

# 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 Stephanie Davis to ensure your child's equal enrollment opportunity: completely confidentially.*

## Requirements for Participation Continued:

- Complete **medical / contact form** and return to Coach Benjamin Strubbe. 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.

Ben Strubbe will be working with the swimmers this summer for the first time with the Sting Rays. He has a number of years experience with coaching and swimming. He has participated in multiple capacities for the Wadsworth Waves including coaching. He has swum a number of years for the Wadsworth Youth Team and the Wadsworth High school Swim Team. He has spent over a decade working with children in swimming and classroom settings. From his freshmen year in high school he has been working as a swimming instructor. When in high school he lettered all four years showing his aptitude for quality and speed.

As a coach Ben Strubbe has found that there are a number of things that swimmers will need to work well. The first is a willingness to say that they can do well at anything if they work hard for it. The second is the need to do well for themselves as well as for their team. Swim team gives the wonderful experience of seeing what it is like to swim for yourself, place for yourself, and work to beat your own times. This can also be said for the swimmer on the team. Third and finally a swimmer needs to know that discipline and fun can be partners in making their experience pleasant and effective.

When children are on this team they will know respect for themselves and others. They will understand what it means to be a team member and participate no matter their level. Swimmers will leave every day knowing that they made themselves better because they made the effort to do so. Finally swimmers will leave with a sense of belonging knowing that they are a Stingray.

## 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 7:30am and last until 9:00AM Monday through Friday.**

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

**To get lane-lines in and stretch your swimmer must arrive by 7:20am.**

- 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 anything including 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 practice 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 very adverse weather you will receive e-mail notification. You may also call Coach Benjamin 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. CAS will be here June 18<sup>th</sup> to fit and provide suits for purchase.

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 and take them with them when they leave.**

## 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 Benjamin 330-671-6073.
- 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 gears 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 Benjamin for details.
  - Caps don't last forever... when you need to replace your team cap contact Coach Benjamin. 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:

- July 24th 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 Benjamin Strubbe.

## 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.



## Summer 2010 Swim Meet Schedule

<b>Date</b>	<b>Location</b>	<b>Warm-ups</b>
June 29 <sup>th</sup>	Macedonia	5:30pm - 6:00pm
July 7 <sup>th</sup>	SJCC	5:30pm - 6:00pm
July 12 <sup>th</sup>	SJCC	5:30pm - 6:00pm
July 15 <sup>th</sup>	Westfield	5:30pm - 6:00pm
July 19 <sup>th</sup>	WCAC	5:30pm - 6:00pm
July 24 <sup>t</sup>	Wooster	11:00am—to be determined

Fort Island is in the process of scheduling a meet with the JCC. Date and time to be announced.....

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 Benjamin Strubbe directly.

cell phone: 330-671-6073