week of practices. You are encouraged to set up some type of car pooling arrangements in advance. THE COACHES WILL NOT BE RESPONSIBLE FOR MAKING TRANSPORTATION ARRANGEMENTS FOR ANY SWIMMER. If all attempts are made to make arrangements and you find you cannot get your swimmer to a practice or meet, please call a Parent Board Member. They will assist you to the best of their abilities.

Please make sure you are prompt in picking up your swimmer when their practice time is over. Swimmers who "hang around" once their practice time is over can become a distraction to other swimmers who are in the pool. If you know you need to have a swimmer at the pool during the next practice session (a sibling is practicing), please make sure they have a book or something to occupy their time.

SWIMMERS WHO ARE NOT EXPECTED AT A SCHEDULED PRACTICE TIME ARE NOT ALLOWED ON THE POOL DECK, NOR INTERFERE WITH THE PRACTICE IN SESSION, NOR DISRUPT THE COACHES.

7. Common DQ's

The swimmer's nightmare -- to have just touched first in a big race, only to see the stroke judge's hand up, signaling a disqualification in YOUR lane. DQ's often crop up during the dual meet season. In fact, for younger swimmers, they are often an indication that an individual has progressed to take on the more difficult strokes of breaststroke and butterfly. In other words, they are a part of the learning experience. DQ's can also result from a lack of concentration on the part of a swimmer, or from "sloppy swimming". The following is a list of some common causes for disqualification:

A. GENERAL

- 1) Pushing off from the bottom of the pool during a race, or touching the bottom of the pool during any stroke.
- 2) Changing lanes during a race (this occurs most often on entry or after a turn).
- 3) Two false starts by the same person in the same race.
- 4) Starting before a teammate touches during a relay event.
- 5) Swimming strokes in the wrong order during an IM (Individual Medley)
- 6) Pulling yourself along on the lane lines or the side of the pool.

B. BACKSTROKE

- 1) Turning onto the stomach during the race, except as part of the new backstroke turn.
- 2) Not touching the end of the pool during a turn.

C. BREASTSTROKE

- 1) Flutter kick or scissors kick.
- 2) Not touching with two hands together during turns and at the finish. Hands must touch together, and must be on the same plane.
- 3) Head does not break the water during one complete cycle of arm pull/leg kick.

D. BUTTERFLY

- 1) Flutter kick or scissors kick.
- 2) If arms do not leave and enter the water at the same time.
- 3) If arms do not come out of the water during recovery.
- 4) Not touching with two hands during turns and at the finish (as in BREASTSTROKE, above).
- 5) Not keeping both feet synchronized during the dolphin kick.

If you are disqualified during a meet, a stroke judge should inform you of the "reason for the disqualification". Sometimes, if swimmers in more than one lane have been DQ'd, officials are unable to inform each swimmer prior to the start of the next event. If you have any question about a stroke judge's ruling, ASK YOUR COACHES. They will be able to get an explanation for you.

8. Antioch Swim Team Rules and Regulations

- A. Swimmers are to notify Coaches a day in advance if they can not attend a meet they have signed up to swim at.

- B. Swimmers missing an event at a dual meet will not be allowed to swim the following meet. (The Head Coach will make this decision).
- C. Swimmers are to remain on deck (or in their assigned team location) during meets, so they are in listening range and ready for their event(s). Swimmers should notify a member of the coaching staff if they must leave the deck area.
- D. Swimmers are expected to swim their scheduled event(s). Failure to comply with this rule will result in the swimmer being scratched from the next meet.
- E. Swimmers are expected to remain at the pool for the duration of a given meet, unless they have received prior approval from the Head Coach.
- F. Good sportsmanship is expected of every swimmer. This will include:
 - 1) Respect for officials, judges, coaches, timers and other swimmers.
 - 2) Being courteous to guests at home meets, and being a polite guest at away meets.
 - 3) Congratulating opponents for good performances.
 - 4) The proper conduct in locker rooms and in pool areas.

If, in the judgment of the coaches, this rule is not upheld, disciplinary action may be taken. This may include dismissal from the team.
- G. It is not the responsibility of parents or swimmers to question an official's decision on deck. Protests or disagreements should be brought to the Head Coach's attention so that he can determine what action should be taken.
- H. Long hair can pose problems for a swimmer's stroke and increase times. Boys and girls with long hair **MUST** wear a swim cap.

9. Antioch Swim Team Code of Conduct

- A. No foul language is permitted.
- B. No hitting, kicking, punching, spitting, towel snapping, etc., is allowed.
- C. No lying, cheating, or stealing will be tolerated.
- D. Swimmers must be respectful of all coaches, adults, officials, and other swimmers.
- E. No running on deck.

These are the safety rules of the pool as described by the Antioch Parks and Recreation Department:

- F. Vandalism **will not be tolerated**.
- G. All swimmers are bound by the code of conduct at all times, whether their parents are present or not.
- H. The Head Coach, Coach in charge, or chaperone has the authority to administer disciplinary action as he/she feels necessary at the time.
- I. Violations of the rules may result in a swimmer being sent home from a meet, being barred from participation in future meets, and/or in parents being held responsible for the actions of the their child.
- J. Parents are required to enforce the code of conduct, or they and their child may be asked to leave the meet.

- K. When you win, win graciously; when you lose, lose gracefully. Always encourage your teammates to do their best and give them your full support.

10. A Word About Eating

It is best for swimmers to eat about 3 hours before they swim, so that energy can go toward racing and not to digestion. Swimmers can snack between events on something light (fruit, crackers, string cheese), but should refrain from eating large quantities of food (i.e., pizza, burgers, nachos, pasta, etc.) until they are finished swimming. Most pools have food available for purchase, or you may want to send a sack lunch and purchase a beverage. EATING BEFORE AN EVENT CAN CAUSE CRAMPING AND SLOW DOWN TIMES. SO EAT AFTER YOUR EVENTS ARE COMPLETED!!

11. Parental Involvement

All parents are required to donate time and services to help in various aspects of team operations. Parents may waive their responsibility with a \$50.00 fee payment per swimmer. Also, parents who fail to fulfill their obligation will be required to pay the \$50.00 in order for their child to continue in the program. This program cannot run smoothly without the assistance of parental involvement. For more information and to sign-up for a job, please read the ANTIOCH WAVES SWIM CLUB PARENT VOLUNTEER COMMITMENT and fill out the PARENT VOLUNTEER SIGN-UP FORM and turn it in no later than the end of the first week of team practices to the Parent Board file folder.

12. Communication and Questions

- A. Family File Folders - Each family will have a file folder. The newsletter and ribbons will be placed in the family file folder weekly. Families are expected to check their file folders daily in order to provide better communication between coaches, parent board members, and parents.
- B. E-Mail - E-Mail will be used for important communication during the swim season in order to communicate more efficiently with parents.
- C. Website - The website address for the Antioch Waves is www.antiochwaves.org. Please use our website for information regarding the Antioch Waves Swim Team.
- D. Questions - If you have any questions, please bring them to a parent board member. PLEASE DO NOT INTERRUPT COACHES WITH QUESTIONS DURING PRACTICE TIME. If you need to communicate with the coaches, it is best to do so after practice or leave a note in the Head Coaches file folder and he/she will get back to you.