

# Winter 2009 - 2010 Swim Team Parent Handbook



On behalf of the Shaw JCC Stingrays' coaching staff I am happy to welcome you to another great swim season! This is a team where everyone swims and everyone wins by having a great learning experience that can last a lifetime. We coach more than just swimming; we teach good ethics, and provide a mentoring environment where your child can gain the confidence to succeed, both in and out of the water.

## Requirements for Participation:

- Complete payment of team **dues** are to be deposited at the front desk no later than the end of your child's first day of participation.

### **Non-Member fee:**

\$200 first child  
\$175 every child after

### **Member fee:**

\$175 first child  
\$150 every child after

- Monthly Payment Plans are now available  
Contact the Shaw JCC Front Desk for details

*Coach's promise: all children have the right to participate in our program regardless of their financial situation. Should you be unable to enroll your child due to your finances please contact Rebecca Bute to ensure your child's equal enrollment opportunity: completely confidentially.*

## Requirements for Participation Continued:

- Complete **medical / contact form** and return to Coach Rebecca Bute. For the safety of your child this form must be turned-in by the beginning of your child's first practice.
- For age verification the league requires a copy of your child's birth certificate. This photocopy will be available only to the Head Coach and will be kept confidential.
- Your child must be able to swim one length of the pool freestyle (front crawl) without assistance, and one length of the pool backstroke without assistance to qualify for swim team.

## Coaching:

I strongly encourage you to take a peek into the background of our coaching staff and see what a great opportunity this team truly is.

Rebecca Bute will continue as Head Coach this summer. Rebecca began swimming competitively at six years old. She started swimming at the YMCA level; later Rebecca would swim for Copley High School's varsity team and Western Reserve Academy's varsity swim team. Rebecca also swam for United States Swimming on the Lake Erie Silver Dolphins' national team. Unfortunately due to wrist reconstruction she would have to reject her college scholarships.

Having swam in some of the most competitive levels of swimming Rebecca understands both the desire to excel, and the need to keep sports enjoyable. She has volunteered to coach both CYO and CAA soccer teams. Rebecca strongly feels that coaches need to be more than just strong athletic supporters; they need to function as mentors in our children's lives.

Rebecca is honored to coach the SJCC Stingrays and to share her passion for swimming. She is excited about the prospects of this team and looks forward to another great season. Rebecca believes that this team has the greatest kids, and they deserve the best coaches. Throughout the season additional coaches will be added as needed. There will be a minimum of two coaches with an enrollment of thirty or more swimmers. Should enrollment reach fifty or more swimmers a third assistant swim coach will be added to our coaching staff. The Stingrays have one of the highest swimmers-coaching staff ratio in the league. This status of excellence will be maintained every season. For your child's safety a Red Cross lifeguard will be present at all practices and swim meets.

## Swim Practices:

Swimmers need constant practice to improve and achieve their goals. There is no set expectation of practice attendance; however, the more practices a swimmer attends the more they can achieve.

Lane placement is determined by speed and effort not by age. Please also note it is up to the coaches' discretion how much time she or he wishes to spend in or out of the water. Some drills are best taught in the water, and some observations on stroke need to be made from the side. The amount of time your child's coach spends in the water will vary by your child's age, and what your child's coach is trying to accomplish at that particular practice.

**Practices begin at 6:30pm and last until 8:00pm Monday through Thursday.**

**Every minute of that time will be spent in the water.**

**To get lane-lines in and stretch your swimmer must arrive by 6:20pm.**

- Stretching is mandatory for all swimmers to address injury prevention.
- I would rather your swimmer come late than not at all.  
Should your child be held-up with homework or other family activities coaches will never punish them for a late arrival.
- For safety swimmers who need to leave practice early must have a written note signed by a parent or guardian.
- We do not have practices on days that we have meets.
- We do in poor weather. Practices will be canceled or delayed only on account of thunder or lightning. Should a practice or meet be canceled due to temperature or snowfall you will receive e-mail notification. You may also call Coach Rebecca of the SJCC.

## Gear Needed for Swim Team:

You are responsible for providing your swimmer with a team suit. The suit this swim season is the Speedo Lunar Twist in blue. This suit is available with a discounted rate through our team retailer Competitive Aquatic Supply.

Competitive Aquatic Supply  
7223 Whipple Avenue, N.W.  
North Canton, Ohio 44720  
phone: 330.498.9179

It is not recommended that your child wears his/her team suit to practice. Some retailers such as Dick's carry competitive suits although sizing is limited. **Male swimmers are prohibited from wearing shorts/ trunks to practice. (Female swimmers must wear one piece suits.)** This is for the health of your child. The water weight of trunks creates excessive drag which can cause inflammation of the shoulder tissue. Male swimmers are only to wear "Jammer" style suits. These are styled like our team suit, and should fit snugly to the knee.

Companies which offer great practice suits include:

web sites: Swim2000, Speedo, Aardvark , Kiefer, CastAway  
(Aardvark and Kiefer both offer catalogues as well as on-line purchases)

Our team retailer CAS (above) also offers practice suits at a discounted rate to our team. You can visit their store or call them for details.

- **Female swimmers and males with long hair are required to wear swim caps to all practices and swim meets.**
- **All swimmers should come prepared with functional goggles.**
- **All swimmers are required to bring a water bottle to practice.**

## Swim Meets:

Meet Guidelines:

- You (a parent or guardian) must sign your child up for each meet you wish your child to participate in. **Sign-up** sheets will be posted several days prior to each meet on the team bulletin board located in the indoor pool area. Directions will be posted at this time for your convenience.
- Line-ups are made in advance; you will not be entered in a meet unless you sign-up. Plans do change; if you need to void your child's participation in a meet please call Coach Rebecca: 330.322.1208.
- A copy (non-certified photo-copy is fine) of your child's **birth certificate** is due to Head Coach Rebecca Bute when you sign-up for your child's first meet. These are used for age verification and will be kept confidential.

#### Uniform for Swim Meets:

- **Swimmers are expected to wear our team suit to all swim meets.**  
Swimming is a team sport which requires a uniform. Female swimmers are expected to wear our team cap.
  - Suits fade: to keep your gear looking sharp invest in a practice suit. Most swimmers use last year's team suit as this year's practice suit.
  - Team suits can be ordered throughout the season. Contact Rebecca for details.
  - Caps don't last forever... when you need to replace your team cap contact Coach Rebecca. Caps will be available on-hand throughout the season for twelve dollars each.
  
- Additional garb such as warm-ups and hoodies will be available, but are encouraged, not required.

#### Day of the Meet:

- Swimmers must arrive prior to posted warm-up time. The warm-up time is when your child must be in the water preparing for the meet. Swimmer must arrive no later than **15 minutes prior to posted warm-up time**. This gives your child time to mark down their events and stretch. Eight & under swimmers (and new swimmers) are to arrive 25 minutes prior to warm-ups. This gives younger swimmers time to prepare and adjust to their surroundings.
- Swimmers must check-in with their coach when they arrive.
- Line-ups will be posted on the wall. Swimmers are to mark their events on their hands (sharpie markers) for reference. Older swimmers are expected to aid young swimmers once they marked themselves. No swimmer may warm-up until they have marked their events.
- Swimmers must remain in the team bull pen during the entire swim meet. Brief visits with parents are permitted. The bull pen is located wherever the line-up is posted on the wall. This system gives coaches the ability to round up stray swimmers throughout the meet.
- Swimmers are expected to stay the entire meet. They may only leave early with the permission of a coach.

## Championships:

- March 14<sup>th</sup> is our league championship meet. This is the apex of our season and participation is extremely encouraged.
- **To qualify for championships your child must have competed in four league duel meets.**
- Unlike at duel meets, there is a league fee to swim in the championship meet. This small fee must be paid prior to the day of the event. Details on exact cost will follow.
- T-shirts are sold for the championship meet. Pre-order is strongly recommended. Details, order forms and logo design will follow.

## Sportsmanship and Respect:

Good sportsmanship is expected of all Stingray swimmers at all times. This includes cheering on teammates, and showing respect for one's opponents

Swimmers who display repeated disrespectful or harmful behavior will be disciplined in the following fashion:

1. swimmer receives a public notice of their behavior
2. swimmer receives a private warning from the Head Coach
3. swimmer is removed from function (practice, meet, etc.) and parent is notified
4. swimmer is removed from the following meet (which may include championships) and parent conference is held with swimmer
5. swimmer is removed from team, parent is informed

Violations of proper behavior include, but are not limited to:

- any behavior which is potentially harmful to others or oneself
- repeatedly ignoring instructions or directions
- foul use of language
- disrespect towards others including: swimmers on same or other teams, any coaching staff, life guarding staff, or volunteer staff
- disrespect toward the property of others

Note: Punishment of minor misbehaviors is up to the discretion of the coaching staff.

A team cannot function without respect for its leaders. Those showing disrespect to assistant coaches will have to answer to Head Coach Rebecca Bute.

## Awards:

Swimmers will receive ribbons for races at duel meets. Championship awards are only given to the top few finishers in each event and vary from medals to ribbons.

All registered swimmers will receive a trophy from the Stingray team for their achievements. These will be inscribed and given out at during an end of season award ceremony.

## Volunteers:

We need your help! Each duel meet requires approximately 15 parents to run. This includes twelve timers, two scores, two individuals for ribbons, and one card runner! Without your help we cannot hold duel meets. A sign-up sheet for parent volunteers will be posted next to the swimmer sign-up sheet for home meets.

Each team is responsible for a minimum number of parent volunteers for championships. More details will follow, but please keep the date open.

## Contacts:

Once you have completed your contact information you will receive updates through your e-mail account. This is the best way to quickly contact parents if a meet or practice is canceled and a far more reliable way to deliver information (compared to the soggy swim bag).

Questions or concerns can be expressed any time:

Head Swim Coach

Rebecca Bute

330- 322-1208

[rab20@uakron.edu](mailto:rab20@uakron.edu)

Other Important Numbers:

Reception and General Program Registration 330-867-7850

Indoor Pool 330-835-0037

Health & Wellness Director (Stingrays' director) 330-835-0058

Stephanie Davis [stephanie\\_davis@shawjcc.org](mailto:stephanie_davis@shawjcc.org)

Official Parent Representative Barbara Bute 330-666-5227

## Winter 2009 – 2010 Swim Meet Schedule

<b>Date</b>	<b>Location</b>	<b>Warm-ups</b>	<b>Meet</b>
12/7	(Scrimmage) At Home vs. Old Trail School	6:00	6:30
12/16	Away at Wadsworth	5:30	6:00
1/12	At Home vs. Wadsworth	6:00	6:30
1/20	Away at Washington Court	5:30	6:00
1/26	At Home vs. Macedonia	6:00	6:30
2/3	Away at Wadsworth	5:00	5:30
2/13	Away at Macedonia	2:00	2:30
2/24	At Home vs. Washington Court	6:00	6:30
3/14	Championships Away	TBA	TBA

Your swimmer must be signed-up prior to each meet in order to compete.

Your child must swim in a minimum of four dual meets to compete in championships.

Cancellation of meet sign-ups, or late entry into swim meets must be made with Head Coach Rebecca Bute directly.

cell phone: 330.322.1208

